

Beers to savour at 7 a.m.

COLIN JACK - The World Cup is heading into the playoff round this weekend. Excitement and beer consumption will definitely be on the rise.

Question: What type of beer should fans drink at 7 a.m. while supporting their team?

■ **UK - Original Black & Tan:** 50/50 mix: Bass and Guinness. Roasted malt flavour, slight hint of espresso and a lighter body than Guinness on its own.

■ **Mexico - Negra Modelo.** A sweet brown lager that is light but full of character - a different type of Mexican beer.



■ **Germany - Holsten Maibock Tall Can.** 7.5% - Strong but surprisingly easy to drink! Nutty and sweet with a slight alcohol warming sensation on the tongue.

■ **USA - Brooklyn Brewing Lager.** This is not your average American lager; strong and complex, combining a floral aroma with distinct bitterness that kicks flavour throughout your mouth.

■ **Republic of Korea - Hite.** Light, smooth, crisp and straight forward, just like Korea's game on the pitch.

Pace is essential!

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

CASUAL STAY-CATION SETTING

Sexy, lazy lunches at Sandbar

SARAH ROWLAND - It's no big secret that the Sandbar Seafood Restaurant boasts one of the best views in the city.

On a sunny afternoon, you really can't beat that patio. But unlike so many restaurants with waterfront views, the Sandbar (1535 Johnston St.) doesn't rest on its scenic laurels.

It actually has the kitchen and service to back up its inately beautiful Granville Island location.

True, it's probably better known as a hotspot for dinner and drinks. But don't count this place out if and when it comes to sexy, lazy lunches and brunches.

When the weather is cooperating, you almost feel like you're on holiday there.

So if you and your honey got nothing else on your agenda, you can easily make an afternoon of it. Seafood



Sandbar's open-air patio is one of the best places in the city to snuggle with a loved one.

PHOTO SUBMITTED

lovers are well advised to start with some fresh oysters and some bubbly (there's an amazing selection of Mimosas).

As for appies, the signature Wok Squid with chilies garlic, cilantro, ginger

(\$10.95) is a sure bet.

For the main course, check out their latest features menu for the best dishes. And if you have a sweet tooth, do not leave without trying the Belgian chocolate pudding with tof-

fee cream, pistachio praline (\$7.95).

One order will do - it's more than enough for two.

Basically, it's all good, so if you're looking for a sexy-casual stay-cation setting, Sandbar is it.

Uncovering the secret recipe of Bin's meatballs

Raj Taneja and Melody Fury continue their quest for Vancouver's ultimate meatballs.

Up until recently, we deemed Gord Martin's menus at Bin Restaurants as simply glorified tapas items, dished up to the late-night winebar crowd.

Not the most discerning clique from our standpoint, that is, until we sampled their meatballs.

Fury: Personally, Bin has always been a wine-forward establishment for me, with their dolled-up bar food served as an amenity. This is a spot where truffle oil is

not a subtle enhancement, but merely a liberally used condiment on every other menu item.

Raj: You know, it was really worth checking out Bin 942 to take a peek at what's under all that sass.

Fury: When we peeled off the superficial layers, we were surprised to discover the labour intensive secret behind the balls' extreme juiciness. There's actually no slight of hand going on here.

Raj: That Gord guy has some serious patience. I mean making the base of his



Bin 942's secret recipe boasts a whole lotta onions and a dash of port make the best base.

meatballs by caramelizing a potful of onions for hours? What type of maniac does that?

Fury: Sometimes subtlety is the best approach -

like the dash of port to coax out the onion's complex sweetness.

Raj: Just throw in the meat and we've got some goodballs. In the esteemed words of Glenn Quagmire, the best summation would be "giggity giggity, alright!"

Editor: To their horror, Raj and Fury later discovered that there was truffle in the accompanying Pinot Noir sauce. They weren't able to escape it.

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.

- KRISTEN MCKENZIE

top 5

Meat markets...

With summertime in full bloom, the aroma of grilled meat now perfumes. For those looking to relax and let someone else to do all the work, here are the top five local joints offering truly meaty experiences:

GOTHAM STEAKHOUSE AND COCKTAIL BAR

615 Seymour St. The *crème de la crème* of red meat, food critics consistently rate this eatery the best steakhouse in town.

MEMPHIS BLUES BARBEQUE HOUSE

Various locations This laidback grill serves up massive portions at tiny prices. Indulge in succulent sausages, beef brisket, ribs and pulled pork - you definitely won't go home hungry!

HY'S STEAKHOUSE AND COCKTAIL BAR

647 Hornby St. Another steakhouse favourite, Hy's has been satisfying Vancouverites with slabs of beef for 30 years.

HAMILTON STREET GRILL

1009 Hamilton St. This trendy Yaletown eatery boasts a beautiful dining area and a scrumptious steak selection. Check out the bar for a drink before or after your meal.

SIMBA'S GRILL LTD.

825 Denman St. This African restaurant features perfectly grilled skewers of meat accompanied with a slew of zesty spices and sauces.

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