Beer Grows Up

Pairing suggestions and killer recipes

Catering

Extravagance is Out, Sustainability is In

APPETIZERS!

Fine-Dining’s Spin Off: Gourmet-on-the-Go

The New Hybrids: Is it a Lounge or a Restaurant?

Less is More: Small Kitchens Produce Big Flavors!

Beet Trio Stacks
Waters Fine Catering
San Diego

Late Summer 2009

The New Magazine for Executive Chefs
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Two (2) 20 lb. bag/box
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Fifteen (15) 2 lb. Gable Top Cartons
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Jeffrey Decker

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Bistro Trio Stacks
Waters Fine Catering, San Diego, CA

Photo by Boyd Harris Photography

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Brews are moving into fine dining & upscale kitchens

Watch out, wine! Beer is now competing with the biggest cabs and zins. Just like understanding the common food ingredients of standard kitchen pantry, cooking with beer, requires knowledge of beer basics and flavor profiles. When beer is added as an ingredient to a dish, the chef can highlight the recipe with a sour edge, a malty sweetness, or a chocolaty richness with a hint of caramel and toffee in the finish, elevating the dish to a new level of flavor.

**Beer: Kitchen’s next pantry staple?**

David McLean, Owner of Magnolia Pub and Brewery andAlembic in San Francisco believes that “adding beer to a dish can give it a nutty texture. Beer adds a lot more flavor and texture than wine does. Just like understanding the common food ingredients of standard kitchen pantry, cooking with beer, requires knowledge of beer basics and flavor profiles. When beer is added as an ingredient to a dish, the chef can highlight the recipe with a sour edge, a malty sweetness, or a chocolaty richness with a hint of caramel and toffee in the finish, elevating the dish to a new level of flavor.”

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McLean recently collaborated with Executive Chef Chris Cosentino, owner of Boccalone Salumeria and Incanto, California, explores the art of sous vide, brewers are experimenting with the craft of beer making. Unknown to many, beers today contain common cooking ingredients such as saffron, honey, heather, coriander, bitter orange peel, cacao nibs, cinnamon sticks, sour cherries, caramelized raisins, vanilla beans and espresso beans. Additionally, beers are given an added complexity by aging in chardonnay, cab, port, zin, pinot noir, brandy, whiskey and even Tabasco barrels. Sharing similar components as those used in dishes, pairing food with beer is a natural progression.

**Tapping into beer’s pairing potential**

Michael Sheltner, director of operations and director of beverage at Rosemary’s in Las Vegas confides that beer has always been a passion of his. “We saw a huge untapped potential of pairing beer with food. It was a huge unexplored side of beer, bringing more flavorful beers into the mainstream.”

Beer now has its own version of a Sommelier, called a Cicerone. Ray Daniels, director of the Cicerone program helped in the creation of a curriculum designed to train wait staff, bartenders and managers about the complexities, historical attributes, styles and artistic expressions that beer has to offer. This simple malt beverage of barley, hops, yeast and water is now competing with the biggest cabs and zins. Just as Chef Thomas Keller, of The French Laundry in Yountville, California, explores the art of sous vide, brewers are experimenting with the craft of beer making. Unknown to many, beers today contain common cooking ingredients such as saffron, honey, heather, coriander, bitter orange peel, cacao nibs, cinnamon sticks, sour cherries, caramelized raisins, vanilla beans and espresso beans. Additionally, beers are given an added complexity by aging in chardonnay, cab, port, zin, pinot noir, brandy, whiskey and even Tabasco barrels. Sharing similar components as those used in dishes, pairing food with beer is a natural progression.

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in San Francisco, to host a beer dinner at the Italian restaurant, featuring Magnolia’s beers with Cosentino’s food. One of the five courses served included a loin of Escolar, smoked with dried spent grains from the brewing process, served with wild arugula and horseradish spiked potatoes, and perfectly paired with Big Cypress Brown ale.

Creative examples such as the one above are beginning to make their way onto the culinary scene throughout California and across the nation. Take for example, a kaffir lime leaf and lemongrass ale brewed by Will Meyers of the Cambridge Brewing Co. This could be paired with a grilled shellfish or a whole roasted fish, a great flavor combination. Brewmasters are also connecting with the culinary world in a ways that have not been thought of before. Garret Oliver, Brewmaster of Brooklyn Brewing, designed a custom ale for Per Se and The French Laundry called Blue Apron. This beer has notes of dates, figs, cinnamon and malt, finishing with a light orangey citrus roundness on the palate.

At Arterra in San Diego, Chef Jason Maitland likes to try exotic beers. “It is an art in itself, just like wine-making. I just happen to be a bigger fan of bourbon,” says Jason. Now many beers are aged in bourbon and whiskey barrels layering flavors of vanilla, coconut and oak developing a big barleywine or Russian imperial stout. “I think using beer as an ingredient will expand and grow, snowballing a little bit in certain demograph-

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**SHELTON FARMS FREE RANGE CHICKEN & ALE SAUSAGE**

(Serves 6)

**INGREDIENTS [CHICKEN]**

- 2 lb chicken breast, boneless, skin removed, cut into 1” cubes
- 1 tsp toasted fennel seed
- 1/2 cup braised baby artichokes, roughly chopped *(see recipe below)*
- 1/2 cup confit tomatoes, roughly chopped *(see recipe on Web site)*
- 1 egg
- 1/4 cup finely chopped onion, sautéed lightly until translucent
- 1 tsp minced garlic, sautéed lightly until translucent
- 1/2 cup heavy cream
- 2 pt + 1/4 cup Steelhead IPA
- 2 pt chicken stock or broth
- 1/2 tsp toasted ground cumin
- 1/2 tsp toasted ground coriander
- 1 tsp ancho chili powder
- 1/2 tsp toasted Hungarian paprika
- 40” natural hog casings

**METHOD**

In a Robot Coupe, puree chicken, egg, heavy cream, cumin, coriander, chili powder, paprika until semi-smooth; add 1/2 cup of beer and pulse just enough to incorporate beer evenly.

With rubber spatula, scrape chicken mousse into large mixing bowl. Fold in fennel seed, artichokes, tomatoes, onions, garlic; season generously with salt and fresh cracked black pepper; continue to fold until all ingredients are evenly distributed, be careful not to smash tomatoes and artichokes.

Transfer mixture into sausage maker and pipe into hog casings, tying off links in 6” increments. With a pin or skewer puncture casings very lightly over any air bubbles contained within the sausages. Bring remaining beer and chicken stock to a simmer; poach sausages at about 180 degrees for about 5 minutes. Remove and reserve sausages.

**INGREDIENTS [BRAISED BABY ARTICHOKE]**

- 16 baby artichokes, cleaned, cut into halves
- 6 cloves garlic, thinly sliced
- 3 sprigs fresh thyme
- 1 T chardonnay
- 1/2 cup Extra Virgin Olive Oil

**METHOD**

In medium sauce pot, heat oil over medium heat, add garlic and cook until translucent. Add artichokes, thyme, and wine; season generously with salt. Cover, reduce heat to very low simmer, cook for about 20 minutes; until artichokes are tender and cooked through.

Executive Chef Jason Maitland
Arterra Restaurant, Bar & Outdoor Lounge
San Diego, CA

See www.culinarytrends.net for the conclusion of recipe.
braising a whole hog’s head in duck and bacon fat. The meat and cartilage are removed, boiling it down into a hearty pork stock to be mixed with beer. The gelatin eventually solidifies and the dish presents a slight taste of beer in the finish.

Back in San Francisco, the menu at Monk’s Kettle embraces the harmonious relationship between dining and imbuing. A beer or a beer style suggestion accompanies each dish, helping the customer choose from 150 brews in bottles and over 24 beers on tap that change daily. Chef Kevin Kroger’s explains that, “lighter body beers will go with lighter body dishes. You pair them just as you would with wine. You wouldn’t pair a stout with a salad. Sometimes you have a highly acidic beer that wouldn’t go well with something like a short rib dish which has a lot of fat and a lot of meaty flavors, so you would want something with higher alcohol content.” Monk’s Kettle’s status as a beer mecca is further supported by their highly popular beer dinners that include beer as an ingredient in each dish, in addition to beer pairings from a featured brewery or distributor. “Beer dinners are a good way to increase revenue and people love it. An elegant beer dinner is a new experience for people,” shares the owner, Nat Cutler. Because beer has carbonation, it helps aid the issue of palate fatigue during multi-course meals, allowing each dish’s flavors to shine throughout the progression of an extended tasting.

Taking the above into consideration, I would like to propose that fine dining restaurants begin to consider making more extensive beer lists available for diners. Similar to wine lists, beer lists can be organized by style, vintage, origin or lager and ales.

**INGREDIENTS [HARISSA]**
- 1 carrot
- 5 garlic cloves
- 1/2 cup Anchor Steam Beer
- 1 jalapeno
- 1 red bell pepper
- 1 yellow bell pepper
- 1/2 cup Anchor Steam Beer
- 1 t caraway seed
- 1 t cardamom seed
- 1 t coriander seed
- 2 t chili flake
- 4 t paprika
- 1 t cumin seed
- 2 t salt & pepper to taste
- 1 t garlic
- 1/2 cup Anchor Steam Beer
- 1 onion, caramelized
- 1 rib of celery
- 1/2 cup Anchor Steam Beer
- 1/2 cup Anchor Steam Beer
- 2 T canola or grape seed oil
- 2 T unsalted butter
- 2 T caraway seed
- 2 T cardamom seed
- 2 T coriander seed
- 5 garlic cloves
- 1 onion, caramelized
- 1/2 cup Anchor Steam Beer
- 1 jalapeno
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- 1 yellow bell pepper
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- 1 jalapeno
- 1 red bell pepper
- 1 yellow bell pepper
- 1/2 cup Anchor Steam Beer
**SEARED HUDSON VALLEY FOIE GRAS ON ORANGE SCENTED Brioche w/Mango Coulis & Port Wine Syrup**

*Serves 4*

**INGREDIENTS**
- 4 3-ounce slices Foie Gras, A grade
- Salt and white pepper to taste
- 4 each brioche bread, slices
- 1 cup orange scented egg butter* (recipe follows)
- 4 handfuls baby arugula
- 2 T vanilla oil* (recipe follows)
- 1 cup mango coulis* (recipe follows)
- 2 T port wine syrup* (recipe follows)
- 2 T chives, thinly shaved
- 8 mango slices, 2" long
- 800.555.5539  I www.PremierMeats.com

**METHOD**
- It is best to cook the Foie Gras just before serving so have all other components ready. The brioche should be soaked just as you begin cooking the Foie Gras so it will fall apart if soaked too long. Also, you want to cook the soaked brioche in the rendered fat from the Foie Gras.
- Using a 3" diameter ring mold, cut circles from the brioche bread slices and wrap in plastic to keep them soft until needed. Make the egg butter in a small bowl and hold in the refrigerator until needed.
- Heat a heavy-bottomed sauté pan over high heat, without any oil until very hot. Soak the brioche in the egg butter for 1-2 minutes. Season the Foie Gras slices and place them into the pan one at a time pressing gently as the steam will push them up slightly.

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**PORK CHOPS WITH CHEDDAR POTATO CAKE AND CARAMELIZED BRUSSELS SPROUTS**

**INGREDIENTS [PORK CHOP]**
- 1 12 oz pork chop, brined
- 6 oz Cheddar Scallion Potato Cake
- 1 T Brussels sprouts-blanch’d
- 1 T butter for sprouts
- 1/2 oz oil for Potato Cake
- 2 oz maple cured bacon bits-cooked
- 1 T Mustard Ale Sauce
- Salt and Pepper to season

**METHOD**
- Season pork chop and place it on the grill creating diamond marks on both sides of chop. While chop is being grilled, oil skillet on medium heat and sauté cake until golden brown on both sides. Place chop in skillet with cake and cook in 400ºF convection oven until internal temperature of 125ºF is achieved.
- While cake and chop are in oven, spoon softened butter in sauté pan and when melted, toss and season Brussels sprouts on medium heat until sprouts are caramelized. Toss with bacon and reserve until plating.
- In a small sauce pan, heat Mustard Ale Sauce until hot.

**INGREDIENTS [CHEDDAR POTATO CAKE]**
- 3 lb Yukon Gold potatoes, peeled and diced 1/2”
- 1 T scallions, julienne
- 2 cups white cheddar, shredded
- 1 T butter, softened
- 1 cup heavy manufacturing cream
- 6 cups Japanese bread crumbs
- Salt and pepper to taste

**METHOD**
- Boil potatoes until soft and process through food mill. Heat combined butter and cream and whip in potatoes until a light fluffy consistency is achieved. Add cheese, scallions and season. Add small amounts of bread crumbs until the mixture is able to be formed into balls.
- Place a generous amount of bread crumbs in a hotel pan and with a large ring mold, place 6 oz. of mixture in mold and form mixture into cakes. Roll exposed cake in bread crumbs and layer with patty paper. Yield for recipe should be approximately 6 potato cakes.

**ASSEMBLY**
- Place potato cake on entre plate at ten o’clock. Place Brussels sprouts at two o’clock and pork chop at six o’clock. Ladle Mustard Ale Sauce over lower portion of chop and serve.

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- 6 cups Japanese bread crumbs
- Salt and pepper to taste

**METHOD**
- Combine all ingredients in large sauce pan except water. Heat on high until boiling and lower to low simmer until sugar and salt are dissolved. Cool and add water. Refrigerate and when solution is cold, add to pork chops and brine for two days. Remove chops from liquid and hold until service.

**INGREDIENTS [MUSTARD ALE SAUCE]**
- 1 qt water
- 1 T butter for sprouts
- 1 T Brussels sprouts-blanched
- 6 oz Cheddar Scallion Potato Cake
- 1 12 oz pork chop, brined
- 3 T black peppercorns
- 3 T apple cider
- 1qt water
- 3 T brown sugar
- 1/2 cup kosher salt
- 1 1/2 qt apple cider
- 1 1/2 qt water
- 1 1/2 oz maple cured bacon bits-cooked
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- 1 1/2 oz maple cured bacon bits-cooked
- 1 T butter for sprouts
- 1 T Brussels sprouts-blanched
Blurring the Line Between Bar and Restaurant

Gastropubs, wine salons and cocktail lounges redefine the fine dining experience.

Jamie Timbrell

A guy in designer jeans and a collared shirt sits down at the swanky bar next to a lady in high heels, and politely tells the server, "I'll have the F*@%#n' Blackberry Bellini, please." Across the room, two friends wearing freshly shined shoes and designer suits are sitting in plush white leather booths while sharing a leisurely meal. One briskly reaches over the table across his Lobster Bisque Tuaca to grab a bite of his companion's Vietnamese Braised Sea Scallops, and exclaims, "A bite of heaven!" At the Confidential Restaurant & Loft in San Diego's Gaslamp District, where the line between bar and dining room, between dinner and a night out, blend together – a growing trend in restaurants and bars.

No need to worry, the stylish gentleman ordered Confidential's award-winning and uniquely named specialty drink that takes a unique twist on the classic peach bellini, combining Effen vodka, muddled blackberries, fresh lemon and a splash of Roederer Estate Rose into a chic cocktail.

Confidential's co-owner Darren Moore calls it "bite and night." You arrive in the evening for a bite, and stay for the night in an ambiguous atmosphere of diners, loungers, and bar-hoppers. Where other restaurants' business fades as the evening winds down, Confidential does not hit its peak till late in the night, with its strongest hours from 10 p.m. to 2 a.m.

Find soul in food; profit in beverages

Numerous other restaurants and bars are finding similar success with The Confidential's strategy. Bocce in San Francisco prides itself on being a restaurant as well as a wine salon. "The heart and soul of any restaurant is the food," Chef Morgan Mueller said, "but drinks pay the bills." A three-story wine wall flaunting a colossal collection of bottles in a glass-fronted cellar greets guests as they enter the restaurant. This extensive wine collection allows Chef Mueller great ease in pairing dishes with wine selections. A large By-The-Glass program allows customers to try a number of different wines instead of indulging in one expensive bottle. The cocktail program promotes classic and specialty cocktails from local spirit makers. Neighborhood diners love the local cocktails because it supports their community, while tourists love them because they are offer a true taste of the city they are visiting.

As for the food, Chef Mueller describes Bocce's menu as stylized Mediterranean, executed with French techniques. Highlights from the menu include: bacon wrapped quail with delta Asparagus, fava greens, faro and Brooks cherries; wood-oven roasted bone marrow with Sultana raisin-caper relish and Italian parsley served with a toasted baguette; and potato gnocchi filled with braised Sonoma partridge, wild mushrooms and English peas.

Best of both the food and beverage worlds

Another San Francisco icon blurring the line between the two categories of New School and Canon. The result: Alembic's knowledgeable team of bartenders, servers and chefs has something to pair with everything. Holding their beverage and food program to equally high standards of quality and creativity, it is no surprise that their monthly cocktail-pairing dinner routinely packs the house.

The menu features such items as Pork Belly "BLT" Sliders, Popcorn Baby Back Ribs and Duck Hearts with Pineapple. Chef Jordan Grosser praises the benefits of working with FarmReach to order produce online, affording him more time in the kitchen thanks to cutting back on grocery shopping time. Washita Farms provides his American Kobe beef and Del Monte Meats delivers the duck hearts. A garden in the back of the restaurant, growing in about 20 wine barrels cut in half and filled with soil, supplements the purchased produce. These garden-fresh ingredients are used in the kitchen as well as in the drinks, sharing the homegrown bounty between the bar and the dining area.
**SPRING LAMB AND PEA PASTIE**

**INGREDIENTS**
- 2 racks of lamb ribs
- 2 cloves garlic, crushed
- 2 tsp tamarind paste
- 3 T olive oil
- 2 T salt
- 1 tsp pepper
- 1 T ground coriander
- 1 tsp allspice
- 1 tsp dry oregano
- 1/2 tsp ground fennel seeds
- 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 tsp ground turmeric
- 2 T tomato paste
- 1/2 cup minced onion
- 3 cups veal stock
- 1 tsp dry oregano
- 1 T ground cinnamon
- 1 T ground coriander
- 1 T ground cumin
- 1 T ground turmeric
- 1 T ground cinnamon
- 1/2 tsp salt
- 1/4 tsp white pepper
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp salt
- 1 T dry oregano
- 1 T dry thyme
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp salt
- 1 tsp dry oregano
- 1 T ground cumin
- 1 T ground turmeric
- 1 tsp pepper
- 1 tsp ground cinnamon
- 1 tsp salt
- 1 tsp dry thyme
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp dry oregano
- 1 T ground cumin
- 1 T ground turmeric
- 1 tsp pepper
- 1 tsp ground cinnamon
- 1 tsp salt
- 1 tsp dry thyme
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp salt

**METHOD**
- Lay out racks of lamb ribs on sheet pan; brush both sides with crushed garlic, tamarind paste and olive oil.
- Mix salt, pepper, ground coriander, allspice, rubbed dry oregano and massaged into lamb; let sit over night.
- Lay in roasting pan; add veal stock, minced onion, tomato paste, HP sauce, to cover ribs by half. Seal with foil to braise in 300°F oven until tender and stock glazes the ribs; about 3 to 4 hours.
- With a cold spoon stir water into flour until it comes together; if it seems a bit dry, add more cold water.
- Wrap in plastic wrap and rest at least 30 minutes. Roll dough into 6 inch rounds and place about 3 ounces of meat mixture in center of pastry circle. Moisten edges with egg, fold over creating half moons and pinch edges closed.
- If not baking straight away, refrigerate or freeze for use at a later date. Before baking, brush with egg wash and poke vent holes.
- With a fork and bake in a preheated 425°F oven until brown and toasty.

**SCOTTISH EGGS**

**INGREDIENTS [EGGS]**
- 36 freshest possible quail eggs

**METHOD**
- Place eggs carefully in simmering water for 2 minutes and then into ice bath until completely chilled. Peel eggs of all shell and membrane.

**INGREDIENTS [ SAUSAGE WRAP]**
- 2 lb Range Brothers Pork Shoulder or ground pork
- 1/2 T coriander ground
- 1 T ground fennel seeds
- 1 T ground pepper
- 2 T kosher salt
- 1/2 T garlic paste
- 1/2 T Aleppo pepper

**METHOD**
- Grind pork through a 1/8 in. plate if grinding yourself; combine with remaining ingredients and grind once more. Cook a small piece to check seasoning and adjust salt if needed. Pat 3/4 oz of sausage into a 1/4 inch thin square on parchment.
- With a fork poke a majority of the sides and chill until needed.
- Cut lard into flour and salt until it resembles bread crumbs, working quickly as to not melt fat.

**ASSEMBLY**
- Fry at 350°F until crisp and brown; place on newspaper to absorb oil. Use 3 eggs for an individual serving or can be placed on individual spoons and passed as a cocktail hors d’oeuvres.

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**Something for everyone**

Roughly 25 miles south of the Alhambra, in Redwood City is Martins West Pub. The building is 113 years old and has survived both major Bay Area earthquakes. The floors are originally from an old granary in Idaho and the bar is fashioned out of an 80,000-gallon redwood water tank. Tabletops at the bar were constructed with wine barrel ends, while salvage from the Indonesian water tank. In the bathroom countertops. With such a colorful history, it is no surprise that the restaurant tsunami completes the bathroom countertops. With such a colorful history, it is no surprise that the restaurant tsunami completes the bathroom countertops. With such a colorful history, it is no surprise that the restaurant tsunami completes the bathroom countertops.

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**INGREDIENTS**
- 6 oz very cold water – more if needed
- 3/4 oz of sausage into a 1/4 inch thin square on parchment.
- With a fork poke a majority of the sides and chill until needed.
- Cut lard into flour and salt until it resembles bread crumbs, working quickly as to not melt fat.

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Executive Chef Michael Dotson executes a bar menu which includes Scottish Eggs and Seasonal Pasties (British Pastries), Haggis on a Stick, Fish & Chips and a Ploughman and Leek Banger. The dining room menu offers more substantial fare with entrees like Zucchini-Crocodile Agnolotti and Tandoori Roasted Local Halibut with corn custard, fava-pea ragout and nettle tealas. On most evenings, unless the kitchen is slammed with orders, diners can select dishes from either menu, wherever they convene in the gastropub. Whether customers choose to enjoy the social bar scene or the more traditional dining room option, “The whole point is to provide an experience where people can come in and have a great meal no matter their mood or price range,” explains Chef Dotson.

As for the libations, Chef Dotson’s kitchen lends a helping hand to the bar and vice versa. The Rhubarb Lemon Verbena Mojito shares the bright, delicious syrup produced for the kitchen’s Rhubarb Crisp. “We want to create things that go well together,” Chef Dotson said. The bar also uses a variety of pre-prohibition syrups like grenadine made from pomegranates and various gums sourced from Small Hand Foods in San Francisco to add viscosity to the drinks.

Striking a balance between an equally strong beverage and food program may add to a restaurant’s responsibilities, but at the end of the day, blurring the line between bar and restaurant promises to keep patrons pleased.

Jamie Timbrell is a San Francisco native, Golden Gate Park lover and devoted runner. His professional background is in business, but he is passionate about writing on the topics of food and athletics and has been featured in a variety of newspapers and magazines throughout the West Coast. He is an entrepreneur and co-founder of the San Francisco Honey Co.
WATERMELON SALAD

INGREDIENTS
yellow seedless watermelon
red seedless watermelon
feta cheese
mint vinaigrette
mint for garnish

METHOD
Cut watermelons into desirable triangle-shaped pieces.

INGREDIENTS [MINT VINAIGRETTE]
1 bunch mint leaves
1 shallot
2 cloves of garlic
2 oz apple cider vinegar
salt and pepper
oil

METHOD
Blanch and shock mint leaves. Add into blender along with the rest of the ingredients. Blend until smooth; slowly stream in oil until desired consistency.

Layer slices of watermelon; garnish with feta, drizzle of mint vinaigrette, and fresh mint sprigs.

Executive Chef Richard McSweeney
Confidential Restaurant & Loft
San Diego, CA

VIETNAMESE BRAISED SCALLOPS W/ TOGARASHI SAUCE & JASMINE RICE

INGREDIENTS [SCALLOPS]
1 package arborio rice
2 qt. shrimp stock
Shrimp peeled and deveined

METHOD
Heat Sauce pot with a little butter, add 1 package of arborio rice and allow to cook for a couple minutes. Slowly start by adding boiling shrimp stock. Mix well after every addition. Continue until risotto reaches a sticky consistency. Season with salt and pepper. Heat up sauté pan, add garlic and sage. Compound butter; add shrimp and cook until done. Season with salt and pepper to taste.

INGREDIENTS [TOGARASHI SAUCE]
3 cups granulated sugar
Water (as needed)
2 shallots, minced
10 Thai chiles (sliced thinly)

METHOD
In a large sauté pan, mix sugar with enough water so it feels like wet sand, plus a little extra. Cook the sugar over high heat, brushing down the sides using a brush and clean water, until the sugar turns into a light caramel. Combine fish sauce and 3 cups of water. Add to caramel and boil until sugar dissolves. Add shallots & Thai chiles. Cook until sauce starts to thicken. Add tangerine zest and simmer until the sauce is thick. Add sesame seeds and Togarashi spice. Cool and hold for service.

Executive Chef Richard McSweeney
Confidential Restaurant & Loft
San Diego, CA

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Culinary Trends — LATE SUMMER 2009
Caitlin M. O’Shaughnessy

As customers clutch tightly to their wallets, it is no wonder that chefs all over the West Coast have begun to offer more accessible and convenient options to diners searching for fine dining-inspired food. Many restaurant industry veterans, opening restaurants in 2009, have embraced casual eateries as the solution to satisfy frugal foodies’ cravings. From high-end takeout, to roaming food trucks that offer mouthwatering options, coaster fans of gourmet food in a nontraditional and casual setting.

Sophisticated sandwiches soar at The Sentinel

Dennis Leary’s latest venture, The Sentinel, is a sandwich shop that manages to combine the high-quality ingredients and adventurous pairings of his restaurants, Canteen, in the limited confines of a former cigar shop in San Francisco’s Financial District. As Chef Leary describes it, The Sentinel “is a similar concept to Canteen” because he can stay on a first-name basis with his customers, “but the menu is designed so that everyone has an option — from meat-eaters to vegetarians. San Francisco is not a great sandwich town, and I wanted to change that.” The lunch specials change daily, with cold cheese and Russian dressing, as well as soups and other hot sandwiches like corned beef with cabbage, Swiss cheese and Russian dressing, as well as soups and other easily portable lunch fare.

METHOD [FROG LEGS]

Set aside. Preheat a sauté pan with olive oil, add the legs one by one, sauté both side of the legs until light brown color. And then add the remaining chopped garlic, deglaze with lemon juice, then reduce until almost dry and add the curry sauce. Simmer for 2 minutes. Serve immediately with lemon wedges and crostini.

METHOD [CURRY]

Add finely sliced shallot and 1 tsp chopped garlic into a sauce pan, add a tsp olive oil, sauté for 5 minutes at low heat, add tsp curry, stir for 3 minutes, then deglaze with chardonnay, reduce by 1/2 then add cream, reduce by 1/2 then add dark chicken stock. Simmer with cover for 20 minutes. Set aside.

METHOD [FROG LEGS]

Open from only 7:30 a.m. until 2:30 p.m. Monday through Friday, The Sentinel prides itself on nontraditional deli sandwiches that are created with the same creativity and attention to detail as the dishes at its fine-dining counterpart. Fresh ingredients and a daily lunch special (a recent pick: albacore tuna with wax beans, rice, herb vinaigrette and fresh strawberries) differentiate The Sentinel as a cut above most takeout spots and an excellent choice for a difficult economy. As Chef Leary notes, there has been a decrease in customers at Canteen but his affordable gourmet-to-go shop has stayed extremely busy. “I find fancy restaurants tend to be pompous. I like places where people can enjoy themselves….my role is to maintain a weirdness and a quirkiness in my restaurants.”

Affordable French fare? Mais oui!

Described as San Francisco’s one and only mobile bistro, Chef Laurent Katgely’s newest venture Spencer on the Go! serves fine French cuisine from a converted taco truck. Chef Katgely’s unique approach to haute cuisine...
PERUVIAN CEVICHE

[Serves 4]

INGREDIENTS
1 lb skinless, boneless Pacific halibut, cut in 1/4-inch dice
1 cup freshly squeezed lime juice
1/2 red onion, diced
1 Aji amarillo chili, stem and seeds removed, minced
1/2 to 1 jalapeño, stem and seeds removed, diced
1/2“ piece of fresh ginger, peeled and minced or grated
1/4 cup extra virgin olive oil
1/2 bunch cilantro, chopped
1/2 bunch scallions, chopped
1 1/2 tsp Aji amarillo paste
salt, to taste
plantain chips or tortilla chips, for garnish
Pickled Red Onions (see recipe below), for garnish
sliced California avocado, for garnish

METHOD
In a large bowl, combine fish and enough lime juice to cover. Allow to marinate for 20 minutes. Drain fish, reserving 1/2 cup of lime juice.
Combine fish with remaining ingredients and reserved lime juice to taste and stir gently to combine. Chill thoroughly. Serve in a chilled martini glass, garnished with plantain chips or tortilla chips, Pickled Red Onions, and slices of avocado.

INGREDIENTS [PICKLED RED ONIONS]
(Yields 5 1/2 cups]
1 lb red onions, thinly sliced
1 cup white vinegar
1 tsp cracked black pepper
1 tsp roughly chopped cumin seeds
1 tsp dried oregano
4 cloves garlic, sliced
2 T sugar
1 1/2 tsp salt
1 beet, trimmed, peeled, and cut into 8 wedges

METHOD
Place the onions in a medium saucepan and pour in enough water to cover. Bring to a boil, and remove from the heat. Strain and set the onions aside.
Combine all the remaining ingredients in the saucepan. Bring to a boil, reduce to a simmer, and cook 10 minutes. Add the blanched onions and simmer an additional 10 minutes. Transfer the mixture to a container, cover, and refrigerate at least a day before serving. Pickled onions will keep in the refrigerator up to a month.

Chefs Mary Sue Milliken & Susan Feniger
Border Grill/Border Grill Truck
Las Vegas/Santa Monica, CA

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On the go, continued from Previous Page

in an informal and approachable setting features an am- bitious menu; this is no ordinary food truck.

As the executive chef and owner of Chez Spencer, the French restaurant he opened with his wife Erin in 1999, Chef Laurent Katgely splits his time between the restaurant and Spencer on the Go! open Wednesday through Sat- urday evening. Katgely, originally from the French Alps, worked at Le Pensee in New York City and as the executive chef at Bower in San Francisco before opening his own ele- gant French restaurant, named for his son, Spencer.

The whole idea was: what about upscale French food without a table, glassware, linen, snooty French waiters, etc.? Chef Katgely writes. “The fancy presenta- tion isn’t what I am looking for: I wanted well-prepped, well-seasoned food, fast. But I must say that it looks pretty good for street food.”

Continues on page 24

METHOD

Pull butter out of refrigerator 2 hours prior to mixing. Cream all together with a paddle attachment.

INGREDIENTS [COOKIE DOUGH]
3/4 oz baking soda
3/4 oz vanilla extract
3 oz eggs, large loose
1 oz flour, all purpose, Gold Medal
6 1/2 oz peanut butter, Skippy Creamy
8 oz sugar, granulated
8 oz sugar, brown light
8 oz oats, quick
2 oz nuts, peanut chunks
11 oz Nutter Butter Filling

METHOD

Combine AP flour and baking soda. Set aside. Using a paddle at- tachment on the Kitchen Aid mixer, cream the butter and peanut butter together on #2 speed.
Add the sugar and brown sugar to the butter mixture and cream on #3 speed for 4 minutes... scrape bowl down twice. On #2 speed, incorporate the vanilla and egg slowly, scrape the bowl down.
On the go, continued from Page 22

Being able to enjoy gourmet French food in such a low-key and relaxed environment is not only a recession-friendly dining experience, but a great way for people to be exposed to new and esoteric dishes from talented chefs. Chef Katgely describes the difference between his restaurant and the gourmet food truck. “We definitely got new fans not just for Chez Spencer, but for French food in general. You can try things like escargot, frog legs, sweetbread, even foie gras at about half the price that any restaurant would charge for such high-quality ingredients. For example: escargot for $2, if you don’t like it at least you tried it and didn’t have to spend a lot! Hearing things like ‘Hmm, that’s what that tastes like,’ and also the direct customer contact that the truck brings is amazing.’”

South of the Border street food
Chefs Mary Sue Milliken and Susan Feniger are bringing gourmet Mexican food to the streets with their Border Grill Truck, an offshoot of their upscale Mexican restaurant Border Grill, located in both Santa Monica and Las Vegas. Milliken and Feniger, known as the Food Network’s “Too Hot Tamales,” have designed a menu that features the authentic home cooking of Oaxaca and the Yucatan in a hip, urban cantina. They describe the truck fare as a similar menu to that prepared at Border Grill, just simplified and focusing on what is most portable, like a mouthwatering braised achiote pork taco on a handmade corn tortilla with black beans, pickled onion and orange jicama slaw.

With many vegetarian options, the Border Grill truck menu is an amazing example of the evolving trend of grabbing gourmet food on the run. They cook with organic long-grain rice and beans and only sustainable seafood. Milliken and Feniger are inventive with their menu such as chivite in a cone and soon to be released, tamales in an “easier-to-eat” format. The “Hot Tamales” are responding to what they describe as people getting more sophisticated and more demanding with their takeout food tastes. With their new truck, they are able to maximize taste, minimize fuss and bring their distinct “modern Mexican” cuisine on the road.

It began with bread
Thomas Keller (of French Laundry and Per Se fame) is the creator of Bouchon Restaurant and Bouchon Bakery, located in Yountville, Calif., and Las Vegas, Nev. The bakery was originally established to provide his nearby restaurants with outstanding, homemade bread, but inevitably grew to include other delicious French pastries and baked goods. As a counterpart to Keller’s French bistros Bouchon, Bouchon Bakery features gourmet French pastries such as macaroons and their famous bouchons, which are “small chocolate brownie-like treats... named for their shape, which resembles a cork.” Matthew McDonald, Bouchon Bakery’s head baker admits that the Las Vegas and Yountville branches have been successful on their own because they have been developed as, “an expansion of the experience of our restaurants.” It is evident that at Bouchon Bakery, Keller and his dedicated team brings together top quality bakery selections, including classic but innovative sandwiches, such as Mail-range ham and Emmenthaler on a baguette, roast beef and fontina, and Keller’s CB&J (cashew butter and jelly). Bouchon Bakery’s “French version of fast food” is perfect for a busy diner looking for a delicious lunch in a hurry.

Although running a traditional fine dining establishment and a gourmet-to-go spot hold clear differences, such as unique settings and particular clientele, upscale restaurants spinning off more casual sibling destinations continue to embrace the original kitchen’s philosophy, “providing the highest quality ingredients available while using the best techniques possible,” explains McDonald. It is this winning combination that has allowed formal restaurants to successfully transition into the increasingly popular trend of take-out, providing gourmet food on the go to busy customers with rising expectations for eating out.

Caitlin M. O’Shaughnessy lives and works in New York City. A graduate of Wesleyan, she has written for InStyle magazine and The Paris Voice. She enjoy trying new recipes, reading and writing about food, and exploring the myriad “gourmet on-the-go” lunch options in Manhattan.

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**Catering to Today’s Tastes**

Kirsten Bourne

Fortunately for catering companies, people continue to get married, celebrate the holiday season and fundraise for charities, no matter the economic climate. Like the many restaurants that have gotten creative to combat the number of customers opting to dine out less frequently, the catering world has rolled with the punches of today’s trying economic atmosphere: Leading caterers in the San Francisco, San Diego and Las Vegas areas are proving that by focusing on what clients are now looking for, it is possible to maintain a thriving business. Their thoughts on environmental consciousness, menu selection and presentation style may be a wise lesson to the less transient service format of restaurant dining.

**Focusing on environmental stewardship**

Traditionally, the client’s number one criterion for deciding on a caterer has been their menu. Today, however, many customers have a new top priority: environmental stewardship. Jane Hammond, owner of Jane Hammond Events in Berkeley, Calif., knows that clients select her for her commitment to all things green. Every piece of servicingware is compostable, made of corn starch, sugar cane bark or other plant materials. Biobags line the trash cans and waste is composted on the event site. A line of servingware is compostable, made of corn starch, knowing what a given year’s harvest will bring; therefore, seasons to dictate menu planning may be more challenging for a restaurant than it is for a catering outfit, as people who may not be accustomed to such discussion.

“Even those with the means don’t want to serve caviar.”

Jane Hammond

Jane Hammond Events

people who may not be accustomed to such discussion. “We have the opportunity to educate people – to raise the bar,” Spurgin laughs as he recalls shocking a party of mostly European guests with the quality of a cheese course comprised solely of cheeses of American origin. One advantage caterers have over the typical restaurateur is their ability to quickly react to happenings in the community and incorporate relevant themes into their menus. McMe Pederson of Taste Catering in San Francisco sites the arrival of the King Tut exhibit to the city as an opportunity to serve Egyptian food.

“Just as new technology and social networking forums in recent years have caused people to be less committal to a single job or relationship, guests at catered events are less willing to commit to sitting in one place while they eat, or choosing a single dish. People have developed what Vogue called “cafeteria diets,” preferring to sample many flavors over a single job or relationship...”

**Sustainability triumphs style**

Along with clients’ attention to environmental costs comes scrutiny of financial ones. “The surf and turf is no longer necessarily lobster and filet mignon,” says Eva Paulussen, CEO of Wild Treffer Catering in Las Vegas, who might instead try a duo of pork and scallops.

“It’s all about indulging the ingredients,” agrees Spurgin, who has noticed “that he is writing menus more like he cooks at home; “Roast Chicken can be the star of a menu.” Sullivan’s customers come to Bi-Rite for “substance over style.” They’re not looking for fancy food towers or foams, instead they’re insistent upon the catchphrases – local, fresh, sustainable – that must dictate the ingredients.

Jane Hammond agrees that because of the economy, “Even those with the means don’t want to serve caviar.” Instead of extravagance, the quality of the ingredients is paramount to her clients. “Good bread and good coffee have been around for years... now my clients are looking for the best salts on the planet, whether Australian Murray River or Himalayan pink.”

**Broadening client’s culinary choices**

For Spurgin, the joy of catering is in educating diners about new foods and making them more accessible. He sites craft beers as a trend that has emerged in Southern California and an opportunity for dialogue about the nuances of flavor and artisanal brewing methods among)

**Extravagance is Out. Sustainability is In.**

Waters Fine Catering Berkshire Pork Belly with fried quail egg, heirloom tomato, green goddess dressing, Black Cyprus sea salt, mâche, mung bean shoots.

**BEET TRIO STACKS**

**INGREDIENTS**

- 4 medium golden beets
- 4 medium Chioggia beets
- 4 medium ruby beets
- extra virgin olive oil

**METHOD**

Preheat oven to 300°F, lightly toss unpeeled whole beets in olive oil and vinegar, sprinkle with salt and pepper, cover with parchment paper and aluminum foil, bake for approx. two hours or until done (depending on beet size). Rub off skins, horizontally slice beets and cheese into 1/4" slices, cut into 3/4" rounds.

**ASSEMBLY INGREDIENTS**

- blood orange oil
- Brittany gris sea salt
- micro arugula

**METHOD**

Pre-stack beets and cheese starting with ruby beet, cheese, Chioggia and golden; place a dime-sized drop of gastrique on spoon, top with beet stack, drizzle of blood orange oil, sea salt and top with arugula, place a little pecan on the side.

**INGREDIENTS**

- 1/2 cup organic apple cider vinegar
- 1/2 cup Bragg organic apple cider vinegar
- 1 cup pecans, smashed
- 1/2 cup sugar
- pinch sea salt
- pinch cayenne

**METHOD**

Reduce until the consistency of molasses.

**INGREDIENTS**

- 1 cup pecans
- 1/2 cup sugar

**METHOD**

Caramelize sugar, add pecans, toss to coat pecans, flattern into brittle while warm, cool, rough chop into 1/4" pieces.

**INGREDIENTS**

- 1/4 cup sugar
- 1/2 cup extra virgin olive oil

Culinary Trends

With the economy come new top priorities: environmental consciousness, menu selection and presentation style may be a wise lesson to the less transient service format of restaurant dining. Catering companies, people continue to get married, celebrate the holiday season and fundraise for charities, no matter the economic climate. Like the many restaurants that have gotten creative to combat the number of customers opting to dine out less frequently, the catering world has rolled with the punches of today’s trying economic atmosphere: Leading caterers in the San Francisco, San Diego and Las Vegas areas are proving that by focusing on what clients are now looking for, it is possible to maintain a thriving business. Their thoughts on environmental consciousness, menu selection and presentation style may be a wise lesson to the less transient service format of restaurant dining.

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Jane Hammond

Jane Hammond Events

people who may not be accustomed to such discussion. “We have the opportunity to educate people – to raise the bar,” Spurgin laughs as he recalls shocking a party of mostly European guests with the quality of a cheese course comprised solely of cheeses of American origin. One advantage caterers have over the typical restaurateur is their ability to quickly react to happenings in the community and incorporate relevant themes into their menus. McMe Pederson of Taste Catering in San Francisco sites the arrival of the King Tut exhibit to the city as an opportunity to serve Egyptian food.

“Just as new technology and social networking forums in recent years have caused people to be less committal to a single job or relationship, guests at catered events are less willing to commit to sitting in one place while they eat, or choosing a single dish. People have developed what Vogue called “cafeteria diets,” preferring to sample many flavors over a single job or relationship...”

**Sustainability triumphs style**

Along with clients’ attention to environmental costs comes scrutiny of financial ones. “The surf and turf is no longer necessarily lobster and filet mignon,” says Eva Paulussen, CEO of Wild Treffer Catering in Las Vegas, who might instead try a duo of pork and scallops.

“It’s all about indulging the ingredients,” agrees Spurgin, who has noticed “that he is writing menus more like he cooks at home; “Roast Chicken can be the star of a menu.” Sullivan’s customers come to Bi-Rite for “substance over style.” They’re not looking for fancy food towers or foams, instead they’re insistent upon the catchphrases – local, fresh, sustainable – that must dictate the ingredients.

Jane Hammond agrees that because of the economy, “Even those with the means don’t want to serve caviar.” Instead of extravagance, the quality of the ingredients is paramount to her clients. “Good bread and good coffee have been around for years... now my clients are looking for the best salts on the planet, whether Australian Murray River or Himalayan pink.”

**Broadening client’s culinary choices**

For Spurgin, the joy of catering is in educating diners about new foods and making them more accessible. He sites craft beers as a trend that has emerged in Southern California and an opportunity for dialogue about the nuances of flavor and artisanal brewing methods among...
Tall tables that allow guests to perch while standing are another format that encourages mingling and tasting, and look even nicer when interspersed with regular seat-level tables. These standing tables have popped up at restaurants across the country – Mario Batali at his NY pizzeria Otto, for example – with the successful effect of creating a casual and familial lounge vibe as a precursor to a seated meal.

Although it may look, from the shot glass of soup or one-bite serving of ice cream, like the recession has really hit, these bite-size delivery formats are actually a sign of caterers opening their ears to the desires of the modern day sophisticated client. Look closer at the apple parsnip soup with curry oil and the spoonful of pea and mint gelato with arugula and sea salt, and you will see that times are not as tough they seem. 

Kirsten Bourne is a food retail entrepreneur based in San Francisco who spends her Saturdays slinging smoked salmon sandwiches at the Ferry Building. She holds a BA in International Relations from Stanford University and her freelance writing has appeared in New York-based City Magazine among others. Check out her food blog at www.kikoscafename.blogspot.com.

**SEARED AHI TUNA ON CRISPY WONTON**

**INGREDIENTS** [SUSHI]

- 1/2 lb. sushi grade ahi tuna, cut into 1” x 1” logs with the grain
- 1/2 cup white sesame seeds
- salt and pepper
- 1 packet of thin wonton wrappers
- canola oil for frying
daiikon sprouts

**[GLAZE]**

- 1/8 cup mirin cooking sake
- 1/4 cup soy sauce
- 1 tsp freshly grated ginger
- 1/2 tsp corn starch

**METHOD**

Season the ahi logs with salt and pepper and press the sides into raw white sesame seeds. In a hot non-stick pan containing approximately 3 tablespoons of canola oil, carefully sear each side of the log until the sesame seeds are lightly browned. Do not overcook, as the tuna should be raw in the middle. Chill in the refrigerator.

Cut the wonton wrappers into 1/2” disks, and fry them in 300 degree canola oil until golden. Try to keep them flat while frying. Drain and season with a pinch of salt.

For the glaze: cook all ingredients except the corn starch over medium low heat; simmer for about 10 minutes until the alcohol is cooked off. Mix the corn starch with a little bit of water and add to the glaze. Cook until barely thickened. Drain and cool.

**ASSEMBLY**

Place a few daikon sprouts on a cooled crispy wonton. Cut the tuna into 1/4” thick slices across the grain, and lay on top of the daikon sprouts. Put a few drops of glaze on the tuna, and top with wasabi caviar.

Chefs Heidi Hornikel and Yukiko Honda
Jane Hammond Events, Inc.
Berkeley, CA

**MINI RETRO CUPCAKES**

**INGREDIENTS** [CUPCAKE MIX]

- 3 cups sugar
- 3 eggs
- 1 1/2 cups whole milk
- 3/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1/2 T salt
- 2 1/4 tsp baking soda
- 2 1/4 tsp baking powder
- 1-1/8 cups Valrhona cocoa powder
- 1 1/2 cups all purpose flour
- 1 1/2 cups boiling water

**METHOD**

Preheat oven to 325°F. Mix sugar, eggs, milk, oil and vanilla together. Sift salt, baking soda, baking powder, cocoa powder and flour together. Blend all above together in mixer, add boiling water slowly until smooth, pour into 2” mini muffin pans and bake for approx. 10 minutes

**INGREDIENTS** [WHITE CHOCOLATE MOUSSE]

- 8 oz Valrhona “Ivorie” white chocolate
- 8 oz heavy whipping cream
- 1 cup heavy cream
- 1 oz black American caviar
- 3 tsp crème fraiche

**METHOD**

Melt chocolate in double boiler. Whip cream to soft peak. Fold 1/3 of cream into chocolate; fold chocolate and cream into remaining cream.

**INGREDIENTS** [GANACHE]

- 8 oz Valrhona “extra noir” chocolate
- 8 oz heavy whipping cream

**METHOD**

Bring cream to a soft boil, add chocolate, blend.

**ASSEMBLY**

With melon baller, notch out hole in each chocolate muffin, fill with mousse, top with ganache and decorate with white chocolate squiggles.

**EXECUTIVE DIRECTOR/CHEF ANDREW SPURGIN**

Waters Fine Catering
San Diego, CA

**KUMAMOTO OYSTER AND CARROT “SHOOTER”**

**[Makes 12]**

**INGREDIENTS**

- 3 cups fresh carrot juice
- 1/2 tsp kosher salt
- 1/4 g agar powder
- 3 oz black American caviar
- 1 T chervil sprigs

**METHOD**

Heat the 3 cups carrot juice to a boil in a nonreactive pot. When initial foam rises to the top, skim. Do not skim again. Reduce heat to low and reduce carrot juice by three quarters down 3/4 cup (1 1/2 tablespoons). Add kosher salt. Put carrot reduction in a blender to re-emulsify.

Return carrot reduction to the pot. When it reaches a boil, add agar powder, and simmer for 30 seconds, whisking constantly.

Let cool slightly, then add 1 tablespoon of carrot reduction into each shooter glass to set (carrot reduction should still be just a bit soft). Shuck kumamoto oysters and put one in each shooter glass. Top with 1/4 teaspoon crème fraiche, caviar and chervil sprigs. Serve with cocktail fork.

Chef Chris Borges and Yigit Pura
Taste Catering
San Francisco, CA
Farm to Table Dining 2.0

ADAPTING THE GARDEN TO THE PLATE WHEN THE GARDEN IS YOUR OWN BACKYARD — OR ROOFTOP

Sasha Bernstein

The practice of backyard sourcing for ingredients has existed since the founding of restaurants but is now becoming a powerful trend. Before the advent of supermarkets, farm delivery trucks and Sysco, making use of what the land provided was standard; it’s convenient, efficient and cost-effective. Restaurants throughout California are successfully implementing on-site gardens, some in the most unlikely of places, like Blue Velvet in downtown Los Angeles, which is harvesting in the heart of an urban epicenter atop a 100-foot building.

As Americans continue to adopt healthful and socially-conscious food choices, progressive restaurants are vowing and meeting the rising demand for local, organic, sustainable food, wherever and whenever possible. Southern California Public Radio observes, “As the economy dives and diners demand something special for their money, top restaurants are locked in an arms race — over who can provide the freshest, most unusual ingredients.”

Gardens do more than create vegetables and herbs; they serve both chefs and guests. A scenic promenade before dinner or a gaze at a colorful view while savoring freshly harvested ingredients adds to guests’ experiences exponentially. Chefs’ relationships with gardens vary, but unanimously, they are said to provide inspiration, creativity and, inexplicably, a dual sense of peace and control.

Hands-on or hired harvesting

There are a variety of approaches to cultivating an on-site garden. A number of restaurants enlist landscape designers, gardeners, farmers, stages or a combination for guidance and advice. Some chefs garden and harvest themselves, like the chefs at Napa’s étoile who opt to come in on their days off; but most restaurants use trial and error before finding the method that is best for their team. Many chefs find that composting helps in the gardening game, becoming an easy, productive and efficient process to sustainably rid the kitchen of scraps. These kitchens will self-source 75 to 90 percent of their summer menu’s produce, thanks to their garden. Other establishments employ a classical French technique which plants cyclically, ensuring that produce is always available, while other restaurants choose to plant each crop at once, featuring it on the menu for as long as it is available.

étoile at Domaine Chandon uses the garden to heighten the sensory experience of their estate wine tasting and food pairing. Guests tour through rows of fruits and...
herbs whose flavors echo those tasted in the wines. The produce also supports the growing cocktail trend with signature drinks like the Melon Breeze (estate honeydew purée, lime, and mint with vanilla agave and Domaine Chandon Brut Classic.) Beyond the strengthened wine and spirits program and menu creativity spurred by the garden, the restaurant estimates a $10,000 annual savings by growing on-site micro-greens and tomatoes alone.

Firsthand knowledge of availability

Executive Chef Anne Gingrass-Paik of Brix in Napa cautions, “gardening takes a lot of time and effort,” but that would never stop her or the restaurant from enjoying the cost-savings, inspiration and reliability afforded by the garden. After 25 years of experience in restaurant kitchens including LA’s Spago and SF’s Postrio, Gingrass-Paik finds that the garden spurs her creativity. Dishes such as her heirloom baked beans and Atlantic salmon with lima bean puree and kohlrabi relish are products of working with what sprouted up together in the garden. According to Gingrass-Paik, herbs are a major expense and thus take minimal space to grow. They inspire both the food menu and the cocktail list alike. Brix’s strawberry basil caipirinha is a favorite on the cocktail list with both the strawberries and basil coming from the garden. Her access to the garden allows her to know firsthand when certain produce will or won’t be available for that night so she can plan the menu accordingly.

Function over style in urban settings

In a different context, sustainability-driven Blue on Blue in Beverly Hills challenges the countryside garden. Their “function before beauty” rooftop beds succeed in reducing the restaurant’s ecological footprint and food costs, while simultaneously providing top-quality produce to diners. This accessibility of “homegrown” ingredients is taught in their “edible gardening” class series, which resonates with both local and out-of-town guests. Also hiring customers into the garden-based restaurant are the creative cocktails that incorporate the likes of Blue on Blue Thai basil and cucumbers. The diversified menu emphasizes the provenance of the ingredients such as lamb loin with rooftop butter beans, chanterelles and baby fennel, finished with oil of rooftop lemon halm. Whether or not that message hits home, manager Ryan Hoffman believes every restaurant should have a garden, pointing out that beyond the numerous objective advantages, it simply “makes you feel good.”

Inspiration stems from ingredients

While Executive Chef Peter McNee of Poggio in Sausalito, CA doesn’t find a restaurant garden to be a cost savings, he cannot imagine a Poggio without one: “It’s the essence of the restaurant.” He cites both creative menu development inspired by unexpected ingredients and reliable menu planning by timed growth rates as top advantages. Under the care of the original garden consultant, Martin Bournhonesque, the current part-time farmer, Chickory Almond, and the help of Poggio chefs, the certified organic garden has flourished. About a mile up the hill, their small eighth of an acre has provided abundant quantities of basil for pesto in the summer, hearty cavalo nero for ribolita in the winter, and bundles of peak-freshness produce and herbs for guest-impressing meals perennially for over a decade.

Championing both the food and the garden, Executive Chef David Slay has a similar outlook and notes, “The garden is a great asset that guests enjoy.” His restaurant Brix Ave in Stanton, Calif. (Orange County), grows everything from jalapeno peppers to fingerling tangerines for use in their house-made condiments, ice creams, sodas, salad dressings and baked goods. Twice a month, Brix Ave hosts wine dinners commencing in the garden, serving appetizers highlighting the scenery’s very own ingredients. These menu offerings include a seafood pie with salmon, shrimp, scallops and white fish, served tabletop with tomatoes and herbs.
from their garden, as well as grilled lamb chops with concous, lemon cucumber and mint tzatiki.

At the experience-driven restaurant of Ubuntu in Napa, guests can relax while strolling through their three acres of biodynamic gardens or even drop into a yoga class. James Beard Award nominee chefs, Jeremy and Deanie Fox, follow the crops closely throughout the season so they can plan their vegetarian menus. Their culinary philosophy of “the rarer the better” is exemplified by dishes such as log-cultivated shiitakes, young radish, and nori coulis; cool English peas and gold pea shoots in a consommé of the shells; and homemade toasted wild fennel vacchettini.

Get growing!

Are you considering cultivating an on-site garden? Why not? The gained access to rare and unusual varieties, possible cost-effectiveness, increased guest-satisfaction, firmer control over produce availability and the indisputably improved taste of your food are only some of the reasons to start planting. Imagine fresh produce that isn’t delivered to your doorstep but proliferatively growing on it. The physical and spiritual fulfillment is a valuable bonus to practicing hands-on harvesting and the old-world chef-in-the-garden imagery is an attainable inspiration.

Sasha Bernstein’s 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 SF Chefs. Food, Wine., and collaborate on events with industry friends.

BLUEBERRY TART WITH HONEY CREAM CHEESE FILLING

[Yields 4 servings]

INGREDIENTS [TART DOUGH]
1 1/4 cups flour
1/3 cup sugar
1/4 tsp salt
1/4 cup (4 ounces) cold unsalted butter, cut into 1/4 inch cubes
1 large egg yolk
2 T very cold water
1 tsp vanilla extract
METHOD
In mixer with paddle attachment, stir together the flour, sugar and salt. Add the egg mixture to the flour/butter dough and mix just until the dough pulls together. Chill the dough for 30 minutes before rolling it out. On a lightly floured board flatten the dough and then roll out to 1/8-inch thick.

INGREDIENTS [CREAM CHEESE FILLING]
8 ounces cream cheese, room temperature
1/2 cup powdered sugar (confectioner’s sugar)
1/4 cup honey
1/2 T orange zest
1 cup fresh blueberries
4 mint sprigs
METHOD
In an electric mixer add cream cheese with paddle attachment and mix until creamy. Add powdered sugar, honey and zest. Mix until all ingredients are incorporated. Chill for one hour in the refrigerator.

CAULIFLOWER IN CAST IRON POT

[Serves 4]

INGREDIENTS
2 heads cauliflower
2 T extra virgin olive oil
1 cup whole milk
1/4 lb butter
1/4 lb of butter
1 T Vadouvan (from www.le-sanctuaire.com)
1 tsp Italian parsley
day-old bread for toasting
fine sea salt to taste

METHOD
Slice the cauliflower about 1/8 of an inch thick. Season 1-1/4 of cauliflower with olive oil and sea salt to taste. Roast in a 350°F oven until slightly charred and tender.

Start the butter in a cold sauce pot and place on medium heat. Allow the butter to melt, become foamy and turn golden brown. Remove brown butter from heat and add the Vadouvan. Let Vadouvan and butter sit for an hour.

Add all but 1/4 of the remaining raw cauliflower to a sauce pot. Add the milk and just enough water to cover cauliflower. Add a teaspoon of sea salt and cook on low-medium heat until cauliflower is completely soft. Puree this mixture and strain through a fine sieve.

Slice the day-old bread as thick as you want and brush lightly with the Vadouvan butter. Bake in a 350°F oven for about 5 to 6 minutes. (At this time correct your seasoning on the roasted and pureed cauliflower). Season the remaining raw cauliflower with a touch of the Vadouvan, parsley and sea salt.

To create four individual servings, have 4 small serving plates.

Chef David Slay
Park Ave
Stanton, CA

Executive Chef Jeremy Fox
Ubuntu
Napa, CA
Diminutive Kitchens

Less is more: small kitchens producing big flavors

Jeffrey Decker

The chefs of today are creating a new standard for kitchen design and restaurant layout. In these times in which extravagance is looked down upon and cost-cutting techniques are highly valued, operational efficiencies have begon to take precedent. Tightened footprints and minimal equipment offer a lower cost model which can in actuality bring out the best in a restaurant. By not only reducing the size of the kitchen but also breaking the barrier to the front of the house, the chef is now holding the reins closer to the breast and is able to assure that every element of the experience is at its best for quality dining.

Redefining restaurant design

As trends go, we have previously seen the incorporation of dining room and kitchen but perhaps the shrinking of the kitchen is the logical next step. In recent years, the chef’s tasting menu became prevalent and was a great selling point because it served to put a personal touch on the dining experience. The chef’s table was a design element which put a table directly in person. Diminutive kitchens are the next in line and have taken their place in the repertoire of restaurateurs and chefs alike.

“...the bigger the space, the bigger the mess!”

— Executive Chef Corina Weibel

In this format, the traditional organizational structure of the back of house has been challenged and, instead, the head chef has taken back more control by creating a less sophisticated operation. Cutbacks in seats, labor and menu size have been substituted for a refined touch that is translated directly to the consumer.

And while not all spaces have the luxury of a remodel or even the money to do so, we can learn some key elements of efficient design from these new operational cues. Sometimes, a restaurateur will have no choice but to use standing refrigerators which have been placed down one wall of the dining room. This design element surprisingly does not detract from the dining experience but instead is a great cross-utilization of this “public” space.

At Bix, the kitchen is also incorporated into the restaurant; the garde manger is placed at the front of the dining room, allowing for one-fifth of the kitchen to be visible off of the kitchen and creates an exciting experience for the diner.

Executive Chef and Owner Corina Weibel opened Canelé, a small neighborhood eatery in 2006 after spending years in some of Los Angeles’ and the Bay Area’s most talked about restaurants. She reminisced about her days in the similarly tiny kitchen of Bix stating that “we used to call it the sub-murine.” Chef Corina’s open kitchen is not only entertaining for guests, but also forces her team to be more efficient; she believes, “the bigger the space, the bigger the mess!”

Versatility yields efficiency

Equipment must be adaptable. Appliances with multi-use features and worktables that can be transformed be-

CLAMS “CAL PEP” STYLE

[Serres 4]

INGREDIENTS
2 lb Manila clams, the smaller the better
2 cloves garlic, peeled
2 oz Spanish jamón serrano, sliced thin
4 T extra virgin olive oil
1 T parsley, chopped
1/2 cup Manzanilla sherry
sea salt (if needed)
black pepper, freshly ground

METHOD
Rinse the clams in cold water. Slice the garlic as thin as possible. Cut the jamón into matchsticks approximately 1/4 inch wide by 1 inch long.

In a sauté pan or Dutch oven large enough to fit the clams in a single layer, heat 2 tablespoons of the oil over medium heat. Add the garlic and cook briefly, then add the jamón.

Cook for about 30 seconds until the garlic and jamón are fragrant and the garlic is light golden brown. Add the clams and stir. Cook for a minute, then add the sherry and cover. Cook just until the clams steam open and the alcohol in the sherry cooks off, about 2 minutes.

Add the remaining oil and the parsley and allow the oil to emulsify with the sherry and the clam juices. Taste and add salt if necessary. Serve with plenty of bread to soak up the delicious broth.

Executive Chef/Owner Brett Emerson
Contigo
San Francisco, CA

Photo by Ana Homonnay

Culinary Trends
— LATE SUMMER 2009
LAMB SHOULDER CONFIT W/CHICKPEAS, APRICOTS AND ALMONDS

[Serres 4-6]

INGREDIENTS
3 lb lamb shoulder, on the bone
6 cloves garlic
4 T dried thyme
2 T black pepper
3/4 cup kosher salt
6 cups vegetable or pure olive oil

4 cups chickpeas
1 cinnamon stick
3 bay leaves
1 onion, sliced
3 T chopped tomatoes
1/2 bunch parsley
1/2 bunch cilantro
4 pieces pickled okra (Taste o Texas brand)

METHOD [2 DAYS AHEAD]

In a food processor, combine the garlic, dried thyme, black pepper, and salt. Puree with 1/2 cup of the oil until you have a thick and aromatic paste. Slather the paste over the lamb shoulder, cover tightly and refrigerate.

Photo by Brett Leonhardt
Presentation is set on “high” in a diminutive kitchen. Since the layout is more confined and usually customized, chefs do not have far to go in order to reach for a pot or pan. This makes for a smoother and less chaotic operation. A cool ambiance will set the tone for dining when there is less running around in the kitchen. When the kitchen and dining room are integrated, the feel of a smaller restaurant and the close proximity to the customers becomes a selling point.

The idea of the “window into the kitchen” is reinvented. Instead, chefs are able to present their culinary ability and efficiency straight to the guest — up close and personal. And in return, the guests can display their excitement to be part of the action. We’re not talking Benihana here, but there is added theater to the dining experience. Hopefully, the added anticipation for the guest makes the food taste even better. At Contigo, the small, exposed kitchen allows for a personal touch. After people finish their meals, they must pass by the kitchen in order to leave the restaurant, giving guests an opportunity to say thank you to the chef and the team. For chefs, this is an undeniable plus; after pouring their talent into a meal, they are then able to see, up close, a customer’s appreciation.

**Love of the game**

In some ways, chefs are taking a cue from the home cook, and for good reason. The gathering place that is the home kitchen stirs a social atmosphere which is both inviting and energetic. Now the restaurant chef has both tightened his cooking space and also embraced the quality of the diner’s experience by inviting guests into his workspace. The professional chef is able to wow the diner not only into his workspace. The professional chef is able to wow the diner not only with exquisite food but also with the most forward-thinking design and most innovative kitchen gadgets.

Jeffrey Decker, a graduate of UC Berkeley, trained as a chef at Spago in Beverly Hills and at world-renowned small luxury hotels. He now works as a chef and project coordinator at The Culinary Edge in San Francisco where he consults on concept and menu development projects for the top chain restaurants in the country and develops retail items for commercialization. Contact him at Jeff@TheCulinaryEdge.com.

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**CHILLED CELERY SOUP**

[Serves 8]

**INGREDIENTS**

- 1 bunch celery sliced thin and on a bias
- 1 large yellow onion sliced thin
- 1 whole celery root peeled very carefully and cut into chunks
- 1 small Yukon potato peeled and cut into chunks
- Fleur de sel and pepper
- Extra virgin olive oil

***

For the garnish:

- thirty sliced celery
- thirty sliced Fuji apple
- picked celeriac leaves
- thirty sliced shallots
- 1 lemon cut in 1/2 for juice
- olive oil
- cracked black pepper

**METHOD**

Sauté the celery and onion in a scant 1/4 cup of olive oil, add 2 teaspoons of salt and let cook gently on a very low heat. Try not to get any color on the vegetables. When the celery and onion are completely soft, cover with water and add the celery root and potato. Continue to cook over medium heat until the celery root and potato are completely falling apart. Purée until very smooth, taste for seasoning and adjust as necessary, perhaps more salt. Chill the soup!

For the garnish, in a small bowl toss the thinly sliced celery, apple and shallot together with a little olive oil and lemon juice. When the soup is chilled, serve in a shallow bowl and place a small handful of the celery and apple salad in the center of the soup. Drizzle with a little olive oil and sprinkle with cracked black pepper.

Chef Corina Weibel
Canelé
Los Angeles, CA

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**Culinary Trends — LATE SUMMER 2009**
SUMMER CITRUS SALAD
W/LAVENDER VINAIGRETTE

INGREDIENTS [SALAD]
3 lg. oranges
2 pink grapefruit
1 lb. mixed spring lettuce
Salt & pepper to taste

INGREDIENTS [DRESSING]
1 small bunch fresh lavender, about 20 sprigs
1 medium bulb shallot
2-3 T of your favorite balsamic reduction, sweetened
1 cup blended oil, olive/canola 75/25
Salt & pepper to taste
Sugar to taste
1 small clove garlic

METHOD
Season spring greens and micro greens. Remove outer skin from citrus and cut out the segments, then remove seeds careful not to break segments. Set aside.

ASSEMBLY
Arrange a small amount of spring mix on chilled plate, pinwheel citrus supremes around greens and dress. Garnish with rainbow micro greens.

SEARED CALAMARI SALAD

[Serves 8]

INGREDIENTS
2 1/2 lbs (5-8 inch) cleaned calamari – bodies and tentacles – sliced in rounds
2 cloves garlic – sliced thin
1 small clove pepper – brunoise (small dice)
1/2 jalapeño – julienne
1 chili de arbol – sliced on a bias
5 young onions – sliced thin on a bias (scallions will do)
1 bunch fresh cilantro – leaves picked
1 lime sliced very thin plus 1 lime cut in half for juice
fleur de sel and pepper
extra virgin olive oil

METHOD
Place peppers, onion, lime slices and calamari in a large bowl. Get a black steel pan smoking hot, toss in calamari. Let them get a little bit crusty and then remove from heat. Once the pan cools, drizzle in a little olive oil; add sliced garlic and a pinch of fleur de sel. This whole process should take 5 minutes or less. Toss still warm calamari into the bowl of peppers, onion, lime slices and cilantro, squeeze in some lime juice, drizzle a little more olive oil. Season to taste and for balance.

RIBOLLITA

[Serves 4-6]

INGREDIENTS
4 oz extra virgin olive oil
1 carrot
1 medium turnip with greens
1 rutabaga
3 ribs of celery
2 onions
1/2 cup water
4 cloves garlic sliced
1 branch of rosemary, stemmed and roughly chopped
2 branches of marjoram, rough chopped
1 cup rough chopped canned tomato with juice
water as needed to just cover the soup
1 large leaf dried Italian bread cut into 1/2 inch slices
2 oz Prosciutto skin or end piece
2 bunches cavolo nero de-stemmed and cut into large pieces (also called Tuscan black cabbage or lacrato kale)
1 bunch red chard
1 zucchini
4 medium size red potatoes
1 cup cooked cannellini beans with the cooking liquid
2 bay leaves
8 oz chicken stock

METHOD
Cut the vegetables into medium dice for this soup. In a large soup pot add the olive oil. Turn on a low flame and add the onion, carrot, celery, turnip, rutabaga and water. Add salt and pepper in stages throughout the cooking of the soup. Cover the soup with a tight-fitting lid and continue to sweat the vegetables slowly until they become soft. Add the garlic, rosemary and marjoram and sweat another ten minutes. Add the chopped tomato and the juice and the Prosciutto skin and sweat an additional 20 minutes. Once the tomato has cooked out, add the cavolo nero. Depending on the moisture in the soup at this point, you may need to add more water to prevent any sticking or burning. The cavolo nero is a tough cabbage that needs about an hour to break down. Add the chard or cabbage, zucchini, potato, cannellini beans, bay leaf and chicken stock. Add more water. Simmer until the potatoes begin to fall apart (about another hour to an hour and a half). Taste all the vegetables for doneness and adjust the salt and pepper if needed. In a large contained pan or bowl place a single layer of the dried bread slices and ladle the warm soup over the bread.

Continue with another layer of bread and another layer of soup. Repeat until all the bread or soup is used. Allow bread to soak up all the liquid at which point it is ready to eat. Scoop the ribollita in bowls and pour a generous amount of extra virgin olive oil over the top. Don’t be shy, remember this is not a garnish but an essential ingredient in the dish.

Photo by Savita Ostendorf

Chef Corina Weibel
Canelé
Los Angeles, CA
GREEN CORN TAMALEs
(Serves 6)

INGREDIENTS
10 ears corn
2 T unsalted butter
1/2 tsp salt
1/4 tsp freshly ground black pepper
pinch of sugar, if necessary
1/2 cup heavy cream
1/2 tsp baking powder
1/2 cup hominy grits
salsa fresca, for serving
sour cream, for serving

METHOD
Remove the corn husks by trimming off both ends of the cob, trying to keep the husks whole. Place the largest husks in a pot of hot water and set aside to soak.

To make the stuffing, working over a bowl, run the point of a sharp knife down the center of each row of corn kernels, and then scrape with the dull side of the knife to remove the kernels.

Melt the butter in a large skillet over moderate heat. Add the corn and its juices, the salt, pepper, the sugar if the corn isn’t sweet, and the cream and simmer until the mixture thickens, 5 to 8 minutes. Set aside to cool. Then stir in the baking powder and grits and reserve in the refrigerator.

Drain the corn husks on paper towels. Make ties for the tamales by cutting a few of the husks into strips. To stuff the tamales, overlap 2 or 3 husks and spread about 3 tablespoons of corn filling down the center. Fold over the sides and then the ends to enclose the filling. Tie with a corn husk string. Repeat with the remaining filling and additional corn husks.

In a steamer or a pot fitted with a rack, make a bed for the tamales with the remaining corn husks. Add the tamales and steam over low heat for 1 hour. Remove from the steamer and let rest 10 minutes. Serve hot with salsa fresca and sour cream.

Chefs Mary Sue Milliken and Susan Feniger
Border Grill/Border Grill Truck
Las Vegas/Santa Monica

SPARKLING COSMOPOLITAN

INGREDIENTS
Stirrings Cosmopolitan cocktail mixer
Domaine Chandon Rosé
Agave Nectar or simple syrup
lime slice for garnish

METHOD
Measure 1 oz Stirrings Cosmopolitan mixer into a flute along with a dash of simple syrup (to taste). Top off with Domaine Chandon Rosé.

Garnish with lime slice.

Kory Chesmar
téole
Napa, CA

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