

# CULINARY Trends

*Magazine*

**Late Spring 2010**

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**Flavor-forward Seafood:  
Strong Fish Coming into Fashion**

**Mini-Size Me:  
The Small Dessert Revolution**

**Tap that Keg...  
and Let the Wine Flow Freely**

# CULINARY Trends



Late Spring 2010

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CALIFORNIA & NEVADA**



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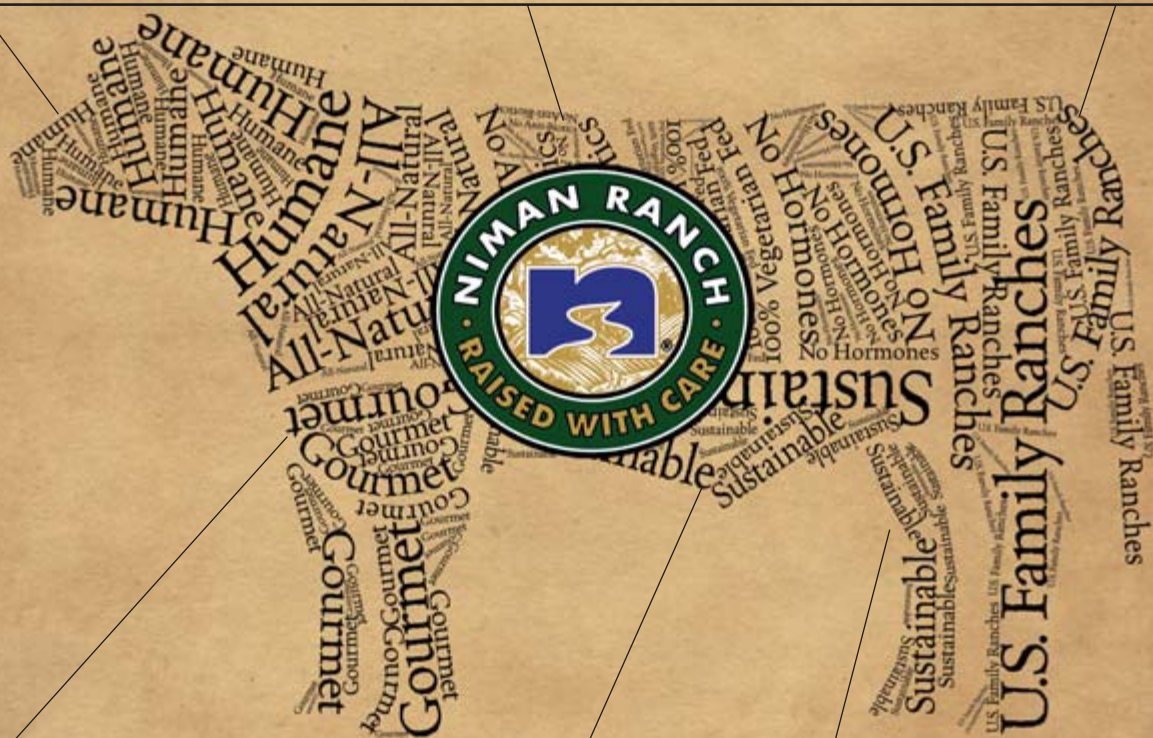
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Bottom Right: Mozzarella in carozza with anchovy butter. Top Right: Stuffed shells with ricotta, tomato, escarole, garum & anchovy from Pizzeria Delfina in San Francisco. These dishes reveal that boldly flavored fish are a chef's secret weapon to adding depth to dishes.

## 6 Flavor-Forward Seafood: Strong Fish Coming into Fashion

Chefs are increasingly exploring the bold flavors of mackerel, sardines, salt cod, anchovies and many other fish varieties. Whether they are fried, grilled or broiled, chefs can open up diners' eyes to a totally different world of seafood.

Sasha Bernstein

## 14 Celebrity Chefs: Where Are They Now?

Over the past few years, reality television shows focusing on cooking competitions have increasingly dominated the airwaves and chefs' celebrity status has skyrocketed. We track down six former TV culinary contestants, revealing the ups and downs of stardom.

Linda Mensinga

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Restaurants are quickly adapting their dessert menus to diners' preference towards single-portion treats, proving that bigger isn't always better! Although cupcakes reign queen among the world of scaled-down baked goods, mini Bundt cakes, whoopie pies and two-bite crême brûlées make post-meal indulgences guilt-free for guests who crave sweet endings.

Leena Trivedi-Grenier

## 28 Haute Greens: California's Vegetarian Cuisine Hits the Mainstream

Pasta and pizza are no longer vegetarians' only go-to options while dining out. Gourmet, non-meat dishes are standard on menus of varying cuisines. Raw and vegan dishes rival meat-centric preparations when chefs combine creativity with sophisticated techniques in the kitchen. With produce as good as California's, what do restaurants have to lose?

Alicia Harvie

## 34 Tap that Keg...and Let the Wine Flow Freely

Restaurants are exploring ways to sell more wine by looking outside the bottle. The time has come for beer to share the tap with free flowing wine. Find out how the "locapour" movement can benefit your wine sales by luring diners with a more approachable beverage menu.

Jeff Decker

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Carleigh Connelly

## Restaurants:

**Alex:** Las Vegas, NV [www.wynnlasvegas.com](http://www.wynnlasvegas.com) (pg.24-25)

**Andrew Lane Wines:** St.Helena, CA—[www.andrewlanewines.com](http://www.andrewlanewines.com) (pg.35, 38)

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**Boulevard:** San Francisco, CA—[www.boulevardrestaurant.com](http://www.boulevardrestaurant.com) (pg.22-23)

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**Niman Ranch**—[www.nimanranch.com](http://www.nimanranch.com) (pg.40)

**Out the Door-Bush St.:** San Francisco, CA—[www.outthedoors.com](http://www.outthedoors.com) (pg. 35-36)

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## CULINARY Trends

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### ON THE COVER

Pickled Monterey sardines with soft boiled egg, crême fraiche & watermelon radish

Bar Tartine — San Francisco, CA

PHOTOGRAPH BY SARA KRAUS





# Flavor-forward Seafood

STRONG FISH ARE SHEDDING THEIR “SCARLET LETTER OF SHAME” AND COMING INTO FASHION

## Sasha Bernstein

“Honestly, I thought putting anchovies on pizza was like painting over the Mona Lisa – why ruin a beautiful thing? Now I *crave* them,” discloses a San Francisco transplant. He’s not alone. Anchovies, sardines, mackerel, salt cod and other flavor-forward fish have long fought a bad rap. Until recently, they were dubbed “fishy,” “smelly,” “salty,” and bore a scarlet letter of shame that was to be avoided by all good white meat, chicken-loving Americans. But it appears the tides are turning.

### Bottom of the food chain on the rise

The Tacolicious truck pulls up to the San Francisco Ferry Plaza Farmers Market every Thursday offering guest chefs’ specialty tacos and a host of beloved Mexican staples to taco-lovers queued down the street. Culture-bending and bold, Executive Chef Staffan Terje of popular San Francisco Financial District restaurants Perbacco

and Barbacco chose on his day to sling “sardine” tacos – alongside carnitas, carne asada, short ribs, potato chorizo and veggies, the sardines made up a full third of the day’s sales. “I’m a big advocate of fish from the dark side as I call them,” says Terje, “They’re full flavor and good for you. So it’s a little bit of my own political agenda.”

Chef Staffan is not the only one seeing flavor-forward fish flying off the menu. David Samuels of Blue Ribbon Fish Co., a top restaurant seafood purveyor in New York City notes, “I’m selling more sardines than ever – first off, they’re getting to the market fresher.” It’s true, here in the States, we associate sardines and related fishes with their canned brethren, generally characterized by a less-than-fresh “fishiness.” Part of the trend toward fish-acceptance is a result of accessibility and quality. The emaciated anchovies that sit on the late night joint’s pizza line don’t exactly scream to wary diners, “Eat me, I’m delicious and good for you.” Now, as chefs increasingly buy locally and import fish that were in the water less than 24 hours prior, the product is available to diners at its peak.

With more positive associations, the potential fish-eating public has started to reconsider. “A few years ago, no one wanted anchovies on their Napolitano pizza, now we sell a million of those a year,” shares Anthony Strong, chef at San Francisco’s famed Pizzeria Delfina. He attributes this to the food perspective of many Californians characterized by an adventurousness and appreciation for fresh, local ingredients.

With an open-minded audience and quality ingredients on hand, “Chefs are taking more risks,” observes Samuels. Even if they are chef-favorites, putting seemingly condemned ingredients on the menu is a brave move. As Chef Donato Scotti of heritage-honoring Donato Enoteca in Redwood City puts it, “If you believe in an ingredient, you have to stick by it.” And to our culinary benefit, borrowed cuisines and re-discovered treasures like pho, offal and oily fish continue to find their way onto menus into American hearts.

Chef Paul Bartolotta of highly acclaimed Bartolotta: Ristorante Di Mare in Las Vegas, known for its loyalty to

authentic Italian cuisine, points out, “Sushi was weird; now you can find it at 7-11.” Hopefully the trend won’t parallel to point of gas station-sold whole mackerel.

### Schools of fishy fish

In other cultures around the world, anchovies, sardines, salt cod and mackerel have been en vogue for thousands of years. Their inexplicably delicate development of flavor, cost-efficiency and considerable health benefits have kept these fish a culinary staple generation to generation. Not surprisingly, well-traveled diners, like Las Vegas guests for example, are generally open to and even excited by the opportunity to try flavorful fish dishes, according to Chef Bartolotta. Italian traditions, from which many West Coast “fishy” culinary trailblazers draw inspiration, call for a pinch of flavorful fish in everything short of dessert; they are woven into pasta sauces, vinaigrettes, cheese plates, meat dishes, pizza toppings, and more. “I think anchovies should go in everything,” says Chef Donato, “It enhances the flavor and adds depth



to a dish.” Garum is an Italian-rooted fish base, just as Asian cultures stand by anchovy-based fish sauce, which plays into *aek jeot* for kimchi in Korea, *kecap ikan* in Indonesia, *patis* in the Philippines, and as a foundation for an astounding amount of dishes across the continent. As Chef Bartolotta explains, “These fish are a food culture with history – there’s a reason it works.”

In the 1800s, science shed new light on *why* the fish taste so good: umami. The notorious French chef, Auguste Escoffier, and a Japanese chemist, Kikunae Ikeda, both stumbled across an elusive and beloved taste; beyond salty, sweet, sour and bitter, the long-believed fourth finite tastes (based on their atomic structures), they recognized a fifth. Umami, loosely meaning “flavor” in Japanese, is found in a range of foods from parmesan to mushrooms, and a number one example of it is anchovies.

Chances are these flavor-forward fish all continue to swim through recipes. There’s more than a force of habit and fondness of taste behind using the little fla-

vor-punchers; their high volumes keep their prices down and their names consistently off the Seafood Watch “avoid” list. For green-minded eaters, which are a growing group by the day, that makes these fish particularly favorable. What’s even better is that the fish are also typically very good for you. Sardines, mackerel and anchovies are packed with omega-3s (proven to be good for the heart, especially in women), making them reliable sources for health-conscious diners looking to get their daily fix of the chic fats.

### The Old Bait-and-Switch: Getting them hooked

So how do you entice the reluctant diner to order a stereotypically “fishy” fish? One can acquire a taste for strong fish with a positive introduction. Chef Strong explains, “A palate can evolve from enjoying a little anchovy shaved over a salad to having the fish be the star of the plate.” To get from point A to B is up to the chef. One strategy is to slowly train the taste buds by using

the flavor in small amounts in salads and sauces before launching into the full-fish presentation. According to Chef Bartolotta, “It’s our job to make the dining experience memorable, and to do it you must build trust. It is a privilege when a diner trusts you, and that is an opportunity to introduce new ingredients to them.” He suggests including mackerel or sardines in a dish of mixed seafood, encouraging guests to start with the familiar, and then if they like it, to move on to the newer territory.

Chef Chris Kronner of San Francisco’s Bar Tartine, known for palate-pushing dishes like bone marrow and fried rabbit, adds, “It’s important to educate your service staff, have them taste; explain where the fish come from, why you’re using them, their history, how they’re prepared, so they can communicate that to guests.” There is definitely something to be said for explaining the dishes and exposing the fishiness in favor of gaining popularity. For example, their “fishiness” goes back to their health-heavy high oil content, which causes

them to process faster once caught. This means that not only are the fish providing serious cardiovascular-benefiting omega-3s, but that the fish are in fact served at their very freshest, since they do not last as long. The health aspects of the oils are also just part of the overall benefits of “fishy fish.” Adding to the strong case for their nutritional values, mackerel and cod also offer a good amount of vitamins B6 and B12. Anchovies and sardines meanwhile are great sources of vitamin D and calcium. Last but not least, because of their short life-spans, they boast remarkably low levels of mercury and other toxins since they spend less time in murky waters. Demystifying the fish helps win over dubious diners.

### Dog-eared fish tails: chefs’ favorites

Every recipe tells a story, and for Anthony Strong, most little fish take him right back to Naples. “My inspiration is Naples, Sicily, the Amalfi Coast – there are sardines *everywhere*....” One of his incarnations serves

### RICOTTA STUFFED SHELLS WITH ESCAROLE, GARUM & ANCHOVY

[Yields 4 servings]

#### INGREDIENTS

- 1 cup ricotta
- 1/4 cup Parmigiano-Reggiano, grated
- 1/4 cup Pecorino Romano, grated
- 1 (8 oz ball) mozzarella, 1/4 inch dice
- 1 egg yolk
- 1 lemon, zest
- Salt
- 20 pieces shell pasta
- Extra virgin olive oil
- 2 cloves garlic
- 4 fillets salt-packed anchovies
- Chili flake
- 1 qt canned plum tomato
- Garum
- 2 large heads escarole
- 2 cloves garlic
- Extra virgin olive oil
- 2 sprigs thyme
- 4 oz mozzarella, large dice
- Salt packed anchovies, halved lengthwise
- Extra virgin olive oil

#### METHOD

Boil the shells in salted

water until al dente, drain and cool. Mix together the first six ingredients and season to taste with salt. Fill each of the shells with a small spoonful of the cheese filling and set aside.

For the tomato sauce, smash the garlic into a fine paste. Using a saucepan, slowly cook the anchovy and garlic in olive oil until both are well melted into the oil. Clean any seeds from the plum tomatoes, pass them through a food mill, and add to the pot with some of the tomato juice. Add a large splash of water and cook on high heat, scraping the bottom of the pot occasionally, until the sauce is thick and caramelized. Season with the garum, chili flake, and salt to taste.

Clean any dark green leaves from the escarole heads, tear the individual leaves off and rinse them in cold water. Gently press



PHOTOGRAPH BY ERIC WOLFINGER

the garlic cloves, add them to bottom of a cold pan with the olive oil. When the oil is hot and the garlic is about to start toasting, add in the escarole and thyme sprigs, and season. Cook the escarole, stirring constantly, on high heat until completely soft. Avoid getting any color on

the vegetable, adding small amounts of water may be necessary to achieve this.

Ladle a small amount of sauce into the bottom of a baking dish, arrange the

shells, top with the escarole, more tomato sauce, anchovy strips and mozzarella. Bake the shells until hot and bubbly. Drizzle with a small amount of high quality extra virgin olive oil to finish.

**Chef Anthony Strong**  
Pizzeria Delfina — San Francisco

### ANCHOVY-DRESSED CHARRED GYPSY PEPPERS WITH ALBACORE TUNA

[Serves 4]

#### INGREDIENTS

- 5 assorted sweet pepper varieties (gypsy, corno di toro, etc)
- Salt
- Extra virgin olive oil
- 3 fresh albacore tuna
- Salt
- Thyme
- Bay leaf
- 2 qt pure olive oil
- 1 lemon
- 1/4 bunch parsley, chopped
- Extra virgin olive oil
- 1/2 clove garlic
- 10 fillets of anchovies in oil, coarsely chopped
- Extra virgin olive oil
- 1/4 cup brined capers, roughly chopped
- Chili flakes
- Parsley, chopped
- Olive oil
- Lemon oil

#### METHOD

One day ahead, clean the tuna, toss with salt, thyme and bay leaf. Wrap

tightly and refrigerate overnight.

The following day, place the oil in a pot on the stove over a low flame, and remove the tuna from the refrigerator to come up to room temperature.

When the oil is just barely hot, add in the tuna. Adding more oil may be necessary in order to keep the tuna completely covered. Poach the tuna very slowly until about medium-well, then pull the pot off the stove and allow the fish to cool completely in the oil

To marinate the tuna, smash the garlic into a fine paste using a mortar and pestle, place in the bottom of a mixing bowl with lemon juice and zest. Remove the tuna from the oil and add it to this mixture, toss to coat, and add the oil, parsley and season to



PHOTOGRAPH BY ERIC WOLFINGER

taste. Keep the tuna at room temperature.

Quarter the peppers lengthwise and remove any seeds and the stem. Toss the peppers with a small amount of salt and oil, and grill over a very high flame

skin side down. Char the peppers very well.

In a sauté pan, combine a small amount of oil, the anchovies, capers and chili, and cook over a high flame until the mixture fries

slightly. Add in the parsley, and toss the grilled peppers with this mixture. Arrange the peppers on a plate, and flake the marinated tuna over the top. Drizzle with a small amount of high quality lemon oil.

**Chef Anthony Strong**  
Pizzeria Delfina — San Francisco



them pan-fried and layered with onions, currants, pine nuts and vinegar, in a typical “in saor” preparation. Similarly, Chef Bartolotta favors spaghetti con le sarde, a less “sour” variation that tosses the fish with raisins, pine nuts, wild fennel pollen, breadcrumbs and finally bucatini; “It’s a perfect classic,” he explains.

When it comes to anchovies, freshness is big, but old-fashioned preservation techniques can go a long way: reintroducing the in-house cure. Kronner pickles his sardines in white wine and white wine vinegar with coriander, chili flake for as little as two hours and up to two days. He serves them over a white bean puree with Marin Sun Farms watercress and Tartine’s renowned country toast with Serano chili oil. Terje usually serves the palatable little sea gems pickled with water, vinegar, salt and sugar for two days, then bones them, and plates them with olive oil and his salsa verde and with marinated radishes. Strong cures them whole and folds them into everything from tomato sauce to whole stuffed escarole heads to chilled veal breast with dandelion.

For Chef Donato, baccala is Vincenza, Italy. A cold rendition of baccala made a culinary impression on him, and he revisits that fond experience by putting it all over his menu. In his interpretations, it’s about rais-

ing the temperature; he braises it in tomato and olives, or in milk before baking it in a ramekin and serving it with bread chips for his signature terrina di baccalà.

Varying levels of creativity with the ingredients give guests an opportunity to ease into an appreciation for sardines, anchovies, mackerel and salt cod. One who claims to detest anchovies, may delight in a well-made Caesar salad. Taking that to the next level, Kronner uses fried smelt as a crouton replacement on his escarole Caesar.

When in doubt, use an internationally comprehended language; as Chef Donato says frankly, “If you fry it, people will eat it!”



*In her New York elementary school cafeteria, Sasha turned her salami sandwiches into bite-sized hors d'oeuvres for the lunch table. That enthusiasm for food and hospitality brought her to California to coordinate parties for Esquire, assist Iron Chef Cat Cora, cook and run food in top SF restaurants, write for 7x7, restaurant consult with Andrew Freeman & Co. and collaborate on events with industry friends. Her time is now spent as the program director for SF Chefs 2010, exploring new shores and farmers markets, painting, running, cooking and engaging in Bay Area adventures.*

### SPAGHETTI CON LE SARDE SICILIANI

[Serves 4]

1/2 lb thick spaghetti  
2 oz extra virgin olive oil

#### INGREDIENTS

1/2 cup extra virgin olive oil  
1 cup yellow onion, thinly sliced  
1 cup fennel bulb, thinly sliced  
2 tsp wild fennel pollen  
6 Tbsp pine nuts, toasted  
6 Tbsp golden raisins, soaked in warm water for one hour  
4 anchovy fillets, chopped  
Pinch Peperoncino (crushed red pepper flakes)  
4 large sardines, filleted and bones removed  
2 Tbsp fennel tops, coarsely chopped  
2 Tbsp Italian Parsley, coarsely chopped  
1 Tbsp bread crumbs  
Sea salt to taste  
Freshly ground black pepper

#### METHOD

Scale and remove entrails from sardines. Fillet sardines and carefully remove all small pin bones. Cut each fillet in three pieces, season with salt and pepper and set aside.

In a medium-sized sauté pan, heat the extra virgin olive oil and sauté the sliced onion and fennel over medium heat until translucent. Do not brown. Add the fennel pollen, pine nuts, golden raisins and anchovy and sauté gently until fennel is soft, approximately two minutes. Add sardines and Peperoncino. Simmer gently until the sardines are just



cooked. In a large pot of boiling salted water, cook the spaghetti until al dente, strain but do not rinse. Add directly to the sardine sauce and cook for approximately one minute until the natural

starch of the pasta binds with the sauce.

Adjust seasoning to taste finishing with a small drizzle of extra virgin olive oil and coarsely chopped parsley

and fennel tops. Serve immediately and sprinkle the top with bread crumbs.



Executive Chef Paul Bartolotta

BARTOLOTTA: Ristorante di Mare — Wynn, Las Vegas



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#### TERRINO DI BACCALÁ

[Yields 12 servings]

#### INGREDIENTS

2 lb dry baccalá  
3 leaves of laurel  
1 lemon  
2 Tbsp anchovies, chopped  
2 oz garlic  
4 oz onion, finely diced  
1 qt whole milk  
4 oz flour  
Olive oil to sauté  
Breadcrumbs

#### METHOD

Soak baccalá for two days previously in cold water, until desalted. Put desalted baccalá in pot to boil with plenty of water. Wrap some pepper and the laurel leaves in a cheesecloth and tie it into a little spicebag.

Place spicebag in the water in which the baccalá is boiling, along with a lemon cut in half. Let boil for another hour. Then remove lemon halves and spicebag, remove the pieces of

baccalá and put aside for later use. Dispose of the water.

Put some olive oil in a pan over medium heat. Add chopped anchovies, garlic (1 oz per pound of baccalá) and onion. Add a little more olive oil and add the pieces of baccalá. Break up the baccalá into finer pieces by hand and let cook. Raise heat and add milk. Cook to a boil, then turn down the heat and let simmer for one to two hours. Add flour. Stir, being careful to not let the mixture lump up. Let cook some more, check for salt and add as needed.

This recipe is the base that is put in the ramekin and then covered with some bread crumbs and baked for twelve minutes at 400°F.

Executive Chef  
Donato Scotti  
Donato Enoteca  
Redwood City, CA

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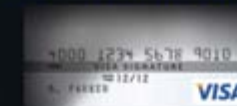
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Over the past few years, reality television shows focusing on cooking competitions have increasingly dominated the airwaves and chefs' celebrity status has skyrocketed. We track several TV culinary contestants, revealing the ups and downs of stardom.



# Celebrity Chef Contestants: Where are they now?

How does their "15 minutes of fame" affect the future of the participants?

## Linda Mensinga

### Chris Jacobson: From volleyball courts to "Top Chef's" kitchen

Chris Jacobsen (CJ), the former "Top Chef" season three competitor, now runs the kitchen for The Yard, a popular gastro-pub in Santa Monica. "It opened up a million doors," says Chef CJ about his TV appearance. "I get noticed every day." Currently, Executive Chef at The Yard, he is enjoying life as a regular chef, behind the burners, free from judges, every night.

The 6'8" former volleyball player, graduated from Pepperdine College and played professionally around Europe before becoming interested in food. "I tried food all over and saw how much more intimate they are with local farmers and their cuisine," said CJ. His experi-



Chris Jacobson

ence abroad directly translated into his culinary philosophy practiced at The Yard, serving seasonal, farmers' market fresh dishes.

How did CJ find his way onto "Top Chef"? "You go through an interview process, and they check your references." No actual cooking is re-

quired to get on the show. As for the inside scoop on the show?

Waiting for the judges to decide, "Who will pack their knives and leave," takes much longer than viewers might imagine – anywhere from five to seven hours. "They want us on pins and needles and slightly drunk. It's 85 degrees in there. That's why the contestants look peaked."

The narratives, scattered in between cooking shots, allow contestants to share their thoughts, fears, explain their food and riff on competitors. "They are filmed after the fact. They wake you up to do them. Unless you're focused, you can't get through it. A couple of times I looked pretty bad," CJ remembered.

Since being on the show CJ has become spokesman for California Strawberry Commission, designed a breakfast menu for Hilton Garden Inns and has spoken for the American Cancer Society. He cooked at

the James Beard House and has participated in their celebrity chef tour. Chef CJ also appears on [video.jug.com](http://video.jug.com) doing cooking demos.

### Michael Voltaggio: THE "Top Chef"

Michael Voltaggio, season six's "Top Chef" winner, spends his time hands-on in the kitchen of The Dining Room at The Langham Huntington Hotel & Spa in Pasadena. Fortunate guests may dine on Michael's molecular American food, which would make converts of molecular doubters. He describes it as, "Food they know, but a little bit different." For instance, a common appetizer at high-end restaurants, foie gras, is transformed into a haute dish by garnishing the foie with Minus 8 vinegar balls and aerated brioche. In a similar nature, Kurobuta pork belly reaches new heights when Chef Michael serves it



Michael Voltaggio

with bok choy "kim chi," sweet potato preserves and peanut butter powder.

"I still work 16 hours a day in a hot kitchen," said Michael. "I try not to be in the spotlight, but focus on cooking. People will not come to you if you're chasing the media." Not that he has to. He travels just about

every weekend, many times to New York for James Beard Dinners with his brother Bryan or former contestant Eli Kirshtein. "I feel fortunate I can give back. I do charities as much as I can. I work with Tom Colicchio on Hungry in America," he said. He also takes interns from the Cordon Bleu culinary school in Pasadena.

Prior to "Top Chef", Michael led the kitchen at Bazaar at the SLS Hotel with José Andrés. "Top Chef" Marcel Vigneron was working at Bazaar also and suggested he try out. "We joked about it. My brother and I tried out together," he said. "Every challenge was a surprise. You never knew. You line up and wait. It's very different from what I do professionally. I have total control here," Michael said. "We make everything from scratch: breads, ice creams, pastries. Los Angeles has the best of everything. I see it becoming a serious food town."

Michael Voltaggio's FOIE GRAS TERRINE WITH STRAWBERRY-YUZU, ARUGULA CAKE & MINUS 8 VINEGAR  
Jen Biesty's CORIANDER CRUSTED TUNA CAPELINNI WITH BOTTARGA VINAIGRETTE

Chris Jacobson's PAN SEARED DIVER SCALLOPS WITH ARTICHOKE PURÉE, GINGER DATE VINAIGRETTE & MANDARIN  
and CRISPY ALE BRAISED BEEF CHEEK WITH CELERY ROOT YAM PUREE & PICKLED RAISINS



**The self-confident chef: Stefan Richter**

Winner of the most challenges of any contestant on “Top Chef,” post-show confidence led the season five finalist to open his own restaurant, Stefan’s at L.A. Farm, which has done gang-buster business from day one. Rolling with the success of the first establishment, Chef Stefan Richter recently opened Stefan’s on Montana focusing on breakfast and lunch.

“It does affect business. People come here because you were on a TV show,” Stefan said. His restaurant is currently doing about 60 dinners mid-week and up to 220 on weekends. He would definitely do the show again. “It was all fun, awesome. I can’t complain. It was a platform for business.”



Stefan Richter

The self-confident chef, often described as cocky and arrogant, has enjoyed more success than some other contestants who are chosen from literally hundreds of applicants. “Some people don’t take ad-

vantage. They live in the limelight that lasts how long? They go out and people know them. They get laid a lot. The lifestyle is fun until the next star comes along and you’re out,” Stefan said.

Just as many celebrity chefs have a limited amount of time in the spotlight, Stefan believes molecular gastronomy’s 15 minutes of fame is up. “Back to basics. Some of it [molecular] is fun but too much is not good.” It is no surprise that Stefan’s recipe for Cali crudo embodies this simplistic spirit, making the impeccably fresh seafood the star. Despite his busy post-“Top Chef” life, Stefan manages to spend a month every summer in his homeland of Finland. “I have 40 acres near a lake. I hunt and fish. I see my mom and friends. I love the quiet and beauty of the place.”

**PAN SEARED DIVER SCALLOPS WITH ARTICHOKE PURÉE, GINGER DATE VINAIGRETTE & MANDARIN**

[2 Entrée servings]

**INGREDIENTS**

- 4 U-10 (largest available) diver scallops, dry
- 2 large artichokes
- 1 baby artichoke
- 1 cup chicken stock
- 2 Tbsp cream
- 1 mandarin, cleaned and sectioned
- 1 tsp ginger, minced
- 1 tsp pickled ginger
- 2 heirloom carrots
- 1 clove garlic
- 1 lime, juice and zest
- 1 orange, juice and zest
- 1 lemon, juice and zest
- 1 tsp red wine vinegar
- 8 dates, pitted
- 3 Tbsp extra virgin olive oil
- Oil for frying
- Salt & pepper

**METHOD**

Artichoke purée  
Clean the artichokes, leaving the heart. Hold the

cleaned choke in acidulated water to prevent oxidation. Once cleaned, place the chokes in a sauce pot with the chicken stock. Simmer the chokes until tender, and the stock is reduced by half. Add the cream and reduce again by half. Blend the ingredients, season and reserve.

Ginger date vinaigrette  
Place the gingers, garlic, citrus juice, vinegar, dates and zests in a blender and puree. Slowly drizzle in olive oil to form an emulsion. Season and refrigerate.

Roast the carrots in a heavy bottomed pan in a 400°F oven for 20 minutes. They should still be firm to the touch.

Artichoke chip garnish  
Clean off the fibrous outer



PHOTO BY LINDA MENSINGA

layers of the baby choke. Slice the artichoke lengthwise 1/16 of an inch thick. Fry in 360°F canola oil until light brown and crispy. Season and reserve.

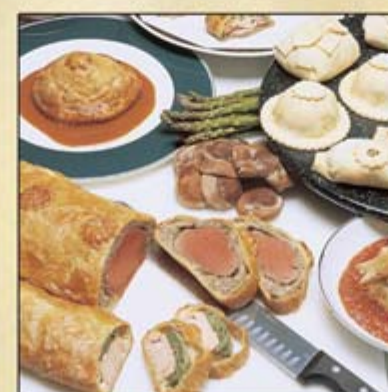
**ASSEMBLY**

Place a heavy bottomed sauté pan on high heat. Season the scallops with

salt and pepper. Add a tablespoon of oil to the pan and when smoking, add the scallops. Once the scallops are browned, add a nub of butter to the pan and baste the scallops. Add the carrots to the pan and finish the scallops in a 400°F oven. Gently heat the purée in a pan. To

plate, place a dollop of purée down on the plate. Arrange the scallops and mandarin around the purée. Garnish the plate with the vinaigrette and artichoke chips.

**Chef Chris “CJ” Jacobson**  
The Yard  
Santa Monica, CA



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**Jennifer Biesty: The next Iron Chef?**

“If you want to be a successful chef, you have to be driven, talented and relentless,” said Chef Jennifer Biesty about her decision to try out for “Top Chef” season four. “I found myself at a plateau in my career as chef of an established San Francisco restaurant but craved more challenge. After watching the first season of ‘Top Chef,’ I thought that looks fun and I can do that!”

Even though she had watched other seasons, the process of reality TV was more than she anticipated. “The sound, light, set and camera was fascinating. Living with 15 people was not my idea of a fun time.



Jennifer Biesty

The challenges were hard and super stressful, but I loved it. The adrenaline was like nothing I felt

before. Having producers ask questions all through the challenge accentuated the stress,” she said.

Currently, Jen is Executive Chef at Scala’s Bistro in San Francisco’s Sir Francis Drake Hotel. “Honestly, I knew I could do the job, but being on the show was a great selling point to the owners,” she said. Jen also keeps busy with charities and events such as Taste of the Nation, Boston Pride and being auctioned off to cook dinner for various causes.

Fans might have a chance to look for Chef Jen again on the Food Network. “I really want to compete on Iron Chef against Mario Batali or Michael Symon. It’s a huge goal for me.”

**SMOKED PAPRIKA OPEN FACE LASAGNA**

[Serves 4]

**INGREDIENTS**

- 2 tablespoons olive oil
- 4 ounces chorizo sausages
- 1 pound ground beef
- 2 cloves garlic, chopped
- 1/2 each onion, chopped
- 1/2 each carrot, shredded
- 1/2 each celery, chopped
- 1 cup red wine
- 1 can Italian tomatoes, chopped
- 1 Tbsp salt
- 2 Tbsp smoked paprika
- 1 ounce heavy cream
- 1/2 cup panko
- 1 cup Manchego cheese, grated
- 1 cup flat parsley, chopped
- 8 each pre-cooked lasagna sheets
- 1 Tbsp smoked paprika
- 2 Tbsp extra virgin olive oil

Once hot, add the chorizo and ground beef. Using a spatula, break up the meat as small as you can as it browns. Once it starts to brown, add onion, carrot, celery, tomatoes and garlic. Sauté until meat and veggie mixture is dark brown and well roasted. The whole time you want to be scraping the bottom of the pan to pull up the bits and incorporate them into the sauce.

Add the red wine. Simmer for one minute or until the wine is reduced by half.

Add tomatoes, smoked paprika, panko, heavy cream and salt. Cover, turn to very low and cook for 15 minutes.

Boil the lasagna sheets in salted water per the package instructions. Strain and



PHOTO BY LINDA MENSINGA

set aside. If they are going to sit longer than five minutes, toss them in a touch of olive oil so they don’t stick together.

On four plates distribute equally the following:

lay one sheet of pasta on each plate. Spoon the meat mixture over the pasta sheet and spread it out evenly. Sprinkle on parsley and Manchego. Lay another sheet on top.

Sprinkle more parsley and Manchego on top. Dust with more smoked paprika. Drizzle with extra virgin olive oil and serve.

Chef Jeffrey Saad

**FOIE GRAS TERRINE WITH STRAWBERRY-YUZU**  
Shown with Arugula Cake & Minus 8 Vinegar

**INGREDIENTS\***

**METHOD**

De-vein the foie gras and season with salt and sake. Roll it up in plastic wrap, tie the ends and vacuum pack it. Cook it in a steam oven at 70°C for twelve minutes. Shock the foie gras in ice water and let it sit overnight in ice water.

The next day, remove the foie gras from bag and put it in a food processor and process until smooth. Pass through a fine screen. Then mold the foie gras in square shaped silicone molds. Freeze with liquid nitrogen. While frozen in the silicone molds, dip skewers into the foie gras and pull them out like popsicles.

Next, make your desired flavored gelatin solution, in this case strawberry-yuzu. Remove the foie gras “popsicles” from the mold and individually dip them into liquid nitrogen and then the flavored gelatin bath. The outside of the foie gras will automatically coat due to the coldness of the foie gras, setting the gelatin instantly.

Then store the foie gras on a tray in the refrigerator, tempering before serving.

**Chef Michael Voltaggio**

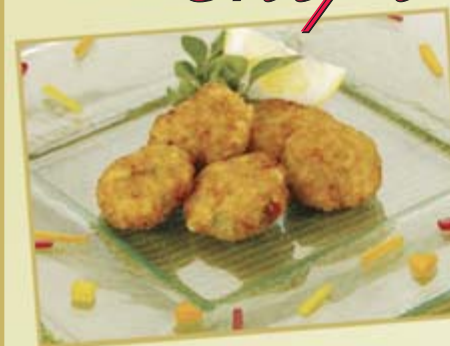
The Dining Room at The Langham Huntington Hotel & Spa  
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\*This recipe is proprietary to Chef Voltaggio and he chooses not to include the list of ingredients.



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**The runner-up: Jeffrey Saad**

The life of Jeffrey Saad, former contestant on “The Next Food Network Star,” has changed dramatically since his 2009 appearance on the show. Second in line to win the title, the runner-up on the most watched season five is now spokesman for America’s Egg Farmers at The Incredible Edible Egg. Throughout the month of May, he conducted demonstrations at Disney’s California Food & Wine Festival and this past March he was the emcee for the Charleston Wine+Food Festival. Despite his full event schedule, Jeffrey finds time to blog about recipes, family life, eggs, cooking techniques and spices.

Additionally, “I have been doing non-stop video work for Kraft, and I’m working on opening my next restaurant in San Francisco,” Jeffrey said. A graduate of California Culinary Academy, he has 25 years of experience as a food consultant, recipe developer,



Jeffrey Saad

restaurateur and chef. Today, he is married with two children and owns a real estate brokerage firm in southern California.

Jeffrey sums up his post-lime-light experience sharing, “Since the day the show finished airing, I have been non-stop ‘all things food!’” The benefits for Jeffrey are endless,

and he mentions only one obstacle, “not having enough hours in the day to inspire as many people as I would like to inspire.” The busy celebrity believes anyone thinking about participating in a reality show should do what they love and treat it like a business. “I have secured the best managers and agent. It is important to put yourself out there and work hard. You have a lot to prove when you just come off of a show,” he stressed.

The inspiration for his food comes from the ingredients themselves. “The locavore, farm to table trend is going to continue. My philosophy is “cook locally; eat globally.” People still want to taste the world. It will be about using local product to cook from all over the world via the use of spices.” The inspiration for his open face lasagna is smoked paprika which he considers the best of barbecue and chili and heat. The open face technique simplifies making lasagna but keeps all the rich flavors.

**The success story: Melissa d’Arabian**

“I have a job that fits into my life mission. I love what I do even if it’s hard work. Helping other women on their path to success is a big part. That includes the four women I’m raising at home. They are most important to me,” said the winner of season five of “The Next Food Network Star.” Melissa d’Arabian, wife and mother of four girls under the age of five, beat out thousands of hopefuls for the dream job and now has her own show, “Ten Dollar Dinners with Melissa d’Arabian.” Her recipes on the Food Network Web site draw hundreds of responses, almost all positive comments from viewers who actually made each of her budget-minded dishes.

“I’ve always been a thrifty minded person. I grew up without a lot of money. It’s in the fabric of me. I share stories with the viewers, solutions and experiences,” she said. Besides the show, Melissa makes



Melissa d’Arabian

appearances on “The Today Show” and at events across the country.

“Inspiration comes from everywhere. Sometimes we’ll be in a restaurant, and I’ll think how I can make it cheaper. I started keeping a notebook when I cook for my family. The tricky part is writing the recipe that is in my head,” Melissa

said. The recipes have to be right so she makes them several times to be sure.

Her biggest challenge is being a full-time working parent and balancing the demands of family: “Who picks up the kids from ballet? Who brings them to school?” The main difference between her and every other working parent? “My work ends up on TV.”

Linda Mensinga was the co-founder of Culinary Trends with her husband, Chef Fred Mensinga, and edited the magazine for 15 years. She is now a contributing writer.



Researching restaurants and hotels, she interviews the best and brightest chefs, not necessarily the most famous, to learn their secrets and cajole them into sharing their recipes. The chefs’ talents and dedication never cease to inspire her. A world traveler, she now focuses on California locations, enjoying the diversity of cultures and cuisines found here.

**CORIANDER CRUSTED TUNA CAPELINNI WITH BOTTARGA VINAIGRETTE**

**INGREDIENTS** [tuna & pasta]  
4 oz bluefin tuna cleaned, cut into 2” diameter logs  
3 oz coriander seed, lightly toasted, crushed  
3 oz canola oil  
1/4 lb capellini pasta

[Bottarga vinaigrette]  
1 oz bottarga al tonno (cured roe), grated  
1 oz lemon juice  
2 Tbsp parsley, finely chopped  
3 oz extra virgin olive oil  
Salt and pepper  
Preserved lemon, julienned for garnish

**METHOD**  
Season the tuna roll in the coriander, encrusting it completely.

Next, heat a stainless steel sauté pan with canola oil. Just before the oil begins to smoke, add the tuna log. Sear on each side for thirty seconds. Just enough to sear, but not so long that it cooks the delicate fish too much. The fish should essentially be raw.

Chill the fish immediately in order to prevent any carry-over cooking.

In boiling water, cook pasta until al dente.

Next, in a mixing bowl, combine all ingredients for vinaigrette.

**ASSEMBLY**  
Toss the cooked pasta with



PHOTO BY LINDA MENSINGA

vinaigrette thoroughly, keeping warm. Next, slice the chilled tuna with a fine, thin knife 1/4-inch-thick into three to four pieces.

Twirl the bottarga pasta with a dinner fork forming a spindle and lay the tuna around the spindle. Drizzle the remaining vinaigrette

around the plate and garnish with preserved lemon.  
**Chef Jen Biesty**  
Scala’s Bistro  
San Francisco, CA

**CRISPY ALE BRAISED BEEF CHEEK WITH CELERY ROOT YAM PUREE & PICKLED RAISINS**

[4 Entrée servings]

**INGREDIENTS**  
(5 oz portions) beef cheek, trimmed  
bottle Stone Brewery’s Arrogant Bastard Ale  
onions, diced  
cloves garlic, sliced  
cup beef or veal broth  
Tbsp fennel seed  
Tbsp paprika  
Tbsp star anise  
1 tsp coriander  
celery root, peeled and cut into 1 inch cubes  
yam, peeled and cut into 1 inch cubes  
cups heavy cream  
cup golden raisins  
Tbsp fennel seed  
cup red wine vinegar  
Tbsp brown sugar

Extra virgin olive oil  
Unsalted butter  
Salt and pepper for seasoning

**METHOD**  
Place the raisins, fennel, red wine vinegar and brown sugar in a sauce pot and bring to a simmer. Once the vinegar has slightly reduced, add some olive oil to lubricate, then season with salt and pepper. Set aside to cool.

Place the celery root and yam in a pot, covering with water. Gently simmer until both ingredients are soft. Drain into a colander and allow steam to dissipate. In a blender, purée celery

root, yam and cream until smooth. Season with salt and pepper.

Set oven to 275° F. Next, toast spices until fragrant and lightly smoking. Remove from the pan and wrap tightly in cheese cloth. Tie as to not allow spillage.

In a heavy bottomed soup pot, add a tablespoon of olive oil and bring to high heat. Season the beef and then lightly brown it in the pot. Once lightly browned, add the onions and lightly brown as well. Add the garlic. Once fragrant, add the ale. Return the cheeks to the pot. Add the spice



PHOTO BY LINDA MENSINGA

sachet and the rest of the stock. Cover the cheeks with a piece of wax paper and the lid to the pot. Place in the oven and cook for four hours.

**Chef Chris “CJ” Jacobson**  
The Yard  
Santa Monica, CA

See Website for complete recipe:  
[www.culinarytrends.net](http://www.culinarytrends.net)





PHOTO BY STEPHANIE DRIGGS



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PHOTO BY SARA KRAUS

# MINI-SIZE ME

## THE SMALL DESSERT REVOLUTION:



## AN OLD SCHOOL PRACTICE MAKES PERFECT SENSE

### Leena Trivedi-Grenier

Say goodbye to mile-high slices of pie and 20-scoop sundaes. The latest trend in dessert dining (really more of a revival) is of a smaller proportion – literally. Diners are asking chefs to mini-size their desserts, and chefs have been quick to respond.

Pastry Chef Jessica Sullivan of Boulevard, an American regional restaurant with French influences in San Francisco, notes that her bite-sized ice cream bon bons have been a hit at the restaurant; particularly the milk chocolate peanut butter ice cream bon bon. First, she makes an ice cream with Valrhona milk chocolate and a creamy peanut butter made in-house, and then dips the whole sweet in Valrhona dark chocolate to give it a crunchy chocolate shell.

Sullivan takes inspiration for these mini creations from familiar, nostalgic dessert flavors such as after din-

ner mint, rocky road, and butterscotch flavors, creating other versions of this dessert for Boulevard's menu. Why go small? According to Sullivan, the recent economic downturn has made diners a bit more budget-conscious, so offering a small and affordable dessert speaks to those customers. Plus, guests enjoy sharing a variety of bon bons together at their table.

### Old School small: Petit fours and more

While many assume this trend of small desserts is a recent phenomenon, two-bite sweets are a luxury that dates back to the 18th century. Petit fours, or small fancy cookies, cakes or confectionary, had to be baked after the large cakes had been taken out of the oven and the temperature had lowered.

This included bon bons, small cakes, marzipan, candied fruit, macaroons and small pastries. When a platter of mixed petit fours is served, it is called mignardise, and

many modern restaurants today serve mignardise after dessert.

Although petit fours were tiny, these small desserts received just as much attention in filling and decorating from pastry chefs as their larger counterparts did, and it is this attention to detail that helped them to stand out as desserts. It is interesting to note that back in the 18th century, people had a desire for a variety of small bites for dessert or to accompany coffee or tea, much like we do today.

### Upscale dining & small-scale desserts=Large-scale creativity

Fine dining restaurants are particularly creative when it comes to creating two-bite desserts. Pastry Chef Nathaniel Reid at St. Regis Resort in Dana Point, California, agrees with Sullivan that customers like seeing familiar desserts on the menu, and he likes to get creative with flavors or presentations. The key, according to Reid, is balance. A small dessert has to be visually appealing but also have balanced flavors.

His choux crema Catalana is a perfect example. Crema Catalana is traditionally a crème brulee flavored with citrus and cinnamon. Reid turns this dessert into a bite-sized treat by serving it in a pâte à choux shell coated in crispy brown sugar, which represents the sugar crust on the crème brulee. He places lemon confit in the bottom of the shell, and then a light cinnamon-citrus crème with a liquid caramel center.

### MILK CHOCOLATE PEANUT BUTTER BON BONS

[Yields 70 bon bons]

#### INGREDIENTS

[Peanut butter cup ice cream]  
1 qt cream  
1/2 qt whole milk  
1 1/2 cups sugar  
7 1/2 oz egg yolk  
1/2 lb milk chocolate, melted (Valrhona Jivara Lactee 40%)  
1/2 cup peanut butter (house made, roasted and ground)

#### METHOD

Heat cream and milk to a boil. Temper into sugar/yolk mixture. Cook over a medium-low flame, stirring constantly with a spatula or wooden spoon until the base evenly coats the back of your spatula. Add melted chocolate and peanut butter. Use an immersion blender to completely emulsify the mixture before straining through a chinois.

Cool in an ice bath before spinning in ice cream machine. Freeze until ice cream is hard.

Scoop ice cream to desired size and place a toothpick or decorative spear into the center top of the scooped bon bon. Freeze again until spears remain firmly in place.

Dip ice cream spheres in chocolate (recipe below) and return to freezer until ready to serve.

[Dipping chocolate]

1 pt chocolate, melted (Valrhona Araguani 72%)  
3 oz cocoa butter, melted (Valrhona)

#### METHOD

Combine melted chocolate and melted cocoa butter. Let chocolate mixture temper to around 91°F before dipping the bon bons.

Pastry Chef  
Jessica Sullivan  
Boulevard  
San Francisco





Jenifer Fournier, Pastry Chef for nine years at Alex at the Wynn in Las Vegas, serves mini pre-desserts and post-dessert petit fours in a tasting menu form and is constantly trying to reinvent familiar flavors into new and innovative presentations. Her crème fraîche pannacotta with vanilla rhubarb broth sounds simple, but Fournier uses a variety of techniques to get the most out of her ingredients for this tiny pre-dessert.

She poaches finely cut rhubarb with orange and vanilla, then strains it to create the broth. Next, she spreads the strained rhubarb bits on a silicon baking sheet to dehydrate and serves them as tuiles with the finished dessert.

Fournier also does a vegan petit four that stretches the creative boundaries: a berry cylinder filled with a citrus rice cream made from soy milk, citrus sugar, vanilla, and Japanese sticky rice. For the cylinder, she purees mixed berries, and dehydrates them into thin sheets, then tops with isomalt, which she has already cooked to 170°F, ground and sifted into a fine powder. This makes the sheets flexible enough to fold into small cylinders.

A typical tasting menu offers many different mini desserts, and Fournier feels diners appreciate the opportunity to taste an assortment of sweets – even if they often find the collection of bite-sized treats too indulgent for one sitting and choose to take some home.

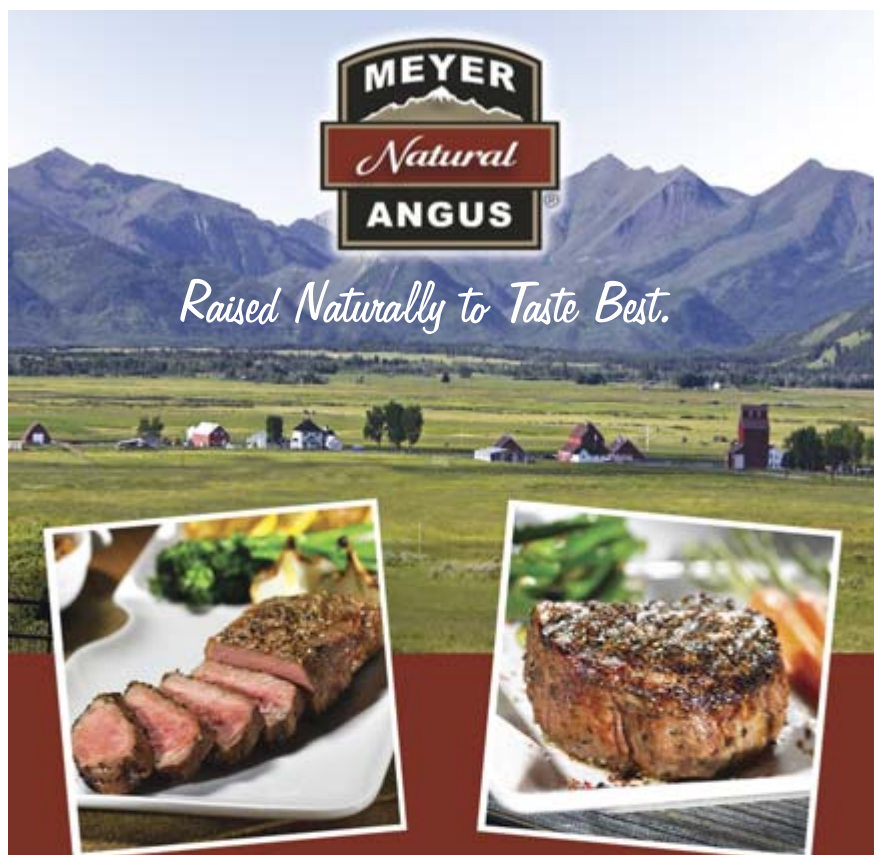
### Obstacles of serving two-bite desserts

Serving small desserts does not come without a few hurdles. Charlie Schaffer of Schaffer's Genuine Foods catering in Los Angeles is no stranger to this and feels one of the biggest obstacles is the cost of expanding your inventory of "mini" baking and serving vessels, like tart pans, crumble dishes, sake cups, shot glasses, and demitasse spoons. However, Schaffer believes that as diners become more conscious of calories, these tiny sweet bites become more important on a menu.

An entire portion of Schaffer's catering menu is devoted to "bites" of dessert, ranging from mini fleur de sel caramel pot de crèmes served in sake cups to kiwi lime tartlets, tiny coconut cream pies to mini chai crème brûlées served in demitasse spoons. His "bites" require a variety of serving styles, so a chef just starting to do mini desserts may benefit from serving ones that do not require a plethora of serving presentations.

The biggest obstacle for pastry chef Jennifer McMurry of Viola Pastry Boutique in Santa Rosa, California, is how to price a high quality mini dessert. A lot of people are looking for value, but as a chef, you can't compromise on quality of product, which naturally makes the price higher. Clearly she is doing something right, because McMurry's mini desserts are flying off the shelf.

Mini, continued on Page 26



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## Alex at Wynn Las Vegas' Tour of Bite-Sized Delights

### MARZIPAN VALENCIA BROWNIES

[Yields 30 portions]

#### INGREDIENTS

[Brownie]  
6 oz butter  
8 oz chocolate  
1 1/2 cups sugar  
4 eggs  
2 tsp vanilla  
1 cup all purpose flour  
2 tsp salt

#### METHOD

Warm butter, sugar, and chocolate over a double boiler. When melted whisk in eggs and rest of ingredients. Pour into a sheet pan and cook in water bath for eight to ten minutes at 300°F.

#### INGREDIENTS

[Valencia Ganache]  
1 lb milk chocolate  
1 cup cream  
2 Tbsp orange compound

#### METHOD

Bring cream to a boil and pour over chocolate and compound. Once mixed, pour over brownie base.

#### INGREDIENTS

[Marzipan]  
1lb 13oz almond paste  
12 oz powdered sugar  
1 oz egg whites  
1/2 cup Karo syrup

#### METHOD

Cream almond paste with powdered sugar, once there are no lumps then slowly add egg whites and finish with Karo syrup. Roll out to fit over ganache layer.

### COCONUT KEY LIME PIE DISK

[Yields 30 portions]



### CHOCOLATE RASPBERRY WAVE

[Yields 30 portions]

#### INGREDIENTS

12 oz butter  
12 oz chocolate  
7 oz sugar  
4 eggs  
1/2 oz rum  
1/2 oz Kahlua  
1/2 oz coffee

#### METHOD

Warm butter, sugar, and

chocolate over a double boiler. When melted, whisk in eggs and rest of ingredients. Pour into a sheet pan and cook in water bath for 18 to 20 min. at 275°F. Cool overnight and cut into desired shapes.

#### INGREDIENTS

[Raspberry cream]  
3 oz butter  
4 1/2 oz milk  
1 3/4 oz sugar  
10 egg yolks  
9 1/4 oz cream

#### METHOD

Put bloomed gelatin in a bowl with chocolate, butter and raspberry purée. Set it aside. Heat up half the sugar with the cream and milk. Whisk other half of sugar into yolks. Make an anglaise, then pour over other ingredients in bowl. Strain and put in fridge overnight.

### BERRIES & CREAM CYLINDERS

[Yields 30 portions]

#### INGREDIENTS

[Berry cylinder]  
2 cups strawberries  
2 cups blueberries  
2 cups raspberries  
2 cups blackberries  
1 Tbsp lemon juice

#### METHOD

Purée all berries and lemon in blender until smooth; strain out any seeds though a chinois. Spread purée very thin onto acetate then put in dehydrator at 135°F for 24 hours.

Peel off when dry and cut into desired shapes and place in warm oven for a minute or two, just enough

to warm the sheets and roll them into cylinders.

#### INGREDIENTS

[Crème Fraîche]  
2 cups crème fraîche  
1 Tbsp sugar  
1/2 vanilla bean

#### METHOD

Whip ingredients together until they reach the consistency of whipped cream.

### PRALINE SLICE

[Yields 30 portions]

#### INGREDIENTS

[Cake/Meringue layers]  
5 egg whites  
5 1/2 oz sugar  
4 1/4 cups all purpose flour  
5 yolks  
3 eggs  
4 1/4 oz sugar

#### METHOD

Make a meringue with whites and sugar; then put in piping bag. Whip yolks, eggs, and sugar to ribbon, then fold in flour. Pipe alternating lines with meringue and cake on sheet pan. Bake for fourteen to eighteen minutes at 325°F.

#### INGREDIENTS

[Chocolate Praline Pastry Cream]  
2 1/2 cups half & half  
4 oz sugar  
1 1/2 oz pastry cream powder  
4 yolks  
2 oz praline paste  
1 1/2 oz chocolate

#### METHOD

Mix yolks and milk, and half of sugar, then add pastry cream powder and mix. Put rest of sugar and half & half on to boil. Make a pastry cream; then when finished add praline paste and chocolate. Cover and chill.

All recipes by **Chef Jenifer Fournier** Alex at Wynn Las Vegas Las Vegas, NV

then cut out desired shape.

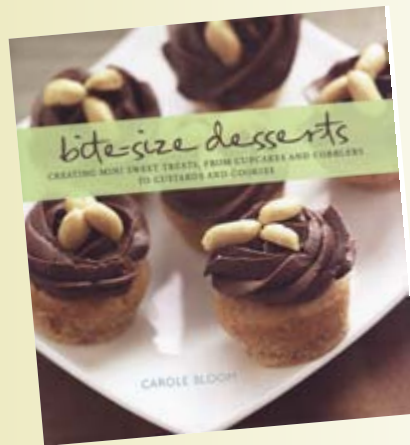
#### INGREDIENTS

[Key lime]  
2 lb 3 oz condensed milk  
11 egg yolks

#### METHOD

Mix yolks and milk together, until combined, then add juice. Bake for twenty to thirty minutes at 250°F.





**Bite-size  
desserts**  
Carol Bloom  
John Wiley & Sons  
\$24.95

Renowned pastry chef and confectioner, Carol Bloom has created a book perfect for the pastry chef looking to capitalize on the trend of miniature desserts.

Sizing down large batch recipes for small servings on your own may sound easy, but inevitably leads to complicated fractions and uneven weights.

This book lays out 87 bite-sized desserts that don't skimp on flavor or panache. Ranging from cupcakes and cookies to custards and cobblers, these recipes are sure to impress your guests. Presenting miniature desserts to diners is often the most difficult aspect to execute, but Bloom spends significant space explaining how to serve and garnish each recipe. Recipe highlights include: Miniature crunchy cacao nib-walnut ganache tartlets, mascarpone-raspberry parfaits and coconut-macadamia nut muffins.

Mini, continued from Page 24

The shop specializes in mini whoopee pies filled with vanilla powdered sugar frosting, mini waffle cones with seasonal sorbets (strawberry was most recently on tap), and ice cream bon bons. Her fleur del sel ice cream bon bon is particularly interesting, and McMurry uses a basic ice cream base and stirs in fleur de sel while it is still hot so the salt melts, making for a salty, sweetly perfect bite.

### Mignardise for thought

Regardless if customers are cutting calories, spending less money or seeking to try a wide variety of flavors for their final course of a meal, two-bite desserts are making a comeback. They fit in perfectly with a variety of menus and, if done properly, can make a great price point. From bon bons to brûlées, mini desserts is one part of the dining experience where smaller really is better.

*Leena Trivedi-Grenier is a Bay-Area food writer and cooking teacher. Her writing has appeared in The Business of Food: Encyclopedia of the Food and Drink Industry, and will be featured in several upcoming titles by Greenwood Press as well as an upcoming Cultural Arts Resources for Teachers and Students newsletter. Check her out on her food blog, [www.leanaeats.com](http://www.leanaeats.com).*



### TWO-BITE CRÈME BRÛLÉE

#### INGREDIENTS

1 qt heavy cream  
1 Tbsp vanilla bean paste  
3/4 cup sugar  
6 large egg yolks

#### METHOD

Preheat the oven to 325°F. Combine all ingredients until smooth. Pour into tiny 2.75" round dishes (<http://palate-andplate.com/mini-series-c-11.html?page=2&sort=20>). Place in casserole pan and add hot water bath. Cook for about ten minutes until set.

Can infuse different flavors into the basic custard such as green tea extract, chai tea syrup, and a variety of other syrups made in the Schaffer's Genuine Foods kitchen.



PHOTO BY LINDA MENSINGA

All of our flavor syrups are equal parts sugar to water and we add herbs, matcha powder, spices etc

and reduce until the consistency of honey.

Owners Charlie & Kathleen Schaffer  
Schaffer's Genuine Foods  
Los Angeles, CA

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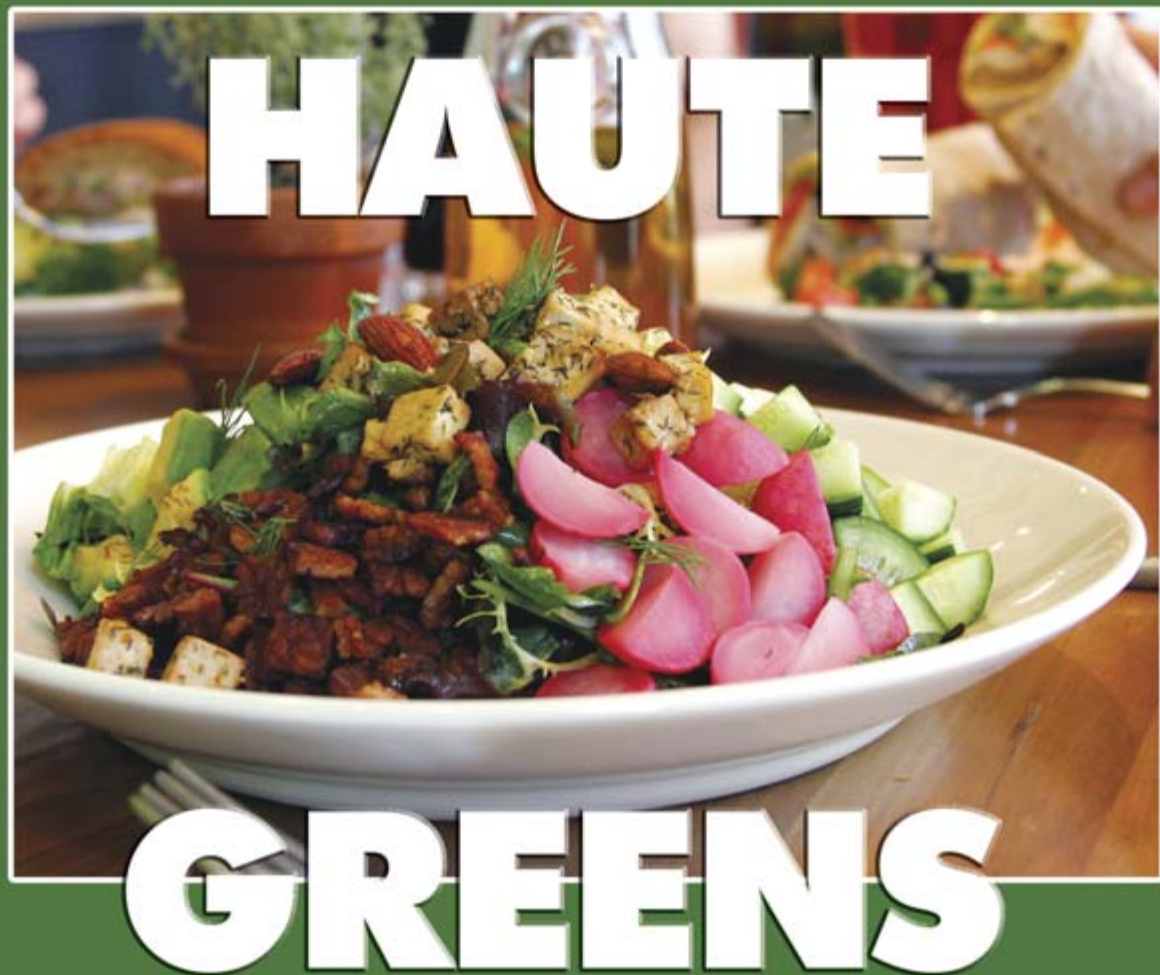
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### ◀ THE M CHOPPED SALAD WITH UMEBOSHI-PICKLED RADISHES AND TEMPEH "BACON"

[Yields 2 cups (enough for about 4-5 salads)]

#### INGREDIENTS

[Herbed Baked Tofu]  
1 lb extra-firm tofu, cut into cubes  
2 cloves garlic, chopped fine  
1/2 tsp freshly ground black pepper  
1 tsp dried dill weed  
1 pinch cayenne pepper  
2 Tbsp olive oil  
1 tsp toasted sesame oil  
2 tsp soy sauce  
Sea salt, to taste

#### METHOD

Combine all ingredients in mixing bowl and toss well to coat tofu cubes evenly. Spread tofu in a single layer on a sheet pan.

Bake in a 350°F oven for about thirty to forty minutes, mixing once or twice during baking to ensure evenly browned and crisped tofu cubes.

Remove from the oven, and season with additional sea salt and/ or black pepper, as desired.

[Umeboshi-Pickled Red Radishes]  
[Yields about 1 cup (enough for 4-5 salads)]  
1/2 bunch red radishes  
1 Tbsp umeboshi vinegar\*  
Water, as needed

#### METHOD

Trim, wash and dry radishes. Cut into quarters, or eighths, depending on size. Place radishes, cut-side down in a cold skillet.

Place skillet over medium heat. Continue to heat until radishes begin to release their moisture, and you can hear them sizzle and see them beginning to dance in the pan.

Add the umeboshi vinegar and about 1/4 to 1/2 cup of water, or enough to just cover the bottom of the pan. Bring to a boil and cover the pan.

Turn heat to medium-low, and cook for two to three minutes, or until pan is almost dry.

Remove lid, and test a radish for doneness by inserting the tip of a knife. The radish should be almost crisp-tender. If it is not, continue to cook for another minute or so. If the pan seems dry, add a splash or two of water.

When the radishes are just cooked, remove the lid, turn the heat to high to concentrate and reduce the remaining liquid to one or two tablespoons. Toss the radishes in the ruby red juices to glaze them slightly. Remove radishes from the pan and let cool.

#### [Tempeh "bacon"]

A 24 hour soak in a flavorful marinade made from organic apple juice, maple syrup, and natural liquid smoke can be time-consuming, so a good replacement is "Fakin Bacon" made by Lightlife brand which has a good flavor, and comes ready-to-use. This, or another savory protein of your choice would be an adequate substitute.

[Tamari-Roasted Almonds]  
[Yields 1 1/2 cups (more than

enough for five salads & some nibbling)]  
1 cup whole almonds (preferably organic)  
2 Tbsp tamari or soy sauce

[Salad]  
[Yields 1 portion]

1 oz romaine lettuce hearts, washed and chopped  
2 oz premium mesclun lettuce  
1 oz Persian cucumber, cubed  
1/4 avocado, cubed  
1/2 oz green onion, chopped  
1 oz organic carrots, julienned  
1 oz Umeboshi-pickled radishes  
1 oz garbanzo canned beans  
2 oz herbed baked tofu  
1 oz tempeh bacon, marinated and crumbled  
1/2 oz tamari-roasted almonds  
1 oz beets, cooked and cut into batonnettes  
1 Tbsp fresh dill  
3 oz Tofu-Peppercorn Ranch Dressing

**Chef Lee Gross** — M Café  
Beverly Hills, Culver City  
& Hollywood, CA

See [Website for complete recipe:](http://www.culinarytrends.net)  
[www.culinarytrends.net](http://www.culinarytrends.net)

## California's revolutionary vegetarian cuisine hits the mainstream

### Alicia Harvie

Put those Birkenstocks away – vegetarian cuisine has undergone a serious makeover. Thanks in no small part to California's league of culinary innovators, vegetables have left behind their crunchy granola past to assume their proper place in haute cuisine. No meat, fish or fowl need apply.

According to the Vegetarian Resource Group, about three percent of Americans identify themselves as vegetarians. That number is on the rise, but may still belie the growing popularity of vegetarianism in general and the rise of "flexitarians" – individuals who occasionally go meatless for health, philosophical or political reasons.

Granted, vegetarian eating is not new to culinary history. Most traditional cuisines are highly plant-based, with animal proteins playing a small role, if any. But as the hottest players in California's vegetarian scene prove, there's nothing traditional about this trend.

### The roots of the revolution

To pinpoint the birth of haute vegetarian cuisine, one need look no further than San Francisco. In 1979,

Greens opened as part of the San Francisco Zen Center, a Zen Buddhist meditation center that regularly served vegetarian meals to its community. Situated in Golden Gate Park's historic Fort Mason, Greens established what was and still is considered groundbreaking work: presenting cooking with vegetables as a cuisine in its own right.

Executive Chef Annie Somerville joined Greens in 1981, enticed by its forward-thinking approach. "There's a certain honesty to our food. We're not trying to mask our vegetables in layers of flavors or presentation. We're celebrating them. Since its inception, Greens' cuisine has been based on celebrating beautiful seasonal organic ingredients, as opposed to meat substitutes or bland food lacking texture and flavor. You know the stereotype: Brown rice. Tofu. Overcooked vegetables."

With dishes that boast Mediterranean, Mexican and American Southwest influences, Greens has never felt limited by its meatless menu. "Many of our cooks aren't vegetarian, so we don't approach our dishes with assumptions about what vegetarians *should* eat. A big piece of our longevity is that we offer a broad range of dishes to a broad range of people. There's something for everyone."



### CUCUMBER SPRING ROLLS WITH SWEET CHILI SAUCE

#### INGREDIENTS

[wrapper]  
1 cucumber, sliced thinly lengthwise on a mandolin slicer (about 4-5 slices per roll)

[Spring roll filling/  
per roll]

2 Tbsp fresh basil, roughly chopped  
2 Tbsp fresh mint, roughly chopped

2 Tbsp fresh cilantro, roughly chopped  
1/4 cup finely shredded green cabbage  
1 fresh shiitake mushroom, thinly sliced and marinated (see marinade recipe)  
1/4 avocado, thinly sliced  
1/8 cup daikon radish sprouts

[Shiitake mushroom marinade]

1 Tbsp raw honey  
2 Tbsp gluten-free tamari  
1 tsp chili flakes  
Pinch salt  
1 Tbsp olive oil

[Sweet chili dipping sauce]  
1 tsp raw honey

1 Tbsp gluten-free tamari  
1/2 tsp chili sesame oil

#### METHOD

Whisk together the mushroom marinade in a bowl by hand and toss the mushrooms in it until thoroughly coated. Allow to sit for about ten minutes so the marinade completely sinks in. Set aside.

Thinly slice the cucumber lengthwise paper-thin on a mandolin or an electric slicer. Lay five slices side by side on a sushi mat to form a sheet. In the same way as making sushi, layer the ingredients from the filling one on top of the

other on one half of the mat. Roll the cucumber slices around the vegetables to form a roll about 4 inches in length. Use the mat to compress the roll so it stays nice and firm. Remove the roll from the sushi mat and carefully cut in half. Serve with the dipping sauce.



**Executive Chef Rachel Carr**  
Cru Organic  
Raw Food Restaurant  
Los Angeles, CA



**So hot, they're haute**

With so many culinary trends making headlines these days, what makes veggie fare stand out? “This is about vegetables coming into their own,” Somerville answers. “The whole world of vegetarian cuisine has really evolved. Vegetables have come to the fore.”

That’s evidenced by Greens’ *Rosemary Crepe*, a star on its menu. “Our rosemary crepe offers a combination of greens: rainbow chard, savory spinach, beet greens, and sautéed leeks or spring onions.” Seasoned with crumbled goat cheese, reduced cream, Meyer lemon zest, artichoke, mint, and of course, chopped rosemary, the dish is a veritable garden in and of itself.

Still, the trail Greens has blazed is undoubtedly fueled by today’s larger cultural context. Lee Gross, Consulting Chef of M Café, is a leader in macrobiotic cuisine. He sees its growing popularity as a reflection of the times.

“Eating organically, seasonally – these are buzz words on the forefront of the scene today. But they’ve always been the pillar of macrobiotics. It’s timely. That’s why it’s so popular.”

Gross explains that macrobiotics is “a diet, a philosophy and a way of life” that emphasizes whole grains and vegetables and eschews refined sugars, dairy and animal proteins. The appeal of macrobiotics, according to Gross, is rooted in contemporary political and ethical questions.

“How do we solve the challenges that exist around the environment and food? For myself, macrobiotics was a way to tie my values with my culinary background. I realized that our dietary choices are a driving force for change in the world. We really are what we eat. There’s a growing awareness of this.”

It’s also hard to deny the health appeal of vegetarian cuisine, which has inspired diners to embrace every corner of the vegetarian family.

“Raw food doesn’t get a lot of love in the vegetarian movement,” explains Rachel Carr, Executive Chef of Los Angeles’s Cru, a national beacon of raw vegan cuisine. “But right now there’s a lot of interest. There’s huge growth in terms of the quality of the food and dining experience people can have.”

Perhaps intimidating to the average eater, establishments like Cru are redefining raw food and broadening its appeal. With Carr at the helm, Cru leads the way in crafting gourmet raw vegan dishes that incorporate Italian, Japanese, Tunisian, Thai, and Indian influences for an eclectic audience.

“Most of our clientele are not ‘raw,’ but like to have this as an option,” Carr explains. “Some approach raw food for a short period of time to cleanse or lose weight. But, it’s hard to find good, satisfying raw food options. Our style and presentation are more romantic and refined than most establishments. Customers want a more elevated experience with raw, vegan food.”

**Kicking “rabbit food” to the curb**

So, should chefs interested in vegetarian cuisine fear being stamped with a “rabbit food” label?

No, says Gross. “There’s a misconception that it’s Spartan, but that’s not true. The number one priority for us is flavor and satisfaction.”

Skeptics should consider M Café’s premiere dish, *The Big Macro*. “It’s a huge hit on our menu. It contains all the essential food groups in macrobiotics: whole grains, vegetables that are slow- and fast-cooked, beans for protein, and pickled or fermented food to aid in digestion. The Big Macro has all that, but on a bun to play off the Big Mac. It’s reflective of what M Café is about – macrobiotic products in a form that’s recognizable and delicious.”

Chef Carr echoes the merits of that approach. “You’d think being a raw vegan restaurant, we’d sell a lot of salad,” says Carr. “But anybody can make a salad. The hits on our menu are the dishes people can’t make

**CHICKPEA & DANDELION SALAD WITH TAHINI DRESSING**

**INGREDIENTS**

- [Salad]
- 1 (15 oz can) organic chickpeas, drained
- 1/2 cup red Bhutanese rice (or long grain brown rice), cooked
- 1 cup celery hearts and inside leaves, sliced thin
- 1 1/2 cups fresh dandelion greens, washed well, dried and chopped
- 1/4 cup frizzled onions (recipe to follow)
- Tahini-Lemon Dressing (recipe to follow)
- Sea salt
- Freshly ground black pepper

**METHOD**

Combine all ingredients in mixing bowl. Adjust dressing with additional sea salt, black pepper or lemon juice, to taste.

[Frizzled onions]

- 1 yellow onion, sliced into paper-thin half moons
- 3 Tbsp olive oil

**METHOD**

Heat olive oil in fry pan and add onions. Fry onions over medium heat until golden brown and “frizzled.” Transfer to absorbent toweling to drain excess oil. Season with sea salt and reserve.

Combine chickpeas, cooked rice, celery hearts and dandelion greens in mixing bowl.

Add 2 to 3 tablespoons of frizzled onions to bowl. Moisten salad with about 1/4 of a cup of Tahini Lemon Dressing and mix well to combine.

Taste salad, and adjust with additional dressing, sea salt and black pepper as needed.

Transfer salad to serving bowl or platter and drizzle additional dressing, if desired, and top with additional frizzled onions to garnish.

**Chef Lee Gross**  
M Café  
Beverly Hills, Culver City & Hollywood, CA



**CAROLINA-STYLE BBQ SEITAN SANDWICH**

[Yields 50 portions]

**INGREDIENTS**

- Olive oil or soy butter for cooking
- 50 ea, hamburger bun (preferably whole-grain), sliced
- 2 1/2 lbs kosher dill pickle chips
- 50 thick slices onion, grilled
- 20 lbs Barbequed Seitan (recipe follows)
- 6 lbs cole slaw (use your favorite recipe)
- 12 cups BBQ sauce (use your favorite recipe or bottled sauce)

[BBQ seitan]

[Yields about 20 lbs]

18 lbs seitan, sliced very thin or shredded  
3 3/4 quarts BBQ Sauce (we use a homemade, tomato-free sauce made from root vegetables, but feel free to substitute your favorite sauce)

3 bulbs garlic, split lengthwise  
1 bunch fresh thyme, split and tied with twine  
2 cups water, or as needed to sufficiently thin BBQ sauce to heavy cream consistency

**METHOD**

Combine all ingredients in large mixing bowl and transfer contents evenly into 2-inch hotel pans.

Cover pans with aluminum foil and bake at 350°F for about one hour. Remove foil and continue to bake, stirring occasionally, until most of the water has been evaporated or absorbed.

Remove pans from oven and use immediately in the above recipe, or transfer to clean containers to cool thoroughly before storing in

refrigerator for up to five days.

**ASSEMBLY**

Brush cut sides of hamburger buns with olive oil or soy butter and cook on a flat-top grill or under a broiler until golden brown.

Place pickle chips and grilled onions on the bottom halves of each of the grilled buns.

Top with approximately 6 oz of warm Barbequed Seitan. Top seitan with additional sauce, and cole slaw.

Finish sandwich with top half of toasted hamburger bun. Serve immediately.

**Chef Lee Gross**  
M Café  
Beverly Hills, Culver City & Hollywood, CA







## Produce: Identification, Fabrication, Utilization

By Brad Matthews,  
Paul Wigsten  
Delmar  
\$68.95

This book from the Culinary Institute of America is but one in their Kitchen Pro Series which serves as an educational and reference guide for working food service profes-

sionals. While not focused on recipes, the book thoroughly details the identification, fabrication and proper utilization of fruits and vegetables.

The chapters describe both well known varieties and those which may turn the heads of the most experienced toques. Would you like a refresher on how to properly prep and store cassava, buddha's hand, or salsify? Look no further than the pages within this incredibly complete guide. Beautiful isolated photography shows each produce varietal at its peak ripeness to help the working chef select the absolute best quality. This book is highly recommended for reference in every kitchen, regardless the staffs' tenure.

## Vegetarian, continued from Previous Page

for themselves. We have our cheesecakes, our ravioli, our tostadas – things you can't tell are made of fruits and vegetables. It gives our customers a way of relating to the food."

To that end, Cru's repertoire includes desserts even the most health-conscious can indulge in guiltlessly. "Raw vegan desserts are a great bridge for people who've never tried raw vegan food. They taste incredibly rich. We offer ice cream, raw vegan cheesecake, chocolate cake, brownies – you name it. Everyone loves it."

Chef Robert Curry, Executive Chef at Napa Valley's Auberge du Soleil, maintains that vegetarian entrees are anything but restrictive. "We're sitting in the best place in the country to do vegetarian cuisine. Right now in springtime, it's just amazing here. Blood oranges, asparagus, artichoke, wild mushrooms – they're everywhere."

Auberge remains a key culinary attraction in Napa since its launch 25 years ago, drawing from

a broad array of regional produce, Mediterranean influences and a sommelier who boasts the best of wine country's vineyards. "Vegetables allow our menu to move through the seasons," Curry offers. "On the protein side, the options don't change much, whether it's squab, lamb or even suckling pig. But with vegetables, it's endless, even within a season."

It's in that spirit that the restaurant has added its vegetarian *prix fixe* tasting menu, which pairs top wines with a select breed of gorgeous vegetarian dishes, like its *Delta Asparagus Risotto* seasoned with tarragon, shaved parmesan and yuzu emulsion. To Curry, these lighter options are smart strategy.

"What do you do in Napa Valley? You taste wine and eat. After a while, you get tired of it. Vegetarian options can be a relief to our customers – it's easier on the stomach and palette."

### Getting started

"If you want to foray into vegetarian food, and you feel like you don't have experience with it," advises Chef Gross, "just pick a cuisine. Anywhere in the world – Italy, Mexico, France. Research what the indigenous vegetarian cuisine is. That will give you your context to launch from."

Not surprisingly, chefs dedicated to vegetarian cuisine also emphasize the importance of strong relationships with their growers and purveyors.

"For myself and so many chefs," says Somerville, "the major commitment is working with small growers."

Chef Curry agrees. "Knowing your local farmers is key. They'll keep your finger on the pulse of the garden. For example, I'm discussing our lettuce with our growers at Frog's Leap Winery. At this point in the season, the lettuce grows so slowly that the flavor is incredibly developed. That will change in the summer when things go more quickly. You really need a good relationship with your source to understand the product."

A shift into veggie fare, however, is not necessarily easy. But that hasn't deterred this burgeoning movement one bit. "It's a lot of work on every level," Somerville adds, "but that's what makes it fun and rewarding. I'm sure it's been my mainstay at Greens."

*Alicia Harvie has been actively involved in food and farm issues for years now and has a strong interest in creative "farm to table" linkages in culinary culture. She also loves*

*any and all things chocolate. When not freelancing, Alicia works as the Program Manager for Farm Aid (www.farmaid.org), where she pens its "Ask Farm Aid" column each month. Farm Aid's mission is to build a vibrant family-farm centered system of agriculture in America. Alicia can be reached at alicia.harvie@gmail.com.*



### ROSEMARY CREPES WITH GOAT CHEESE AND WILTED GREENS

[Yields 10 to 12 crepes]

#### INGREDIENTS

Rosemary crepe (recipe below)  
Herb cream (recipe online)  
1 (1 1/2 lbs) bunch of chard with stems  
2 Tbsp extra virgin olive oil  
1 (1 cup) medium leek, white part only, cut in half lengthwise, sliced and washed  
Salt and pepper  
1/2 tsp garlic, minced  
1 to 2 (12 cups packed leaves) bunches of spinach; stems removed, washed and dried  
2 oz (1/3 cup) creamy goat cheese, crumbled  
1 oz (1/3 cup) Asiago cheese, grated  
Milk or heavy cream

INGREDIENTS [crepe batter]  
[Yields 10 to 12 crepes]

1 tsp finely chopped fresh rosemary  
3/4 cup milk, plus additional milk to thin the batter  
3/4 cup water

2 large eggs  
1/2 tsp salt  
1 1/3 cups all-purpose flour  
3 Tbsp unsalted butter, melted with 1 tablespoon vegetable oil  
Butter and vegetable oil for the pan

METHOD [crepes]  
Purée 3/4 cup milk, water, eggs and salt in a blender for 30 seconds. Add the flour and blend until smooth, about one minute.

Scrape down the sides of the blender with a rubber spatula and pour in the melted butter. Blend about thirty seconds and pour through a fine-mesh strainer to remove any lumps. Refrigerate in a covered container for at least two hours or overnight.

Check the consistency of the batter before making the crepes; it should be the consistency of heavy crème. If thicker, thin it with a little milk.



PHOTO BY SARA KRAUS

Heat a 9-inch sauté pan or crepe pan over medium-high heat and coat with a thin layer of butter, plus a little oil.

Ladle about 1/4 cup of batter in the center of the pan, tilting and swirling to spread it evenly over the surface. Cook crepe over medium heat until golden and easily loosened from the pan, one

to two minutes. Flip it over, and cook for another thirty to forty seconds.

Layer the crepes like shingles on a parchment-lined baking sheet to keep them from sticking together. Once cool, the crepes can be stacked, wrapped in a plastic wrap, and refrigerated or frozen until ready to use.



Executive Chef  
Anne Somerville  
Greens Restaurant  
San Francisco, CA

See Website for complete recipe:  
[www.culinarytrends.net](http://www.culinarytrends.net)

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Wine on tap at Pizzeria Delfina in San Francisco

# Tap <sup>that</sup> Keg... and Let the Wine Flow Freely

Red or white, wine by the keg offers a green advantage as well as an economical one.

## Jeff Decker

A new school of wine drinking is hitting the mainstream in California restaurants. Surprisingly, the latest culture surrounding the bottle does not actually come from the bottle, or even the cask, but rather from the keg. Over the years, a variety of techniques have been tried in the name of developing a more accessible wine list; but wine on tap has quickly become the most convenient way to serve wine in restaurants, surpassing traditional by-the-glass or bottle options, pouring into dining rooms and bars across the West Coast.

### The winemakers' proposition

Once we uncover the steps of winemaking, we realize that this is actually a natural way of storing and serving the product. For winemakers, keg storage is just one option within the grand process of wine-making. Between the fermentation, aging and bottling process, wine is often held in large steel tanks. And if any wine doesn't make it to the bottle, keging it is an easy go-to for storage.

While any wine can be keged, only certain types of wine will benefit from selling in keg form. Those include



## FIVE-SPICE ROASTED LEG OF LAMB

**INGREDIENTS** [Rub]  
1 cup ground bean paste  
2 Tbsp kosher salt  
2 Tbsp five-spice powder  
2 Tbsp garlic, granulated  
2 Tbsp Sa Geung (Sand Ginger)  
1 Tbsp white pepper, ground  
2 Tbsp sugar  
2 Tbsp paprika  
1 (about 4 lb) boneless RedHill Farms leg of lamb

Roast on a baking pan with a rack for thirty-five minutes at 375°F. As lamb is resting, deglaze the pan drippings with 1/4 cup of red wine. Reduce by half and you have a sauce. Slice the lamb as thin as possible and enjoy.



Executive Chef/Owner  
Charles Phan

Out the Door-Bush St. — San Francisco

**METHOD**  
Rub the lamb on both sides and let it marinate for 24 hours. It's best to have the lamb come to room temperature before roasting.



Silvertap Wine Kegs

young, fresh wines that are ready to drink and do not benefit from aging. At Tavern at Lark Creek, some of the youngest wine options on the list are offered on tap, including the '09 Andrew Lane Gamay Nouveau. "There are limitations," says Jordan Kivelstadt of Silvertap Wines, so many limitations that the keg won't replace the bottle any time soon. The bottle will always be preferred for the big, bold wines that age well.

From a quality perspective, the benefits of keg wine are great. There is no possibility of corking or oxidization, which is an assurance that the wine will hold up as the vintner intended and will be a true representation of the quality, skill and craftsmanship that went into making it. On the other hand, wines like the "unfiltered" Dutton Estate Chardonnay can be offered by the glass, half bottle, or bottle at Tavern at Lark Creek. The days of low-quality boxes of wine are over and the nuisance of corked bottles of wine will be next to go.



Silvertap Wines' founders Dan Donahoe, Greg Quinn and Jordan Kivelstadt

### The value equation: More quality wine for less

One of the largest benefits, and naturally a major selling point of wine on tap is its low price-to-value ratio. Drew Dickson of Andrew Lane Wines notes that the reduction in packaging costs and ability to sell the wine in a bulk form (five gallons equals 26 bottles) delivers a reduction in cost for the winemaker of up to 30 percent, which can be relayed not only to the restaurateur but also to the end consumer.

In fact, Gus Vahlkamp, Wine Director for Out the Door in San Francisco, notes that their restaurant which serves 1100 covers per day has consistently had a 20 percent over-pour issue because of the use of traditional bottled wine. Accordingly, with their most recent opening of Out the Door, their more casual dining location, Vahlkamp and Chef/Owner Charles Phan decided to install 12 keg-wine taps. The wine on tap system has afforded them a great amount of flexibility



in selling the wine, whether it be by the glass, carafe or just for a taste.

For winemaker Drew Dickson, drinking wine from a keg delivers on “a feeling of community which presents the authenticity of the product and is something that not only the customer, but also the wait staff can get behind.” Being able to offer a taste of a wine promotes an increased level of sampling and inherent ownership over the ultimate selection. There is the option to drink one glass at a time rather than buying a whole bottle.

The largest industry opportunity for wine on tap is restaurants. For an operation whose wine demand fluctuates more frequently, the flexibility of a wine on tap program is a goldmine. Oftentimes, there are issues with spoilage and this is often passed on to the diner if an inferior version of the wine is served. Instead, with the tap system, the wine is always available at a consistent and impeccable level of quality; as a result, the operator can ensure a better product, in turn bringing more faithful customers to their establishments. The chance of serving a glass from a three-day old bottle of wine is eliminated.

The restaurant can go so far as to model the brand experience around this product, turning a normal wine list into a tasting experience, showcasing products, wineries and even winemakers. Additionally, the wine director

can offer to sell the product by the ounce, allowing for “tastes” to complete bottle offerings; whereas a wine flight may have been otherwise intensive, having to open three or four bottles of wine. Russian River Valley’s DeLoach Vineyard’s barrel-to-barrel wines were a key player in the revolution of wine-by-the-glass options. Their bag-in-barrel wine kegs that offer the winery’s signature Pinot Noir, are formed from oak and chestnut by a French cooperage, Vicard. Unlike wine kegs, the DeLoach barrels are designed to sit behind the bar, allowing servers to give samples and pour glasses of wine from a spigot instead of a tap. With kegs of wine, the labor is now greatly reduced.

The confidence that keg wine offers can additionally be capitalized on by investing in more respectable offerings with higher-end wines, such as a \$16 glass of wine, because the waste issue is eliminated. Vahlkamp has taken the opportunity to further stylize the wine menu based on the sophisticated character of these tap wines. He will work with vintners such as Abe Schoener at the Scholium Project or Kevin O’Connor at Lioco Wines, to create custom blends (60 gallons) which will be developed to more seamlessly complement the menu’s bright Asian flavors. This is clearly a very intensive approach to the wine selection process, but it parallels the culinary development process for creating a restaurant menu.

### Consumer focus

Delivering a quality wine at a reasonable price is finally available to guests who seek an affordable *and* palatable option on the beverage menu. No longer will the consumer feel as if restaurants are over-charging for bottled wine. Kivelstadt’s Sauvignon Blanc runs around \$4.50 a glass from the keg. With the economics of the equation explained to the consumer, this wine becomes an agreeable choice. Silvertap currently offers five wines on tap with plans for a total of eight by the summer with national distribution.

For the consumer who is interested in sharing a glass with his/her dining companions, the half-bottle of wine has always been a losing equation. Not only was the list drastically shorter than the regular sized bottle or even the by-the-glass offering, but it was usually overpriced too, in comparison. With keg wine, we find a consumer friendly option with comparably lower priced offerings: wines that would be sold for eight to twelve dollars per glass out of a bottle are closer to six to ten dollars. This has created what Gus Vahlkamp calls an “overwhelmingly positive response” to the product.

For Dickson, who started selling his Beaujolais Nouveau wine in kegs as long as five years ago, the format

has been an unbelievable success. It has allowed his brand to become popular in a variety of settings, including Simmzy’s and Tin Roof Bistro in Manhattan Beach, which offer a number of high percentage alcohol beers on tap. Dickson’s wines fit right in and immediately began selling well after they were introduced. He is now selling all of his premium wines, including cabernet sauvignon and merlot, in the keg.

### Back-of-the-house

For restaurants, wine on tap presents a valuable option for the beverage menu. From a business perspective, the equipment investment is low and takes much of the worry out of the operators’ hands compared to the proper wine storage guidelines for bottled wine. A two-tap system runs in the \$200 range while the top of the line 12-tap system can run four to five thousand.

And while there are a few variables that could cause problems, hardware issues, line links, to name a few...the risks and frequency of occurrence are low. For Kivelstadt, servicing restaurants who serve his wine has been a major selling point and added value. The upkeep is minimal – cleaning taps and ensuring the lines are running smoothly can be done every three months or so. Some distributors will even take care of this for you.

### GRAPEFRUIT & JICAMA SALAD WITH CANDIED PECANS

[Serves 4]

3 cup shredded red cabbage, washed three times  
1 cup jicama, peeled, shredded  
3/4 cup carrots, shredded  
1 large grapefruit, sectioned  
1/2 cup candy pecans (store bought or home-made, see recipe below)  
2 Tbsp neutral oil, like canola or grape seed  
1/4 cup rau ram (Vietnamese mint/coriander) or spearmint, chopped

[Dressing]

1/2 tsp minced garlic  
1 small Thai chili  
2 Tbsp white vinegar  
1/2 cup Kikkoman soy sauce  
2 Tbsp sugar  
1/4 cup water

#### METHOD

Start by making dressing.

Mix all dressing ingredients together well. Set aside.

[Candied pecans]

1/2 cup (approx. 4 large eggs) egg whites  
1/2 cup sugar  
1/4 tsp salt  
2 cup pecans halves

#### METHOD

Pre-heat oven to 325°F. With whisk attachment, beat egg white on medium speed till soft peaks form.

While mixer is still on slowly add sugar & salt. Continue beating two more minutes.

Fold egg white into pecans, and then spread pecan mixture onto an ungreased sheet pan. Baked for fifteen minutes until



egg whites are puffed & golden brown. Toss to deflate whites, spread out again & bake till nuts are lightly toasted, about fifteen minutes.

[Salad]

In a large bowl toss together cabbage, jicama, carrot, rau ram, oil and dressing. Drain excess dressing. Garnish with

grapefruit sections and candied pecans.

**Executive Chef/Owner**  
**Charles Phan**

Out the Door-Bush St.  
San Francisco, CA

## Custom Wine Flights

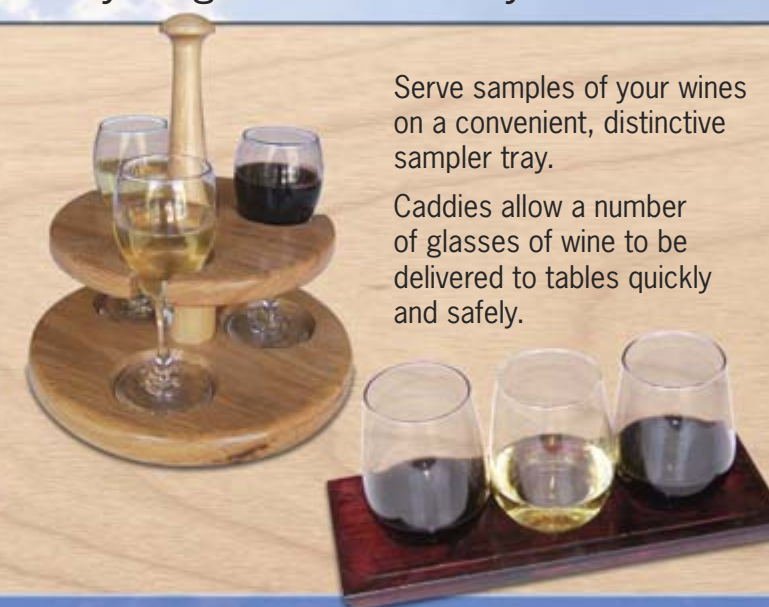
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### The green equation

Serving wine on tap is not just a good business decision, it presents a green option in that there is less packaging and the kegs are reused. The majority are converted five-gallon stainless steel Cornelius kegs. At Andrew Lane Wines, they have made the switch to polypropylene which is much lighter in weight. At Silver Tap, Microstar plastic kegs are used which are energy efficient in production and are half the weight compared to the steel. The weight of the kegs makes them easier for the operator to use and reduces the carbon footprint in freight from winery to table. Just as these steel and plastic kegs boast a green factor, DeLoach's barrels made from 100% recyclable material, offer both environmental and cost-saving advantages. Additionally, the reduction in use of glass and cork is a major savings and cost reduction in that those materials are also hard to recycle. Any bartender can describe

the extensive amount of waste incurred in using glass wine bottles.

While traditionalists may not buy into it, the latest generation of wine drinkers is prepared for the green option, and hopefully this will create a sea change in our restaurant culture. As the price of wines is driven down



by the reduction in costs, customers will be more willing to spend money at the restaurant and be happier to enjoy a second "bottle."

*Jeffrey Decker trained as a chef at Spago Beverly Hills and at world-renowned small luxury hotels around the world. He now works as a chef and project coordinator at*

*The Culinary Edge in San Francisco where he has consulted on concept and menu development projects for the top chain restaurants in the country. He has also launched numerous new concepts while also developing retail items for commercialization. Jeff@TheCulinaryEdge.com*

### LAMB DOLMAS

[Serves 4]

#### INGREDIENTS

- 2 tsp olive oil
- 1/2 lb lamb, ground
- 1/2 cup onion, small dice
- 1/4 cup red bell pepper, small dice
- 1/2 cup basmati rice, raw
- 1 tsp salt
- 1/8 tsp cayenne
- 1/2 cup tomato, diced in juice, puréed
- 1 Tbsp pine nuts, toasted
- 1 Tbsp golden raisins
- 3 Tbsp Italian parsley, minced
- 1 Tbsp oregano, fresh minced
- 20 each grape leaves, rinsed, drained as needed
- 1/4 cup lemon juice, fresh
- 1 1/2 cups chicken stock

#### METHOD

Preheat oven to 375°F. In a large sauté pan over medium-high heat, sauté lamb and onion in olive oil until browned. Add bell peppers, rice, salt and cayenne and sauté two

more minutes. Add tomato, pine nuts, golden raisins, parsley and oregano and heat through.

Remove from heat and let cool to room temperature. Lay out grape leaves shiny side down and place 1 1/2

teaspoon cooled filling on each leaf and roll up tightly, folding sides in like a burrito.

Line a 10 by 10-inch pan with small or torn grape leaves and place dolmas in pan, seam side down. Fit

the dolmas in snugly but not squished together. Line entire pan with dolmas and cover with additional grape leaves. Bring lemon juice and chicken stock to a boil and pour over dolmas. Cover pan with foil, sealing well. Bake in preheated

oven for forty-five minutes until liquid is absorbed and rice is tender.

**Chef de Cuisine Aaron Wright & Clint Davies**  
The Tavern at Lark Creek  
Larkspur, CA



### SOFT POACHED FARM EGG AND ASPARAGUS SALAD

[Serves 4]

#### INGREDIENTS

- 3 cups Applewood smoked bacon, diced
- 3 cups shallots, diced
- 1/2 cup sherry vinegar
- 1/4 loaf white bread
- 1/2 bunch chives
- 1/2 bunch tarragon
- 1/4 bunch parsley
- 4 each large eggs
- 2 bunches asparagus
- 2 oz Point Reyes Blue Cheese, crumbled
- 2 Tbsp extra virgin olive oil
- 1 head frisée
- Salt, pepper and sugar to taste

#### METHOD

Heat grill to 350°F. Cook bacon on medium-low heat in sauté pan to render, until all the fat is released and the bacon is a little crispy, and set aside.

Cover the shallots in fat and cook until translucent, add vinegar and continue to cook until the shallots have ab-

sorbed and changed color. Season with salt, pepper and sugar, then add the bacon back to dressing.

In a food processor, grind bread, chives, tarragon and parsley together until you have a uniform size and green color. Place the herb

breadcrumbs onto a tray and dry in a low heat oven. In a medium pot, bring water to a boil and add the eggs.

Boil for five minutes, remove and cool in water. Peel the eggs, roll in herb breadcrumbs and reserve for the top of the salad. Trim and

season asparagus with oil, salt and pepper. Grill asparagus until just cooked through. Add to a mixing bowl with frisée and bacon vinaigrette.

Remove asparagus, arrange on a plate, place frisée salad on top with the herb bread-

crumb egg. Finish each salad with a half ounce of crumbled Point Reyes Blue Cheese.

**Chef de Cuisine Aaron Wright & Clint Davies**  
The Tavern at Lark Creek  
Larkspur, CA



### DUNGENESS CRAB CELLOPHANE NOODLES

{Serves 2-4}

#### INGREDIENTS

- 4 oz package of dried mung bean thread/noodle (cellophane noodle)
- 2 Tbsp canola oil
- 2 tsp garlic, minced
- 1/2 cup picked Dungeness crabmeat
- 1/4 cup green onion, 1/4" chop
- 1 1/2 Tbsp fish sauce
- 2 Tbsp oyster sauce
- 1/2 Tbsp sesame oil
- 3-4 sprigs cilantro leaves, for garnish

#### METHOD

Soak noodles in hot water for about ten minutes until soft, while you prepare the other ingredients. Drain when ready.

Heat wok or large skillet on high heat. Add oil. Heat until it begins to smoke.

Add garlic and crab. Cook, tossing and stirring, to mix the ingredients together for about thirty seconds.

Add noodles and stir to mix all the ingredients. Add the fish and oyster sauce. Con-



tinue to toss and stir.

Add sesame oil and green onion and combine it well

with the other ingredients. Serve immediately and garnish with cilantro, if desired.

**Executive Chef/Owner Charles Phan**  
Out the Door-Bush St.  
San Francisco, CA





PHOTOS BY DAVID CORNWELL

Family & Friends of Niman Ranch at McCormack Ranch. Below: Lamb themed dinner in Hoyt Ranch's olive grove



### NIMAN RANCH BACON & LAMB SLIDERS

#### INGREDIENTS

- 3 lbs ground lamb
- 1/4 lb bacon bits
- 1 Tbsp Penzey's California Seasoned Pepper
- Salt to taste

#### METHOD

Combine all ingredients in a bowl; using the back of a fork, lightly incorporate together. Form the mixture into small patties and place onto heated grill. Cook to desired temperature. So flavorful, not necessary to serve with buns or accompaniments. Perfect for a barbeque bite-size appetizer!

*Recipe provided by Ida Mae Hiemke, grandmother of Niman Ranch's Lamb production Manager Cody Hiemke, and prepared by Chefs Andrew Hunter and Sterling Teran.*



Richard Hamilton, Niman Ranch Lamb Rancher, serves Bacon and Lamb Sliders to eager guests at his Ranch



Lamb shearers at Hamilton Brothers' Hoyt Ranch

freshly picked berries for dessert. Pulled lamb sandwiches, lamb chili and bacon lamb sliders were crowd favorites. Wine for the evening was provided by Boisset Family Estates, a California vineyard that shares Niman Ranch's dedication to environmentally sustainable production practices and offers an entire line of organic wines.

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# Farm to Table

## What's in Season?

Spring crops are being harvested fresh from the fields and summer is just around the corner. Local farms are a sea of bright reds and greens. Some of the season's top picks for May and June menus:

- Cherries
- Plums
- Nectarines
- Okra
- Peaches
- Summer Squash
- Artichokes
- Fava Beans
- Cucumbers
- Rhubarb



## Lamb Ranchers Celebrate in Wine Country

### Carleigh Connelly

It was a perfect spring afternoon when guests had the opportunity to meet Niman Ranch's Northern California lamb growers and see firsthand how high quality, all-natural lamb is produced. Niman Ranch, the largest network of U.S. family farmers and ranchers raising livestock traditionally, humanely and sustainably, hosted their inaugural Culinary Conference in Sonoma County in April for members and friends of the Niman Ranch "family." Niman Ranch's network of more than 600 independent, U.S. family farmers and ranchers practice the highest standards of animal husbandry and environmental stewardship.

Niman's ranchers raise lambs, in accordance with environmentally sustainable practices and the strictest animal handling protocols in the industry. The Niman farmers and ranchers raise cattle, hogs and sheep without the use of antibiotics or hormones. Their livestock is fed an all natural vegetarian diet and is raised outdoors on pasture.

The Sonoma gathering was in celebration of Niman Ranch's U.S. family farmers and ranchers, showcasing Niman Ranch's gourmet beef and lamb. Jeff Tripician, CMO of Niman Ranch said, "We are excited about making this an annual event that will allow us to position ourselves within the industry as thought leaders on topics such as animal welfare and sustainability."

Guests began their day at McCormack Ranch (third generation lamb ranchers), where they toured the ranch's newly established grape vines that will eventually utilize sheep to graze the vineyard for control of invasive weeds.

Following an informational talk on lamb, attendees traveled to the Hoyt Ranch to visit the lamb growing operation, having the opportunity to watch shearers at work.

The evening culminated in the olive grove at Hoyt Ranch, with dinner prepared by Niman Ranch's new partner, Levy Restaurants and Chef Andrew Hunter, formerly of Wolfgang Puck Inc. The dinner featured a variety of local ingredients, including Niman Ranch lamb, microgreens from a California farm and

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## CALIFORNIA WILD RICE CONFETTI SHRIMP

{Yields 6 servings}

### INGREDIENTS

3 cups California Wild Rice, cooked  
1 lb medium fresh shrimp, peeled, deveined, cooked & chopped  
1 large tomato, seeded & chopped  
3/4 cup sweet onion, chopped  
3 Tbsp fresh cilantro, minced  
2 to 3 Tbsp jalapeño pepper, seeded & minced  
3 Tbsp fresh lemon juice  
2 Tbsp olive oil  
1/2 tsp salt  
1/4 tsp ground black pepper  
1 ripe avocado, halved, pit-

ted, peeled & chopped  
2 Tbsp fresh lime juice  
6 cups romaine lettuce, shredded  
1/2 cup walnuts, chopped  
Lime wedges for garnish

### METHOD

Cook wild rice according to package directions. In a large bowl, combine shrimp, wild rice, tomato, onion, cilantro, jalapeño pepper, lemon juice, oil, salt, and pepper.

In a small bowl, combine avocado and lime juice, tossing gently to coat. Add to shrimp mixture, stirring gently to combine. Cover, and refrigerate for at least



2 hours or up to 8 hours. If desired, spoon mixture over shredded lettuce. Add walnuts, and toss gently. Garnish with lime wedges.

**Chef Cheri Holmgren**  
Grand-Prize Winner of California Wild Rice California & Nevada Culinary Professionals Contest



## PICKLED MONTEREY SARDINES WITH SOFT BOILED EGG, CRÈME FRAICHE & WATERMELON RADISH

[Serves 4]

### INGREDIENTS

6 fresh sardines or  
12 sardine filets

### [Pickle brine]

3/4 cup dry white wine  
3/4 cup white wine vinegar  
2 shallots, peeled and thinly sliced  
2 sprigs of thyme  
1 Tbsp coriander seed, toasted  
1 Tbsp black peppercorn, toasted  
Pinch of chili flake  
1 Tbsp salt  
1/2 cup of water  
4 eggs  
2 large watermelon radishes, peeled

4 French breakfast radishes, washed  
3 sprigs fresh dill  
1 Tbsp olive oil  
Salt to taste  
Juice of 1 lemon  
1/4 cup crème fraîche

### METHOD

Combine all pickle brine ingredients and gently simmer for ten minutes over a low flame. Remove from heat and allow to cool. Arrange the sardine filets in a single layer, skin side up in a small dish.

Once the brine is cool, pour it over the sardine filets and allow them to soak in the liquid for at least two hours. Sardines can be stored in the



liquid for up to five days. Bring a pot of water large enough to hold the eggs to a boil. Season the water with salt and add the eggs once boiling. Boil for six minutes. Drain the water from the pot and run cold water over the eggs until cool. Once cool, peel and reserve.

Julienne the watermelon radishes and slice thin rounds of the breakfast radishes. Toss with picked leaves of dill and dress with olive oil, salt and lemon juice to taste. Make a small dollop of crème fraîche on each plate. Arrange three sardine filets

per person. Top with the dressed radish salad and serve the egg sliced in half, seasoned with salt and pepper.

**Executive Chef Christopher Kronner**  
Bar Tartine  
San Francisco



## CHOUX CREMA CATALANA

### INGREDIENTS

[Pâte à choux]  
12 3/4 oz water  
12 3/4 oz milk  
12 oz butter  
1/4 oz salt  
1/2 oz sugar  
17 1/4 oz flour  
26 1/2 oz eggs

### METHOD

Classic preparation: pipe and place disk of brown sugar crust on top, bake as normal.

### INGREDIENTS

[Brown sugar crust]  
7 oz brown sugar  
7 oz butter  
7 oz flour

### METHOD

Cream butter and sugar together. Next, add flour and sheet to 2 millimeters thick.

### INGREDIENTS

[Crema Catalana]  
16 oz milk

1/5 oz lemon zest  
1/5 oz orange zest  
1 cinnamon stick  
1/2 oz corn starch  
3 2/3 oz egg yolks  
Sugar to taste

### METHOD

Infuse milk with zests and cinnamon for one hour. Strain milk and make similar to pastry cream. Cool and put sugar on cream and caramelize.

### INGREDIENTS

[Catalana mousse]  
17 2/3 g Crema Catalana  
1/5 g gelatin  
14 g whipped cream

### METHOD

Blend caramelized cream in mixer and add gelatin. Fold in whipped cream.

### INGREDIENTS

[Lemon confit]  
8 3/4 oz lemon  
8 3/4 oz sugar



### METHOD

Blanch lemons for one hour. Cook with sugar to confit.

### INGREDIENTS

[Caramel sauce]  
8 3/4 oz sugar  
1 1/3 oz glucose  
Pinch of salt  
10 1/2 oz cream

### METHOD

Caramelize sugar and glucose. Deglaze with salt and cream.

### ASSEMBLY

Halve pâte à choux. Place lemon confit in bottom. Pipe Catalana Mousse on top, leaving a space in the

middle. Place caramel sauce in the empty space. Place other half of choux back on top.

**Executive Pastry Chef Nathaniel Reid**  
St. Regis Resort Hotel & Spa, Monarch Beach  
Dana Point, CA

## THE BIG MACRO

[Yields 50, 4 oz patties]

### INGREDIENTS [big macro patties]

2 1/2 lbs zucchini, shredded and squeezed of excess moisture  
1 3/4 lbs carrots, shredded and squeezed of excess moisture  
1 oz dried hijiki seaweed, reconstituted, drained and roughly chopped  
7 cups short grain brown rice, cooked  
2 gal quick-cooking oats  
1/4 cup olive oil  
3/4 lbs fresh shiitake mushrooms, minced  
2 1/2 cups onion, minced  
5 1/4 oz dried shiitake mushrooms, rehydrated, caps minced, stems discarded  
3 Tbsp garlic, minced  
2 Tbsp dried oregano  
2 Tbsp dried thyme  
1 cup sesame tahini  
2 lb extra-firm tofu, crumbled  
7 1/4 fl oz soy sauce  
3/4 cup olive oil  
1 cup sea salt, or to taste

1/2 cup black pepper, or to taste  
2 cups gluten flour, or as needed

### METHOD

Combine shredded zucchini, carrots, hijiki, brown rice and oats in large mixing bowl. Heat first quantity of oil in brazier and sauté minced fresh shiitake and onion for eight to ten minutes, or until soft.

Add minced dried (and reconstituted) shiitake caps, garlic and herbs and sauté for an additional five to ten minutes or until starting to turn golden brown.

Season lightly, with sea salt and black pepper. Remove from brazier and let cool before adding to mixing bowl (can be done ahead or day before).

Meanwhile, combine tahini, tofu, soy sauce, second quan-



tity of olive oil, sea salt and black pepper in high-powered blender and blend until completely smooth. Transfer mixture to mixing bowl.

Mix contents of mixing bowl until everything is well combined. Add flour and use gloved hands to knead the mixture until it becomes slightly firm and elastic. Pinch off a small piece of mixture and form into small

patty with hands. Mixture should be easily malleable, and hold together well. Add additional flour, if necessary, to properly bind mixture. If too stiff, add a bit of water. Taste and adjust seasonings.

Form mixture into four ounce patties and place on

oiled sheet pans. Bake at 350°F in a convection oven for twenty minutes. Carefully flip patties and continue baking for an additional twenty to twenty-five minutes, or until just starting to turn golden brown.

See Website for complete recipe: [www.culinarytrends.net](http://www.culinarytrends.net)

**Chef Lee Gross**

M Café — Beverly Hills, Culver City & Hollywood, CA



**MINI BUTTERMILK WHOOPIE PIES**

**INGREDIENTS**

1 lb 3oz flour  
4 oz cocoa powder  
2 tsp baking soda  
1 tsp salt  
12 oz brown sugar  
8 oz butter  
2 eggs  
2 tsp vanilla  
16 oz buttermilk

**METHOD**

Beat sugar and butter until light and fluffy. Add egg and vanilla. Alternate between dry ingredients and buttermilk. Take tablespoon

scoops of mixed batter and place on greased baking pan and bake at 350°F for ten minutes or until the dough is tender but not wet to the touch.

**INGREDIENTS**

[Vanilla frosting filling]  
3 lb butter  
4 1/2 lb powdered sugar  
4 tsp vanilla  
2 tsp salt

**METHOD**

Cream the butter and sugar together, then add vanilla



and salt. Cream until light and fluffy.

**ASSEMBLY**

Spread frosting on flat side

of one completely cooled mini whoopie pie, cover with second whoopie to make a complete whoopie pie sandwich.

**Chef/Owner**  
**Jennifer McMurry**  
Viola Pastry  
Boutique & Café  
Santa Rosa, CA



**CALI CRUDO WITH YUZU-CHAMPAGNE VINAIGRETTE**

[Serves 1]

**INGREDIENTS** [vinaigrette]

Champagne vinaigrette  
1/2 oz champagne  
3 oz yuzu  
White pepper and salt, to taste  
1 oz olive oil

**METHOD**

Mix all of the vinaigrette ingredients together and shake well.

[Crudo]

2 oz halibut  
2 oz Atlantic steel head salmon  
2 oz ahi tuna, thinly sliced  
2 oz chives, chopped  
2 oz micro cilantro

**ASSEMBLY**

Arrange fish and chives and micro cilantro garnish on plate, then drizzle with vinaigrette over the top.

**Chef Stefan Richter**

Stefan's at L.A. Farm — Santa Monica, CA



**MARINATED SARDINES**

**INGREDIENTS**

2 lbs sardines, headed, scaled and gutted  
Water

[Brine]

14 oz water  
7 oz white wine vinegar  
1 3/4 oz sea salt  
1 oz sugar  
Extra virgin olive oil

**METHOD**

Soak cleaned sardines for at least two hours in cold water; four hours is optimum. Change the water twice during this time. Mix all the ingredients of

the brine. Place sardines in a large fitting glass bowl. Cover with brine. Place a fitting plate over the sardines to keep them submerged. Wrap with plastic wrap and place in the refrigerator for thirty-six hours. Remove sardines from brine. Discard brine.

To clean the sardine, pinch the tail from top and bottom gently to loosen the meat from the spine. Gently split the tail and run your thumb up the spine and loosen the fillet. Pinch the top of the spine by the head and gently pull up to remove the spine from the other fillet. Using a sharp knife split the

fillets and trim off the dorsal fin.

Make sure the fillets are covered with oil. Keep in

refrigerator.

Layer the sardine fillets with olive oil in a glass jar.

**Executive Chef Staffan Terje**  
Barbacco — San Francisco, CA

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