

Sedentary lifestyles have brought health problems such as obesity and diabetes to Asia, prompting locals to fill up their shopping carts with products such as oats, yogurt and vitamins.



Hot days, cool eats

During a heat wave, the last thing you want to do after a hot, sticky commute is turn on your oven or stove — especially if you don't have central-air conditioning. Instead, step over to the fridge

for a couple of recipes to make dinner a cool and soothing meal.

Both dishes benefit from the cooling properties of mint, can be made the day before and will chill good-na-

turedly in the fridge. With simple ingredients that are easy to find anywhere, you can keep these close at hand in your fridge during the dog days of summer.

So pour yourself an icy

beverage, run some cold water over your wrists and get ready to cool off!

CHILLED CUCUMBER MINT SOUP

This is a summer classic with good reason. With mint, yogurt and cucumbers, it's probably the most cooling thing you can consume, short of ice water. It's far from bland, with a mild kick courtesy of garlic, chives and a drop or two of hot sauce.

2 English cucumbers, peeled

1 cup (250 ml) low sodium chicken broth or vegetable broth

2/3 cup (160 ml) plain yogurt

1 clove garlic, minced

2 tsp (10 ml) lemon juice

1 tbsp (15 ml) shredded mint

1 tbsp (15 ml) chopped chives

4-5 drops of hot sauce, such as Tabasco, or to taste

Sea salt and freshly ground black pepper to taste

1. Cut cucumbers in half lengthwise and remove seeds with a small spoon. Chop into small chunks.

2. Place cucumbers, chicken broth, yogurt, garlic, lemon juice, mint and chives in blender, cover and puree until smooth. Season to taste with hot sauce, salt and pepper and whirl briefly to combine.

3. Place covered blender jug in fridge to chill soup thoroughly and allow the flavours to intensify. It will separate, so blitz quickly before serving.

Serves 4.



TABBOULEH

Made here with couscous rather than bulgur wheat. The couscous is slowly plumped up with olive oil and lemon juice rather than pouring boiling water or stock over it.

Excellent alongside anything grilled or even a sandwich. Sometimes I just stand in front of the fridge and eat large spoonfuls of it on its own.

Adapted from French Food at Home by Laura Calder

2 cups (500 ml) quick-cooking couscous

3/4 cup (175 ml) lemon juice

3/4 cup (175 ml) olive oil

1/2 cup (125 ml) finely shredded fresh parsley

1/2 cup (125 ml) finely shredded fresh mint

2 medium tomatoes, seeded and chopped

1 red pepper, seeded and chopped

1 medium red onion, finely chopped

Sea salt and freshly ground pepper

1. In a large bowl, stir the couscous, olive oil and lemon juice together. Set aside at room temperature, for 1 or 2 hours, stirring occasionally.

2. Add the herbs and chopped vegetables, stirring to combine. Season with salt and pepper and add more lemon juice, if desired. Cover and refrigerate until chilled, preferably overnight.

Serves 6 to 8.

— Heather Hewer, SPECIAL TO 24 HOURS

Welcoming the 3 Brewers to hogtown

Yonge and Dundas is fast becoming the hub of the greatest city in the world.

Newest to the area is The 3 Brewers Restaurant and Microbrewery. The food represents the flavours of Belgium and Alsace, with a sprinkle of Quebec.

Their homemade flammings are a marvelous flatbread with so many different toppings. Some choices are smoked salmon, chicken and pesto, onions and goat cheese with olive oil. There are 14 delicious choices.



THE MOVEABLE FEAST
THE FOOD GUYS: MARTY AND AVRUM

They are one bite and two thumbs up. Brilliant, baby!

The onion rings are made with their homemade beer.

Speaking about beer, there are four choices. The

beers are made right there on the premises. You must try their metre of beer and flamm. This is a pure tasters delight!

Finally a place with salads that can stand alone and be proud. The Santa Fe salad was beyond tremendous. It is fresh grilled chicken, lettuce, tomatoes and cheddar cheese. This salad says, "Hello, Honey, I've got a crunch," and, "Hurry up and eat me."

They also have a dish called brewer's beef stew.

This is marinated in beer and slowly cooked over a low heat. My friend wanted to dive into the stew. I told him this stew is for eating, not swimming in.

Burgers are definitely up there in the award of merit category. The 3 Brewers blond beer burger is a taste sensation. Your lips will actually be smiling after one taste.

For their sauerkraut and sausage, the sauerkraut is made with their homemade blond beer. Ribs and chicken

dance into your mouth.

The desserts here are a must. Morgan, our server, told us you definitely cannot leave without tasting the dessert flamm. We went wild with desire when we had the banana with ice cream and of course chocolate, and not to be forgotten whipped cream. Someone call Weight Watchers, we have an emergency situation!

Morgan was the kind of server you absolutely love — she was kind, attentive and made us feel like a million

dollars. Welcome to Toronto 3 Brewers. You are everything a restaurant and micro-brewery should be. You care about the customer and it shows in everything you do and are.

The 3 Brewers
275 Yonge St.
the3brewers.ca

Visit dine.to
and martyandavrum.com
Catch Buddies on the Vine every
Sunday at 1 p.m. on SUN TV.