

Summer spots for sports and suds

COLIN JACK - Live sporting events and sipping some suds - here are my top picks for both, this Vancouver summer.

Dolphin Basketball Classic - July 16-18
dolphinbasketball.com
This tournament is celebrating its 25th anniversary this year. A premier 4-on-4 event in Canada. Highlights include a slam dunk contest and the finals on Sunday.

The Nations Cup - July 16-18
thenationscup.com
This tournament also has a long history celebrating 30 years. With the buzz of the 2010 World Cup still live and kicking, this year's Nations Cup is sure to feature some great footy.

Vancouver Canadians Baseball @ Nat Bailey Stadium
Hotdogs, peanuts and ice cold beer at Nat Bailey is always relaxing. Add in the occasional "nooner" and it is a great excuse to leave work early.

BC Lions Football @ Empire Field
This temporary stadium has a beautiful backdrop for sports and concerts. Forget about the \$8 beers or ridiculous parking fees and enjoy the ambiance of football in the fresh air.

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SEXY SUNDAY EATS

BBQ with all that jazz

SARAH ROWLAND - It's very hard to seductively go to town on a Texan-sized BBQ pulled pork sandwich.

No matter how hard you try, there's simply no way to daintily and sensually wrap your mouth around a giant, meat-filled bun that's dripping with tangy Kansas City-style sauce.

That's why I suggest waiting a few weeks into a new relationship before taking your date to a Rockin' Ronnie Shewchuk Sunday afternoon cookout at the Fairmont Pacific Rim (1038 Canada Place).

But trust me, the food is sooo good, it'll be worth the wait. Plus, Ronnie's all-you-can-eat buffet (\$24/person, 11 a.m. - 4p.m.) is not your usual redneck affair.

It's more of a classy, yet down-home, dining experience - especially on a sunny afternoon when the



Grilled pork sandwich



Grilled pineapples

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patio is in full effect.

But even if there's an overcast, you can enjoy your grilled meat feast in the hotel lounge while you take in some live jazz (which kicks off at 1 p.m.)

When Ronnie (charismatic world-renowned

BBQing champ and author of BBQ Secrets Deluxe) is manning the grill, you can expect two kinds of premium-cut meats, as well as home baked bread, some greens, potato salad, coleslaw, beans and grilled pineapple with caramel

sauce for dessert.

The only thing it doesn't come with is a sexy southern fried cowboy, so probably best to lasso a dining partner before heading down there for some seriously tasty grits. Yeeeee haw!

Raiders of the lost art of meatball

The quest for Vancouver's ultimate meatball has taken us to many foreign culinary lands and this episode is no exception.

Raj: Legend has it that there's a mystical meatball known only as the "Lion's Head" in the Far East.

Fury: Hailing from the heart of China, we dared to try this specialty at Shanghai Village on Cambie Street. Traditionally, the Lion's Head is a dish comprised of several meatballs in a sizzling claypot.

Raj: What was initially

just a quest for a new flavor played out like the most famous Indiana Jones scene ever! Picture this: you're in a booby-trap filled temple, and all of a sudden you're running for your life to avoid being crushed by a two ton boulder.

Fury: To our amazement, Shanghai Village only serves one prolific meat-boulder. You can't stuff the whole ball into your mouth here!

Raj: Aside from the size, this was the first pork meatball we've tried on this journey. It tastes like it's infused



The leafy green vegetables surrounding this delicious meat-boulder represent the mane of the Lion's Head.

with some sort of tea.

Fury: That would be the preserved cabbage that

brings a touch of sweetness and smokiness to the mix.

Raj: And what about that mystery brown sauce that they slather on everything? What's up with that?

Fury: Don't diss it until you try it mixed into a bowl of steamy rice. It's the ultimate comfort staple, yo.

Editor: Fury and Raj completed this voyage unscathed and lived to write about 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.

top 5

Delis...

There's nothing more divine than when the perfect meat, bread and cheese join forces. Here are the top five delis around town offering up a little taste of heaven:

MAX'S BAKERY AND DELICATESSEN

3105 Oak St.

The display case at this local institution is abundant with fresh salads, filling sandwiches and hearty favourites like lasagna and meatloaf. And don't forget to save room for dessert!

EURO DELI AND MARKET

#180-3665 Kingsway

This low-key eatery at the corner of Kingsway and Boundary boasts scrumptious gourmet subs and paninis at reasonable prices.

PHAT

1055 Mainland St.

This Yaletown gem serves up succulent smoked meat sandwiches and has a mouth-watering selection of bagel combinations. Bonus: They're licensed, which means you can enjoy a beer or martini with your grub.

EURO FOOD PLUS

818 Bidwell St.

A fantastic Russian joint with excellent Eastern European eats and a phenomenal assortment of fine cheeses.

JACKSON'S MEATS AND DELI

2214 W. Fourth Ave.

Everything and anything you need for a fabulous gastronomic experience is available at this specialty shop. Great daily sandwich specials are also on hand for a meal on the go. - KRISTEN MCKENZIE



Calling for entries for our festival, October 28-29, 2010. Deadline is August 1. Enter at www.VSFF.com Try that in under 140 characters.

