

# How to brew the right lager, ale

Q: How are different types of beer made?

A: There are two types of beer; lager and ale with dozens of subcategories.

Most beer starts with two-row malted barley.

The barley is harvested and water is added to start the germination process.

Roasting stops the growth of the grains.

The longer the malted barley is cooked, the darker it becomes.

Light malts are sweet while dark malts are roasted and chocolaty.

Different styles of beer use unique malt combinations.

Next, sugar water extracted from the malts is boiled.

Hops are added at different stages for seasoning, like spices used in cooking.

The hot liquid passes through a heat exchanger and yeast is added into the fermentation tank.

Lager yeast works slowly at a cold temperature producing higher carbonation and crispness.

Ale yeast ferments quickly resulting in richer flavours, increased body and a lingering finish.

In the end, different beer styles depend on the amalgamation of hops, yeast, barley and water.

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

## SEXY EATS

# Communal indulging at Sidecut

**SARAH ROWLAND** - Looking for a special occasion place to steak out?

If so, Sidecut at the Four Seasons in Whistler is the place to go.

Formerly known as Fifty Two 80, Bistro has recently rebranded itself and is all set to become B.C.'s premier destination steakhouse.

As of June 19, the focus will switch from Pacific Northwest cuisine to beef at its absolute best.

Don't get me wrong - you can still get plenty of great seafood dishes, but you'd be a fool not to try one of the Grade A, infrared-grilled beef cuts.

Designed for an interactive dining experience, you get to pick one of several specialty rubs for your meat.

And the steaks are served with a tray of six sauces that sits in the middle of the table, so you can try each flavour.

The side dishes, which are ordered separately, are meant

for sharing.

There's so much cross-dipping, bite-swapping and "mmm, have you tried this one yet?" that excusing your reach becomes redundant at a certain point.

And the same goes for desserts. The cheesecake sampler platter comes with four different mini cheesecakes tailor-made for communal indulging.

While I personally enjoyed a fabulous girls night out there, this high-end, pretentious-free zone is definitely a sexy eats joint if there ever was one.

So if you wanna pull out all the stops to impress your latest love, then make sure you make a reservation at Sidecut. It really is the ultimate place for celebrating an anniversary, popping the big question or just enjoying an intimate birthday dinner for two.

Basically, it's foreplay at its absolute tastiest.



Tasty morsels of steak are served up with fine dipping sauces at Sidecut in the Four Seasons in Whistler.

COURTESY OF FOUR SEASONS RESORT WHISTLER

# On the quest for Vancouver's best meatball

**RAJ TANEJA** - The slow start to the sunny season has me craving comfort food.

A plateful of meatballs slathered in a tangy tomato sauce seems fitting for the occasion.

This craving brings on a new quest - to investigate Vancouver's meatball scene.

No, I'm not talking about municipal politicians and the new bike lanes. In this case the term meatball refers to the food we'll be eating on this quest.

With this notable task at hand, it only made sense to bring on Melody Fury, my

co-conspirator, to give me insight on the finer points of meatballs.

**Raj:** Glowbal Restaurant in Yaletown is known as a destination for meatballs. They have five sister restaurants, four of which offer their own variety of meatball; we had no option but to make this the starting point.

**Fury:** We were straight ballin' out of control. Raj and I chased five types of meatballs each with double the glasses of champagne in one afternoon.

**R:** No matter which Glowbal Restaurant we



Trattoria serves up the elusive lamb-based secret meatball only to those in the know.

went to, balls were everywhere.

**F:** What was once just rustic fare made with meat scraps and day-old bread, the Glowbal Restaurant Group revamped the meat-

ball into a signature dish.

I was skeptical whether Wagyu beef was overkill. After trying their over-the-top rendition (which they serve to every rock star, VIP and supermodel that rolls in) I instinctively paired them with an extravagant sparkling wine.

**R:** If there's any place to start a meatball quest, it's gotta be Glowbal with Italian Kitchen, Society, and Trattoria in tow.

RAJ TANEJA RUNS URBANMIXER.COM FOLLOW HIM ON TWITTER @TINHEAD. MELODY FURY IS THE FOUNDER OF VANCOUVER FOOD TOUR. FOLLOW THIS YVR LIFESTYLE AMBASSADOR ON TWITTER @GOURMETFURY.

# top 5

## Places to get a cuppa joe

Vancouverites clearly love their cuppa joe - after all, nearly every street corner in the Lower Mainland boasts a café. Here are the top five joints for a jolt of java:

### CAFFÉ ARTIGIANO

*Various locations*  
Arguably, the best coffee chain in the city - and with the pedigree to prove it. The staff consistently rakes in medals in barista competitions.

### 49TH PARALLEL COFFEE ROASTERS CAFÉ

2152 W. Fourth Ave.  
This gourmet coffee company's showcase cafe always brews up the best beans from around the globe. Simply divine.

### OUR TOWN

245 E. Broadway  
This hip, retro coffee shop has everything you need to start your day out right in friendly staff, a cozy vibe, lots of newspapers and amazing cinnamon buns.

### THE GRIND AND GALLERY COFFEE BAR

4124 Main St.  
Open 24 hours with free wireless, this laid back coffee bar is the perfect spot for students to pull an all-nighter.

### CAFÉ CALABRIA

1745 Commercial Dr.  
This local Italian institution had been plying Vancouverites with caffeine for decades. Espressos are served piping hot and the biscotti is perfection.

- KRISTEN MCKENZIE

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