

Bakery promotes superfood chia bread

Cobs Bread has come up with a new superfood – chia bread, and it doesn't grow out of the head of a terracotta figurine. The new bread features chia seed, an excellent source of Omega-3 and Omega-6 fats, protein, fibre, antioxidants and more. It's available in white, whole wheat and flax varieties.



Red Card gets in the game

Red Card Sports Bar is joining Dine Out, Vancouver's annual celebration of food and wine, for the first time this year. For \$28, the Italian restaurant on Seymour Street will offer a three-course, set-price menu, featuring beer pairings, from Jan. 24 to Feb. 6.



Delectable Thai dishes await at Charm Modern Thai on Hamilton Street. PHOTO SUBMITTED



Chef Ryan Stone's fish platter is an amazing performance that includes a kulen-wrapped monkfish, Scottish crab and dashi terrine, langoustine and tomato gel, pea and bacon tart and a caviar and cauliflower mousse. PHOTO RAJ TANEJA

Stone well-prepared for culinary Olympics



Raj Taneja @tinhead

Top B.C. chef Ryan Stone of the West Coast Fishing Club on Langara Island is France-bound this month as he travels to Lyon to compete in one of the world's most prestigious culinary competitions, Boccuse d'Or.

Stone has been preparing his entire career to represent Canada on the world stage, and with the goal in sight and having been chosen as this country's delegate, he's now putting in insane 16-hour days to perfect the game. Given his dedication, mentorship and the experienced team he's assembled, Canada has a really good chance at winning this year at the biennial event, considered the culinary equivalent of the Olympic Games.

At a special media tasting

this week, Stone presented a meat platter and a fish platter. It was so beautifully and carefully presented, you know no money could ever buy the experience. What's equally amazing was that the dishes were prepared from scratch in less than five-and-a-half hours, the maximum allowable time for competitors to present their creations to the judges.

This year, the Boccuse d'Or Culinary Competition will pit the best chefs from 24 countries against one another in a quest for gold. On Jan. 26, only three chefs will be deemed worthy of being able stepping up to the winners' podium.

Raj Taneja is part technologist, part entrepreneur, part social media thought leader and part foodie. You like amazing food photos? Check out his photos at flickr.com/photos/urbanmixer. His twitter username is @tinhead.

Thai treats with all the Charm



Sarah Rowland Dining Chronicles

In my experience, there are two kinds of Thai food fans: The ones who never venture beyond mild coconut curry dishes, and those who are willing to think outside of the "takeaway" box.

At Charm Modern Thai restaurant (1269 Hamilton St.), both conservative and adventurous Thai fans will undoubtedly be more than satisfied.

Naturally, the ambient, bamboo-chic Yaletown establishment serves up traditional dishes like the always popular pad Thai (\$12), a sweet and savory noodle delight. As well, it offers an array of respectable vegetable, meat and/or seafood curries (\$12-\$15). But it's the signature specials that really make Charm a hot spot worth checking out.

The pineapple-braised short ribs (\$15), for example, is an insanely tasty dish that really needs to be experi-

enced firsthand to truly appreciate. The same goes for the green tea chicken (\$19). Served with a side of sauteed veggies, this lemon grass-infused, organic poultry specialty can be shared family-style or on its own. Unlike some of the other aforementioned dishes, this meal works just as well without rice – so it's especially great if you're watching your carb intake after the holiday season.

For those of you not counting calories, the silky



smooth homemade Thai tea ice cream (\$4) is really nice and a refreshing way to top off a meal.

Benefits of golden nectar immense



Colin Jack Justthereforthebeer.com

New Year's resolutions always include losing weight and reducing alcohol consumption. But there are important things to know before removing beer completely from your diet.

The amber nectar contains 140-200 calories and no fat. In addition, calories in beer are directly related to the amount of alcohol; caloric amounts rise approximately by 20 for every one per cent of alcohol by volume.

Studies have shown beer has a lot of health benefits similar to that of red wine in

reducing the chance of heart disease. Xanthohumol found in hops is also used as a preventative treatment for various types of cancer.

Remember, if beer makes you happy, that is a positive effect on your health.

My Pick

Blood Alley Bitter – Russell

Brewing Company

Launched this week, Blood Alley Bitter was named after the famous laneway in Gastown, full of history and folklore.

Bitter style of beer has a wide range of flavour. Blood Alley has a cleansing hop presence and inviting floral aroma.



All hot chefs in their own right, mentor Scott Jaeger, assistant Talib Hudda and Ryan Stone are ready to do battle in Lyon, France, Jan. 25-26, to take home the gold for Canada. PHOTO RAJ TANEJA