

Good Things Happen in Threes

Enjoy our wide selection of

- Chinese Cuisine
- Vietnamese Cuisine
- Japanese Cuisine



街坊麵檔
NEIGHBOURHOOD
Noodles House

604.988.9885

1352 Lonsdale Avenue, North Vancouver




**ADRIATIC
Deli & Coffee**



Our deli has the finest selection
of **European** meats & cheeses



**Come by
and taste
the flavour
of Europe**

CATERING SERVICES

Business Functions Special Occasions Dinner Parties

604.922.7070

1763 Marine Drive, West Vancouver




The Annual Barbecue Cook-off

The barbecues are humming, bellowing out clouds of sun-filled smoke. The chatter is relaxed as we nibble on homemade appetizers - avocado and mango salsa which has a slight fish flavor (probably from chopped scallops), served on tortilla chips. They taste as fresh as the sea breeze that lightly taps against our faces. Our lawn chairs face an endless ripple of ocean waves. The lime margaritas have a soothing kick, apparently the host's specialty. The voices of our children soar around us, competing against the cries of the sea birds. I'm with twelve other adults anxiously awaiting the results of our second annual rib cook-off at the beach.

The chefs are all dads. They wear gleeful smiles as they slather on their own unique rib sauces. Gas or coals -- will it make a difference? Boiled or marinated? The chefs are loathe to tell their secrets. The final decision will be made at the taste-off.

Everyone has an opinion on what type of ribs to buy: spareribs or baby back ribs. Baby back ribs are smaller, tender and have less fat. They cook faster than the larger spareribs that have more fat, more flavour and cost less. The preference is as personal as your hair style.

The competition ends when the meat melts away from the bone. The ribs have been cooked at a low heat (200-225 degrees F) for 3-5 hours.

The judging takes place as we sit around a large wooden picnic table. We pile our plates full of ribs, potatoes and salad. And the winner is? A tie, just like last year! I guess we'll just have to have a third annual rib cook-off at the beach.



Baby back ribs are smaller, tender and have less fat. They cook faster than the larger spareribs that have more fat, more flavour and cost less.

Here's a Barbecue sauce to slather on chicken when grilling. It's as easy and carefree as summer.

Quick and Simple Barbecue Sauce

- 2 tablespoons grated onion
- 1 clove garlic, minced
- 1 cup ketchup
- ½ cup water
- 2 teaspoons mustard powder
- 2 tablespoons Worcestershire sauce
- 1 teaspoon chili powder
- 2 tablespoon cider vinegar
- 1 tablespoon molasses
- 1 tablespoon brown sugar

Combine all ingredients in a small saucepan. Heat to a boil over a medium-high heat, lower temperature and simmer 10 minutes.

Barb Kemp is a chef who helps busy families menu plan.
recipestoherescue@shaw.ca
 604-990-4593

Up to **90** different flavours

**Be Cool
This Summer**

Try Our:

- Gelato
- Fruit Sorbet
- Soy Gelato
- Frozen Yogurt
- Dolato

We make our own Gelato
And Waffle cones in-house

THE GELATO EXPRESS

4379 Gallant Avenue, Deep Cove
North Vancouver. **604.929.6289**