

Beer, fun and sun

COLIN JACK - The Irish brewing industry contributes more than 1.7 billion euros into Ireland's economy. The most famous export from Ireland is Guinness (with U2 a close second), but Ireland offers several other excellent beers.

KILKENNY TRADITIONAL CREAM ALE

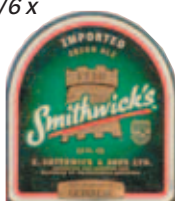
4.5% \$11.25/4 x 440 ml cans

Kilkenny uses nitrogen instead of CO₂, which creates a beer that is creamy and feels like silk on your tongue. Kilkenny has an inviting reddish-brown hue and the aroma is pleasant but subtle. The finish is dry and bitter.

SMITHWICK'S

5%, \$11.99/6 x 330 ml bottles

Smithwick's is the best selling ale in Ireland.



The dark malt blend creates a beer that has some unique complexity. The semi-sweet beginning transitions slowly to a roasted and lively aftertaste.

HARP LAGER

5%, 11.99/6 x 330 ml bottles

Harp Lager was developed in direct response to 'heavier' commercial beers being produced in Ireland. The market pleaded for a European-style lager. Created in 1960, Harp Lager is light, crisp and versatile.

COLIN JACK IS AN OFFICIAL BEER AFICIANADO. CHECK OUT HIS WEBSITE JUSTHEREFOR THEBEER.COM. SEND QUESTIONS TO COLIN@JUSTHEREFOR THEBEER.COM

Pastry taken to a new level

DHARM MAKWANA - Dessert at a Japanese restaurant can be more than green tea ice cream.

At Miku Restaurant (#2-1055 West Hastings St.) pastry chef Christopher Janek is serving traditional desserts with a contemporary twist to finish fine sushi meals.

"We're trying to go beyond and implement cream-style desserts with Japanese elements in mind," he says.

"Most people are willing to try them."

Janek often uses locally grown apples, chestnuts and pears in his desserts to reflect the Japanese palate.

The challenge for the chef is convincing diners his mouth-watering plates aren't loaded with ingredients that will go to your thighs.

"The thing is a lot of people turn away from pastries because they think they are loaded with sugar or fat," he says. "For me, pastry is everything about the experience and the ingredients that go with it. I would never use shortenings or margarines or anything like this."

Janek says his decision to offer only the freshest ingredients to patrons ties closely with the fresh-fish only mentality of the sushi restaurant.



Christopher Janek

DHARM MAKWANA

Pana Cotta

Yields 10 ramekins

Ingredients

2 vanilla beans
100 g granulated sugar
300 ml cream
300 ml whole milk
4.5 gelatin sheets

Method

Scrape vanilla seeds into a pot. Add cream, milk and



sugar and bring to just under a boil. Soak gelatin sheets in cold water, drain and add to hot milk mix-

ture. Strain mixture and discard the beans. Pour into ramekins. Refrigerate for two to four hours.

STRAWBERRY SAUCE

Ingredients
200 g strawberries
40 g icing sugar

Method

Wash, cut strawberries, add sugar and cook for five minutes. Puree half the strawberries and reserve other half for garnish. Drizzle over pana cotta.

CinCin finds enlightenment in creme brulée

BRULÉE QUEST - The search for the city's undiscovered crème brulée.

Episode 3 - Hey Amarena

If hearing the name 'Amarena' isn't cause enough to get up and dance to a familiar 90's tune, the tale of this crème brulée will be. On a recent pilgrimage to France, seeking to discover the country's nascent cocktail culture, what consistently evaded me was a drink composed of the world's finest sweet vermouth - the

Italian made Antica Carpano.

What I discovered was the highly nationalistic French don't necessarily look outside their borders for excellence.

When I heard French pastry chef Thierry Busset from CinCin Ristorante was using Italian amarena cherries in his crème brulée, I thought it a moment of enlightenment. These wild cherries, soaked in amarena syrup using a secret 80-year-

old technique, have made them the most sought-after cherries in Europe and for good reason: The small, dark, slightly sour cherries resemble olives in texture and are addictive, delicious and bursting with flavour.

Back to the brulée. Busset undoubtedly experimented to get the right mix - three halved amarena



Busset's crème brulée

cherries, masterfully inserted into the dessert gives ample opportunity for all good things crème brulée to stand out - a crisp caramel crust,

the perfectly consistent custard and the cherries, the sweet sweet cherries, will make for you to want to kick your chair back and yell "Hey Amarena!"

- RAJ TANEJA

top 5

places to spark some romance

Looking for a little love? Get the sparks flying at one of these top five romantic restaurants:

HERMITAGE

115-1025 Robson St. Enjoy delectable French fare while snuggling in front of the brick fireplace.

THE OBSERVATORY

6400 Nancy Greene Way Visit this Grouse Mountain eatery at night to admire the sparkling city lights below.

THE TEAHOUSE

1501 Stanley Park Dr. Gaze into each other's eyes over a table decked with candles and fresh-cut flowers. And if you can stand to look away, be sure to also admire the waterfront views.

BRIX RESTAURANT AND WINE BAR

1138 Homer Street This Yaletown joint will have you feeling amorous in no time. Toast your love with one of the 60 wines offered by the glass and pop some sinfully delicious chilled chocolate S'mores into each other's mouths.

LA TERRAZZA

1088 Cambie St. Pretend you're on an Italian getaway with your sweetheart while surrounded by the frescos and hand painted mosaics of this charming ristorante.

- KRISTEN MCKENZIE

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