

Women have edge in beer tasting

COLIN JACK - Like any fine drink, beer should be appreciated with all five senses.

Sight, sound, smell, touch and taste – the true beer tasting experience can help you evolve from a primitive beer drinker to a connoisseur.

To start your transformation, start with the taste.



Colin Jack

When it comes to detecting subtle nuances in flavour, women have an advantage.

On average, women have more taste buds than men.

Women also have that amazing ability to sip instead of gulp their beer.

To properly taste beer, take small sips and let the beer wrap around your tongue so your entire palate absorbs the flavours.

Sweetness is concentrated at the tip of the tongue, sour at the sides, saltiness at the top and bitterness at the back of the throat – to truly appreciate beer you must swallow.

In general, ales combine sweeter and roasted essence. Lagers tend to have hoppy and citrus notes.

Repeat as necessary. Cheers!

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



DHARM MAKWANA

Artisan cheese is one item that may be on dinner plates during the Olympics after the Table Top exhibition at the Bayshore this week.

GROWING CONCERNS

B.C. aims for world's palates

DHARM MAKWANA - British Columbian food suppliers hoped to land a gold medal at a Table Top exhibition in advance of the 2010 Games this week.

"We've always felt that food-service companies know about sourcing local," said Winter Games sourcing advisor Jeff Lang.

"We thought, since the

Games are happening February, do chefs really know what's available during the winter in B.C. and Canada."

More than 80 suppliers pitched the virtues of their wares to hotel chefs and catering companies with the hope of landing a coveted spot on the plates of diners visiting Vancouver in 2010.

"The idea is to promote

local food," said Nidhi Atal, owner of a Pemberton-based Nidhi's Cuisine, specializing in vegetarian foods such as samosas and chick pea lentil cakes.

"All of our products showcase the venerable potato, a big part of British Columbia."

For established companies like Rogers Foods Ltd.,

a grain operation in B.C. for 55 years, the desire to feature the heritage of cuisine is essential when promoting the games.

"It all starts with the farmers," said Rogers Foods spokesperson Joan Overin. "They bring the product to the table to everyone in B.C., in Canada and hopefully around the world."

Tastes to behold

Back by popular demand, the Single Malt Scotch and Chocolate tasting is returning Oct. 18 at Pacific Institute of Culinary Arts, as part of the West Coast Chocolate Festival. Other pairing events include Desserts, Chocolates Wines and more at Club Illia at SFU's UniverCity and Wines, Liqueurs and Chocolates at Place des Arts in Coquitlam on Oct. 24.

Quest leads to Porkbelly Beer House

RAJ TANEJA - Can you keep a secret? Well the Koreans certainly can. For years, I lamented while there were dozens of great steak houses, nobody ever created a restaurant that celebrated bacon.

Was I ever wrong! In fact, at the time of writing this article, I'm on the phone to the Chicago Mercantile Exchange and putting my money where the meat is. As soon as the word's out, the price of pork belly futures are going to skyrocket.

Here's the backstory: while stumbling through the West End one night, a beautiful scent filled the air, but to which cooked meat it belonged I had no idea.

I investigated and what I found was more monumental than what conspiracy theorists call the New World Order.

I observed a pair of Korean men perched on the patio of a restaurant cooking strips of what appeared to be bacon on a portable gas-powered grill. It was love at first sight and her name was samgyeopsal. The restaurant was aptly named Porkbelly Beer House and as the owner explained, uncured strips of pork belly, cut in quarter-inch slices are put



RAJ TANEJA

Porkbelly Beer House serves up samgyeopsal on Bidwell in the West End.

on a gas-powered griddle and cooked.

The customers cook their own meat and then eat directly from the grill, usually wrapping the delicacy in lettuce stuffed with a soybean paste, kimchi (fermented cabbage), fresh garlic slices and green chili. Since that fateful day, we've come together on many occasions and I've enjoyed my forbidden love. Now that the word is out, I'm keeping my eye on those futures.

RAJ TANEJA - PART TECHNOLOGIST, PART SOCIAL MEDIA THOUGHT LEADER AND PART FOODIE - IS IN SEARCH OF VANCOUVER'S BEST BACON. HE RUNS URBANMIXER.COM, PUBLISHES A MISCELLANY OF HIS MUSINGS AT RAJ.JP

top 5

places to score a turkey dinner

Turkey time is upon us. For those who can't be bothered labouring in the kitchen, here's our top five places to grab Thanksgiving dinner:

PRETEND IT'S YOUR OWN:
db Bistro Moderne
2551 West Broadway
Why not take credit from someone else's hard work? db Bistro is offering a turkey feast to-go and with items like roast breast and stuffed legs and Alsatian apple tart, even your mother-in-law will be impressed.

ON A BUDGET:
Denny's
OK, it's not glamorous, but where else are you going to find a complete turkey meal for \$12.99? Bonus: No reservations required.

NON-TRADITIONAL
Tropika
Various locations
This could be that memorable, quirky year where you abandon the usual stuffing and pumpkin pie routine for Pad Thai and satay. The food is fantastic, the portions are huge and the spice factor can be tweaked to suit sensitive stomachs.

TO JAZZ IT UP:
Elixir Bistro
350 Davie St.
Scat and be-bop may not be customary Thanksgiving celebrations, but they should be. Elixir is offering live jazz on Thanksgiving that can be enjoyed while savoring gourmet fare.

FOR FINE DINING:
Sutton Place's Fleuri
845 Burrard St.
Crisp table linens and fresh-cut flowers will only be the first signs that you're going gourmet. The restaurant's Thanksgiving menu includes a yellow endive salad with spiced pumpkin dressing as an *amuse bouche* and ends with a ginger pumpkin *crème brulee* for dessert.

Restaurant Guide

Pho 78
VIETNAMESE RESTAURANT

Come and enjoy a free fried roll with the purchase of a large noodle bowl for only...

\$6.95

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