



What kills beer? Air and light

Kokanee has developed the "Glacier Seal Cap" that reduces beer-damaging oxygen released by the bottle cap. This will extend the shelf life of the beer and keep the beer tasting fresher for longer.

QUESTION: What is the best container for beer? Bottles or cans?

ANSWER: Air and light are the two biggest enemies of beer. Exposed to either, beer will begin to oxidize or become light-struck.

Cans are 100 per cent air tight and light tight. Cans are also lighter, easier to pack, easier to chill, and significantly less expensive to produce.

Bottles look good and can add to the consumer pseudo-status. Most bottles can also be recycled or reused. However, there are several single-use bottles that are not part of the Canadian bottle exchange.

The choice is obvious, isn't it? If you still choose to buy bottles, look for boxed beer in dark thick glass stored out of direct light.

Serve all beer in clean glassware for the ultimate connoisseur experience.

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

APPETIZERS

The patio at **The Teahouse** in Stanley Park just got even more inviting. The eatery announced that, for the remainder of the summer, it's offering a \$10 flatbread pizza and Stanley Park 1987 Amber ale combo from 3 to 5 p.m. on weekdays. Do you need a better reason to skip out of work early?

Blogger **Vancouver Foodster** (aka Richard Wolak) is throwing a bash next Wednesday to celebrate the website's one-year anniversary. For only \$5, party-goers at Canvas Lounge can sample fare from Coast, Sanafir, Maple Grill and Hapa Izakaya. The event runs from 6 to 9 p.m.

Top chefs are convening in the Kootenays next month to give both visitors and potential homebuyers a tasty treat. "Tasting in the Mountains," held at The Residences at Fairmont Ridge Aug. 14, features an array of savoury samples. For details, go to fairmontridge.ca.

More than 25 food companies are serving up organic and sustainable fare Saturday in support of SFU's sustainability initiatives. **Summerdelish: Taste the Earth** is an eco-friendly event hosted at the campus' Club Iliia Eatery and Lounge. Tickets and details at wcwed.com.

top 5

places to score good deep fried

When you're craving a good, ol' fashioned fatty fix, nothing less will do than something that's been breaded and deep-fried. Here are the top five places for finger-licking fried fare:

GO FISH

1505 W. 1st Ave.

This waterfront seafood shack is renown for its hearty fish and chips. Just don't expect to get fast food service - there are often long line-ups in summer.

REFUEL

1944 W. Fourth Ave.

Forget the Colonel! The fried chicken here is to-die-for. Bonus: Right now they even offer a ready-to-go fried chicken picnic meal!

LAS MARGARITAS

1999 W. Fourth Ave.

What's better than a tortilla stuffed with cheese, refried beans and meat? A fried one, of course (also known as a chimichanga). The flavourful babies at this joint are then topped with sour cream and guacamole.

CARDERO'S

1583 Coal Harbour Quay

The wok squid (calamari) here is the best in the city. Seasoned with diced garlic, onions and a hint of red chili, it offers up an extra-zesty zing.

PLAYLAND

P.N.E., East Hastings St.

There's nothing better in the summer months than scarfing down mini doughnuts and corn dogs in between some roller coaster action.

- KRISTEN MCKENZIE

Romantic oasis in concrete jungle

SARAH ROWLAND - Downtown residents in the know probably aren't going to like what I'm about write.

That's because I'm going to out one of their best kept culinary secrets right here, right now. Here it is: If you're looking for a little Mediterranean oasis in the middle of Vancouver's concrete jungle, Il Nido (780 Thurlow St.) is your place.

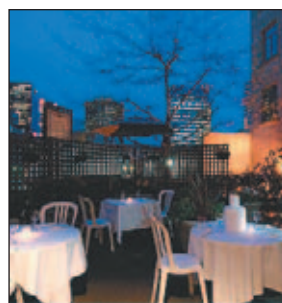
True, it's not all that new.

In fact, it's been around since 1988. But because it's tucked in the back of a courtyard - away from the hustle and bustle of sidewalk traf-



fic - you could easily walk by it and never know it's there.

Which is too bad because Il Nido (Italian for "the Nest") boasts one of the most romantic terraces in the city. It's a quiet, intimate



space that's sheltered by some modest greenery.

In other words, this quaint Italian hideaway is the complete opposite of the many see-and-be-seen establishments that surround

it. With that in mind, it's not really the place to go to if you're in the mood to mingle. But it is definitely somewhere to take someone special on a warm summer eve's date. It's also a nice place to go after work and unwind with a glass of wine and some friends. You can talk and hear each other - novel idea, I know.

And from what I've sampled, the food is equally impressive. Traditional Italian with some healthy West Coast twists - now that's a match made in tastebud heaven.

Surprise taste on finale of meatball quest

Can't really put our finger on it...

There's something amiss about a humble sandwich shop that opens in the city's swankiest culinary district.

Right next door, Blue Water Cafe features champagnes such as Salon's Blanc des Blancs at \$1,000 a pop.

Raj: If you check under the hood, Sweeney's of Yaletown is by no means average.

Fury: What confounds me is that their menu is Ocean Wise, local, and organic. Even their containers are biodegradable but there are no

signs boasting of it.

Raj: I'd have to say that they're believers in good karma. They make good, honest food, use quality ingredients, and hope the universe is benevolent enough to send some customers their way.

Fury: Perhaps it's the universe that has guided us here for the final chapter in our quest. The thought of conquering their meatball sub has held me captive ever since I found it on Twitter.

Raj: It's a good start that they serve these meatballs on a torpedo bun. To enhance



Sweeney's meatball

the flavour, they add a bit of homemade tomato sauce and Provelone cheese.

Fury: The meatballs were soft, kinda gummy, and I definitely tasted mushroom and thyme. Even under the tangy sauce, I still sensed a little *je ne sais quoi*.

Raj: I couldn't put my finger on it either...

Editor: You guys know that those were vegetarian meatballs, right?

Raj: There you have it, good karma! No animals were harmed in the creation of these meatballs.

Fury: Considering all the meat we've consumed on our six-part meatball quest, I'm thankful we found a meat-free alternative that doesn't suck.

TIRED OF TALKING TO YOUR HOUSE PLANTS? HIT UP RAJ TANEJA (@TINHEAD) AND MELODY FURY (@GOURMETFURY) ON TWITTER. WE TALK BACK!

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