

CULINARY

Trends

Magazine

Late Summer 2009

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**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!**

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Trends

Beer Grows Up

Pairing suggestions and killer recipes

Catering

Extravagance is Out, Sustainability is In

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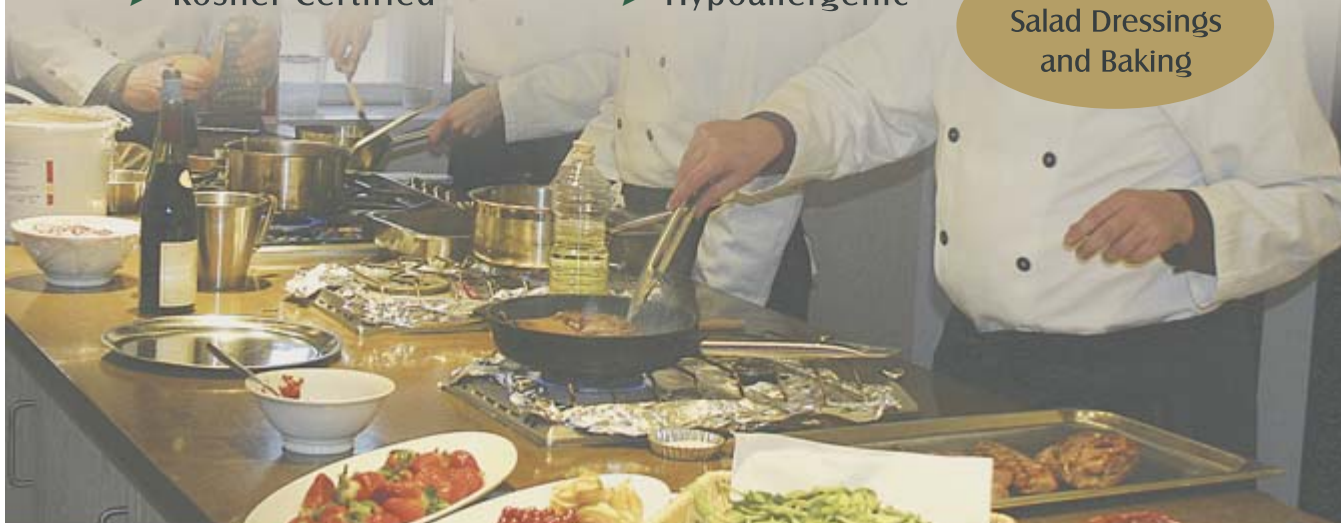
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6 Beer Grows Up

Beer is stepping out from wine's shadow and holding it's own on menus as an ingredient, pairing item and a featured beverage instead of wine.

Sean Z. Paxton

14 Blurring the Line between Bar & Restaurant

Gastro pubs, wine salons and cocktail lounges find success in their ability to balance thriving beverage and food programs.

Jamie Timbrell

20 Gourmet on the Go

From taco trucks serving frogs' legs and escargot to bakeries owned by Michelin-starred chefs, gourmet food is becoming more accessible as well-regarded chefs go casual.

Caitlin M. O'Shaughnessy

26 Catering to Today's Tastes

Caviar and extravagance are out. Sustainability and seasonality are in. Learn what leading caterers are doing to thrive in these difficult economic times.

Kirsten Bourne

30 Farm to Table Dining 2.0

Restaurant-owned gardens are more accessible than you might think, and are found from the hills of Napa Valley to the concrete jungle of downtown Los Angeles.

Sasha Bernstein

36 Diminutive Kitchens

Small kitchens have the ability to produce big flavors, but their design presents challenges. Explore these small but creative spaces with us and learn how you can apply some of their strategies.

Jeffrey Decker

Restaurants:

Alembic: San Francisco, CA — www.alembicbar.com (pg. 7, 15)

Arterra: San Diego, CA — www.arterrarestaurant.com (pg. 8, 11)

Bacar: San Francisco, CA — www.bacarsf.com (pg. 15)

Belmont Brewing Company: Belmont, CA — www.belmontbrewing.com (pg. 42)

Bi-Rite Market: San Francisco, CA — www.biritemarket.com (pg. 26)

Bix: San Francisco, CA — www.bixrestaurant.com (pg. 37-38)

Blue on Blue: Beverly Hills, CA — www.avalonbeverlyhills.com/dining (pg. 31, 33)

Blue Velvet: Los Angeles, CA — www.bluevelvetrestaurant.com (pg. 31)

Brix: Napa, CA — www.brix.com (pg. 32)

Border Grill Truck: Santa Monica, CA — www.bordergrill.com (pg. 20, 22, 24, 44)

Bouchon Bakery: Yountville, CA & Las Vegas, NV — www.bouchonbakery.com (pg.23, 25)

Canelé: Los Angeles, CA — www.canele-la.com (pg. 37, 40, 43)

Canteen: San Francisco, CA — www.sfcanteen.com (pg. 38-39)

Cicerone Program — (pg. 7)

Confidential Restaurant & Loft: San Diego, CA — www.confidentialsd.com (pg. 14, 18-19)

Contigo: San Francisco, CA — www.contigost.com (pg. 37-38, 41)

étoile: Yountville, CA — www.chandon.com (pg. 31-32, 44)

Incanto: San Francisco, CA — www.incanto.biz (pg. 7)

Jane Hammond Events: Berkeley, CA — www.jhevents.com (pg. 26, 28)

Magnolia Pub & Brewery: San Francisco, CA — www.magnoliapub.com (pg. 8)

Martins West Pub: Redwood City, CA — www.martinswestgp.com (pg. 16-17)

Monk's Kettle: San Francisco, CA — www.monkskettle.com (pg.11-12)

Park Ave: Stanton, CA — www.parkavedining.com (pg. 33-34)

Poggio Trattoria: Sausalito, CA — www.poggiotrattoria.com (pg. 33, 42-43)

Rosemary's: Las Vegas, NV — www.rosemaryrestaurant.com (pg. 7, 12)

Spencer on the Go: San Francisco, CA — www.spenceronthego.com (pg. 21-22)

Sutro's at Cliff House: San Francisco, CA — www.cliffhouse.com (pg. 10)

Taste Catering: San Francisco, CA — www.tastecatering.com (pg. 27, 29)

The Sentinel: San Francisco, CA — www.thesentinelssf.com (pg. 20-21)

Ubuntu: Napa, CA — www.ubuntunapa.com (pg. 34-35)

Waters Fine Catering: San Diego, CA — www.waterscatering.com (pg. 26-7, 29)

Wild Truffles Catering: Las Vegas, NV — www.wild-truffles.com (pg. 27)

Recipes:

BEER GROWS UP

Arterra: Shelton Farms Free Range Chicken & Ale Sausage

Sutro's at Cliff House: Anchor Steam Beer Braised Mussels

Monk's Kettle: Pork Chop with Cheddar Potato Cake and Caramelized Brussels Sprouts

Rosemary's: Seared Hudson Valley Foie Gras on Orange Scented Brioche w/Mango Coulis & Port Wine Syrup

Arterra: Fish & Chips (recipe online)

Rosemary's: Butternut Squash Soup with Spice Cream & Fried Sage Leaves (recipe online)

BLURRING THE LINE BETWEEN BAR & RESTAURANT

Confidential: Watermelon Salad

Martins West: Spring Lamb and Pea Pastie

Confidential: Vietnamese Braised Scallops with Togarashi Sauce & Jasmine Rice

Martins West: Scottish Eggs

CATERING TO TODAY'S TASTES

Jane Hammond Events: Seared Ahi Tuna on Crispy Wonton

Taste Catering: Kumamoto Oyster and Carrot "Shooter"

Waters Fine Catering: Beet Trio Stacks

Waters Fine Catering: Mini Retro Cupcakes

DIMINUTIVE KITCHENS

Canelé: Chilled Celery Soup

Canteen: Crab Quenches

Canteen: Lamb Shoulder Confit with Chickpeas, Apricots and Almonds

Contigo: Clams "Cal Pep" Style

FARM TO TABLE 2.0

Blue On Blue: Lamb with Roasted Vegetables

Brix: Heirloom Bean Salad with Goat Feta And Carrots

Park Ave: Blueberry Tart with Honey Cream Cheese Filling

Ubuntu: Cauliflower in Cast Iron Pot

GOURMET ON THE GO

Border Grill Truck: Peruvian Ceviche

Bouchon Bakery: Chocolate Bouchons

Bouchon Bakery: Nutter Butter Cookies

The Sentinel: Marinated Yellowtail Sandwich with Fennel & Avocado

Spencer on the Go: Frog Legs with Curry

FAVORITE RECIPES

Belmont Brewery: Summer Citrus Salad with Lavender Vinaigrette

Canelé: Seared Calamari Salad

étoile: Sparkling Cosmo

Poggio Trattoria: Ribollita

Border Grill Truck: Green Corn Tamales

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On the cover:

Beet Trio Stacks

Waters Fine Catering, San Diego, CA

Photo by Boyd Harris Photography

Pictured above:

Oysters with Pink Peppercorns and Star Anise

— Brix, Napa, CA

BEER



Beer Taps at Magnolia Pub & Brewery in San Francisco



Beer Dinner Menu from Incanto in San Francisco

GROWS UP

*Watch out, wine!
Brews are moving
into fine dining &
upscale kitchens*

Sean Z. Paxton

While exploring the Egyptian pyramids, archeologists found remnants of pottery that contained a malt beverage residue, and during the Middle Ages, beer was the preferred drink over water for fear of the plague. Yet even with its prominent use in history, beer has been ignored by fine dining restaurants and wine has been the preferred beverage as a cooking ingredient and pairing beverage. Beer, however, has seen a recent surge in popularity fueled by the Craft Beer Movement and has been gaining much more attention at the dinner table.

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.

Beer: Kitchen's next pantry staple?

David McLean, Owner of *Magnolia Pub and Brewery* and *Alembic* 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." Chef Ronnie New's menu at *Magnolia* offers meat items that have been braised with beer, and house-made beer mustard. He also uses a byproduct of beer, brewer's yeast, in the pizza dough.

McLean recently collaborated with Executive Chef Chris Cosentino, owner of *Boccalone Salumeria* and *Incanto*



Rosemary's
Butternut
Squash Soup
— see recipe at
www.culinarytrends.net



◀ Arterra Beer Battered Fish & Chips — see recipe at www.culinarytrends.net

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 connect-

ing 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-

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 with spatula 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.



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ics, not through the industry as a whole. Traditionalists don't use beer in cooking, besides German and Belgian cuisine. It goes with gastro-pub food. *Arterra*, however, is on the casual fine-dining edge. I like the gastro-pub food to eat in my free time; that's why I went with certain dishes," explains Chef Maitland. One of *Arterra's* dishes is Hogs Head Cheese, an old-style gastro-pub dish which requires

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 imbibing. 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 ribs 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.

Primarily a self-taught chef, Sean Z. Paxton is an accomplished home brewer and has hosted beer dinners across the nation. With the understanding of both culinary and brewing sciences, he realized each craft shares similar parallels that together would bring a depth of flavor to both food and beer not previously explored. www.homebrewchef.com





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Photo by Josh Edelson

ANCHOR STEAM BEER BRAISED MUSSELS

INGREDIENTS

1lb of mussels	1 T garlic
2 T unsalted butter	1/2 cup Anchor Steam Beer
2 T chive batons	1 onion, caramelized
2 T canola or grape seed oil	salt & pepper to taste
	2 T harissa

METHOD

Heat a medium-sized sauté or sauce pan up and place the 2 tablespoons of butter and oil into the pan. Cook the butter and oil until butter is melted and hot. Add garlic and toast for a minute or until it is golden brown.

Add mussels and sauté until the mussels start to open. Deglaze the pan with the Anchor Steam Beer and add the caramelized onions. Cook until all of the mussels have opened and then add the harissa. Plate the mussels in a deep bowl and continue to reduce the sauce to a soup consistency and season to taste. Add the sauce and garnish with chive batons and grilled rustic bread.

INGREDIENTS [HARISSA]

1 carrot	1 jalapeño
5 garlic cloves	1 red bell pepper
2 shallots	1 yellow bell pepper
	1 rib of celery

METHOD

Grill all of these ingredients until slightly charred on the outside and then finely chop them.

INGREDIENTS [HARISSA CONT.]

1 T coriander seed	1 T cumin seed
1 T cardamom seed	4 T paprika
1 T caraway seed	2 T chili flake

METHOD

Add the spices to the vegetable mix and puree until smooth.

Chef de Cuisine Brian R. O'Connor
Sutro's at The Cliff House
San Francisco, CA



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PORK CHOPS WITH
CHEDDAR POTATO
CAKE AND
CARAMELIZED
BRUSSELS SPROUTS

INGREDIENTS
1/2 cup kosher salt
1 cup granulated sugar
1/2 cup brown sugar
1 1/2 qt apple cider
1 qt water
3 T black peppercorns
3 fresh bay leaves
6 pork chops, bone removed

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 ale-light bodied beer
1 cup white wine vinegar
2 cups heavy manufacturing cream
3 T stone ground mustard
1 shallot, peeled and chopped
Roux to thicken
Salt and pepper to taste

METHOD
Add shallots, vinegar and ale in heavy-duty stock pot. Place on
medium-high flame and reduce liquid by 75 percent. Add cream and
reduce another 25 percent. Add mustard and season. Add roux in
small amounts until desired thickness is achieved. Hold until service.

INGREDIENTS [PORK CHOP]
1 12 oz pork chop, brined
6 oz Cheddar Scallion Potato Cake
1 T Brussels sprouts-blanchd
1 T butter for sprouts
1/2 oz oil for Potato Cake
2 oz maple cured bacon bits-cooked
3 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 saute cake until golden brown on both sides. Place
chop in skillet with cake and cook in 400°F convection oven until in-
ternal temperature of 125°F is achieved.
While cake and chop are in oven, spoon softened butter in saute
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.



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INGREDIENTS [CHEDDAR POTATO CAKE]
3 lb Yukon Gold potatoes, peeled and diced 1/2”
1 T scallions, julienne
2 cups white cheddar, shredded
3 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 mix-
ture 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 entree 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.

Executive Chef Kevin Kroger
Monk’s Kettle
San Francisco, CA



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 batter* (recipe follows)
4 handfuls baby arugula
2 T vanilla oil* (recipe follows)
1 cup sweet onion marmalade* (recipe follows)
1 cup mango coulis* (recipe follows)
20 each hazelnuts, candied* (recipe follows)
2 T port wine syrup* (recipe follows)
2 T chives, thinly shaved
8 mango slices, 2” long

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 as 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
batter 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 batter
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.

Chefs/Owners Michael and Wendy Jordan
Rosemary’s
Las Vegas, NV



See www.culinarytrends.net for the conclusion of recipe.

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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. *Bacar* 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 offer a true taste of the city they are visiting.

As for the food, Chef Mueller describes *Bacar'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 bar and the dining room is the *Alembic*. Despite the narrow bar's minute size, it has one of the most extensive cocktail and bourbon menus in the city, organized into

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.

Something for everyone

Roughly 25 miles south of the *Alembic*, 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 tsunami completes the bathroom countertops. With such a colorful history, it is no surprise that the restaurant embraced the establishment’s roots as a saloon and opened a gastropub.

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 Pheasant and Leek Banger. The dining room menu offers more substantial fare with entrees like Zucchini-Crowdie Agnolotti and Tandoori Roasted Local Halibut with corn custard, fava-pea ragout and nettle teasan. 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 respon-

sibilities, 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 cofounder of the San Francisco Honey Co.

SPRING LAMB AND PEA PASTIE

- INGREDIENTS**
2 racks of lamb riblets
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
3 cups veal stock
1/2 cup minced onion
2 T tomato paste
1/3 cup of HP sauce
2 cups shucked, English peas

METHOD
Lay out racks of lamb riblets on sheet pan; brush both sides with crushed garlic, tamarind paste and olive oil. Mix salt, pepper, ground coriander, allspice, rubbed dry oregano and massage into lamb; let sit over night or at least 8 hours. 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. When cool enough to handle, pull meat from bones and shred. Skim fat from any remaining juices, reduce and add to meat. For filling, add to braised lamb and English peas, mixing well.

- INGREDIENTS [PASTRY DOUGH]**
35 oz unbleached flour
12 oz pork lard
2 T grey salt
1 T finely chopped rosemary
6 oz very cold water – more if needed
1 egg lightly beaten

METHOD
Cut lard into flour and salt until it resembles bread crumbs, working quickly as to not melt fat.



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.

Executive Chef Michael Dotson
Martins West Pub
Redwood City, CA



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 a piece of plastic wrap; wrap sausage around egg and chill.

- INGREDIENTS [FOR COATING]**
1 cup AP flour
2 eggs lightly beaten with 2 T water
2 cups bread crumbs

METHOD
Coat eggs in flour, egg, then breadcrumbs; transfer to sheet pan and chill until needed.

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.

Executive Chef Michael Dotson
Martins West Pub
Redwood City, CA



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

Butter
Garlic
Sage

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)

6 tangerines (zest only)
1 cup fish sauce
3 cups water
1 oz. sesame seeds
1 t. Ichimi Togarashi spice

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



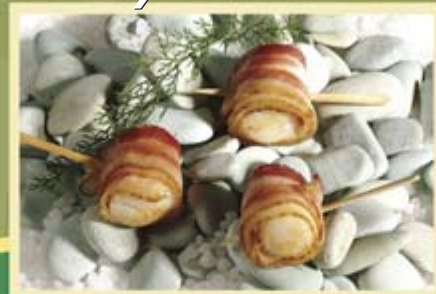
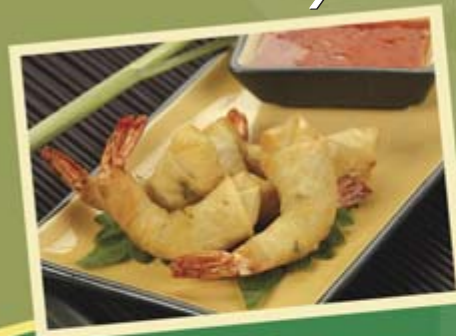
the sides using a brush and clean water, until the sugar turns into a light caramel.

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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Photo by Ana Homonay

San Franciscans grab gourmet take out at The Sentinel

Gourmet “on the go”

Fine dining’s convenient little sibling caters to frugal foodies’ cravings.

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, dishes that were previously limited to only fine dining establishments can be enjoyed in a matter of minutes, placing an emphasis on the food and forgetting traditional restaurant formalities.

Chefs Mary Sue Milliken and Susan Feniger of the acclaimed Latin-influenced restaurants *Border Grill* and *Ciudad* highlight the advantages of the movement towards gourmet food in a nontraditional and casual setting: “There has been a need for mobile gourmet food for so long, because if you are isolated, whether it’s for work, an event, etc. you can still get the food you love.” With daily Twitter updates on the location of gourmet

food trucks, in addition to constantly changing specials with seasonal ingredients, long lines of hungry diners are now able to enjoy the culinary talent of topnotch executive chefs who are bringing their skills to the street, corner and the counter.

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 restaurant, *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 sandwiches such as the yellowtail and fennel roll and hot sandwiches like corned beef with cabbage, Swiss cheese and Russian dressing, as well as soups and other easily portable lunch fare.

FROG LEGS W/CURRY

INGREDIENTS

36 each medium size frog leg
1 cup olive oil
4 tsp Madras curry
2 lemons’ juice
2 tsp chopped garlic
2 large shallots
2 cups of California chardonnay
1/2 cup of heavy cream
1 cup of dark chicken stock
1 cup all purpose flour
kosher salt
black peppercorn

METHOD [CURRY]

Add finely sliced shallot and 1 tsp chopped garlic into a sauce pan, add a tsp olive oil, sweated for 5 minutes at low heat, add 1tsp 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]

Season the legs with salt, ground black peppercorn & the rest of the curry; mix well then cover the leg with the AP flour.

Transfer the previously dredged legs into a sheet pan, and then 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 croutons.

Executive Chef/Owner Laurent Katgely
Spencer on the Go
San Francisco, CA



“The fancy presentation 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.”

— Chef Katgely

Having worked in kitchens across America, including at San Francisco’s *Rubicon*, Chef Leary was looking for a project that was “small and lean, not epic in size.” He is able to spend his evenings at *Canteen* and his days at *The Sentinel*, which epitomizes a gourmet takeout spot with white tile walls and no substantial seating area. In an area that lacks sophisticated lunch options, *The Sentinel* is a beacon of noontime hope for newcomers and fans of *Canteen* alike. “Many of my customers go from one restaurant to the other. It’s not uncommon for people to come downtown for lunch and then join us that evening for dinner at *Canteen*.”

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

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

Parked across from *Terroir Natural Wine Merchant and Bar* on Seventh and Folsom in San Francisco's SOMA district, the menu includes frog legs, grilled sweetbread with sherry, bacon and mushroom and Chef Katgely's favorite, escargot puff lollipops. Chef Katgely writes, "I designed the menu by including some items that you'll find in a high-end restaurant, with street food prices. I believe any kind of French favorite is do-able in the truck; it is just more challenging and cooks slower in a food truck kitchen, since the propane gas stove isn't as powerful. Space-wise, I've cooked in a smaller kitchen than that."

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 Saturday evening. Katgely, originally from the French Alps, worked at *Lespinasse* in New York City and as the executive chef at *Pastis* in San Francisco before opening his own elegant 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 presentation 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*

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 chile, 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 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



NUTTER BUTTER COOKIES

[Makes 48]

INGREDIENTS [PEANUT BUTTER FILLING]

4 oz Plugra butter
1/2 cup Skippy Creamy Peanut Butter
8 oz sugar, confectioners' 10x

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
8 oz sugar, brown light	4 oz eggs, large loose
1 lb butter, Plugra	1/4 oz baking powder, Fleishmann's
11 oz flour, all purpose, Gold Medal	8 oz oats, quick
6 1/2oz peanut butter, Skippy Creamy	2 oz nuts, peanut chunks
8 oz sugar, granulated	11 oz Nutter Butter Filling

METHOD

Combine AP flour and baking soda. Set aside. Using a paddle attachment 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.



Pastry Chef Matt McDonald

Bouchon Bakery
Las Vegas, NV & Yountville, CA

See www.culinarytrends.net for the conclusion of recipe.

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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 epicurean 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 modern 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 au-



thentic 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 hand-made 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 ceviche 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 bistro *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 the Las Vegas and Yountville branches have been successful on their own because they have been developed as, “an extension 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 Mad-

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,” ex-

plains 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 enjoys trying new recipes, reading and writing about food, and exploring the myriad “gourmet on-the-go” lunch options in Manhattan.





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Event designed by Waters Fine Catering

Photos by Boyd Harris Photography

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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 proof 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 servingware 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

item for carbon offsets, payments to reverse the environmental damage caused by driving food to the event, is added to the bottom of every bill; clients may select not to pay the offset but almost none do. Hammond has even begun to curtail the use of cut flowers, opting instead for plants that can be reused for months on end. "Everything has repercussions," says Hammond, "and clients are paying attention to that."

Carrie Sullivan, head of catering at community leader Bi-Rite Market in San Francisco, has noticed that while she used to be the one educating customers about the use of non-disposable materials, it's now her clients who are leading the discussion in this area. "Even companies that don't really focus on being green care about their image....I am being contacted by the 'sustainability associate' of a client's organization, as opposed to their event planner."

The client who has an eye on sustainability will equally focus on the seasonality of their menu. "I used to cook seasonally for selfish reasons," remembers Andrew Spurgin, Executive Director and Chef of *Waters Fine Catering* in San Diego, "but now people are coming to me for that." Hammond agrees: "Someone might now take my advice not to serve asparagus in the fall." Allowing the seasons to dictate menu planning may be more challenging for a restaurant than it is for a catering outfit, as restaurants must plan their menu months in advance of knowing what a given year's harvest will bring; therefore,



BEET TRIO STACKS

INGREDIENTS

4 medium golden beets	white balsamic vinegar
4 medium Chioggia beets	kosher salt
4 medium ruby beets	Tellicherry pepper
extra virgin olive oil	Cypress Grove Midnight Moon cheese

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.

INGREDIENTS [APPLE CIDER GASTRIQUE]

1/2 cup Bragg organic apple cider vinegar
1/4 cup sugar

METHOD

Reduce until the consistency of molasses.

INGREDIENTS [SPICE PECANS]

1 cup pecans, smashed	pinch sea salt
1/2 cup sugar	pinch cayenne

METHOD

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

ASSEMBLY INGREDIENTS

beets and cheese	blood orange oil
gastrique	Brittany gris sea salt
small tasting spoons	micro arugula
	pecans

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.

Executive Director/Chef Andrew Spurgin
Waters Fine Catering
San Diego, CA



Spurgin recommends keeping detailed records, year after year: identifying when local and seasonal fruits and vegetables come into season as a way to predict timing and availability for future seasons.

Sustainability trumps 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 Truffles 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

"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. MeMe 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* food critic Jeffrey Steingarten has coined "cafeteria diets," preferring to sample many flavors over eating a large portion of the same thing.

Small plates and tall tables bring guests together

Caterers have been quick to adapt to the tendency of partygoers to gravitate towards a tapas-style, small bites format for foodservice. Paulussen has noticed that although "some people are stuck on the buffet and they'll never change," most people want a reception-style party,



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Catering, continued from Previous Page

meaning passed apps and tasting stations. Spurgin likes to set up a C-shaped “tasting bar,” with staff manning the cooking station in the middle and guests circling around the outside.

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.



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
2 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
1 cup heavy cream

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

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
daikon sprouts
2 T wasabi tobiko caviar

[GLAZE]

1/8 cup mirin cooking sake
1/4 cup soy sauce
2 cloves garlic, sliced
1 tsp freshly grated ginger
1 T sugar
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 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



KUMAMOTO OYSTER AND CARROT “SHOOTER”

[Makes 12]

INGREDIENTS

3 cups fresh carrot juice
1/2 tsp kosher salt
1/4 g agar powder
1 dozen kumamoto oysters
3 tsp crème fraiche
1 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 (12 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





Garden dining at étoile restaurant at Domain Chandon



LAMB W/ROASTED VEGETABLES

[Serves 1]

INGREDIENTS [LAMB]

8 ounces lamb sirloin 2 sprigs rosemary
1 tablespoon garlic Salt & pepper, to taste

METHOD

Marinate lamb in mixture of garlic, rosemary, salt and pepper. Pan sear lamb and finish in oven. Let rest.

INGREDIENTS [VEGETABLES]

3 Rooftop cherry tomatoes
1 Japanese eggplant, cut into 1/4-inch cubes
1/2 cup tatsoi (an Asian green, similar to bok choy)

METHOD

Roast tomatoes and eggplant in an oiled, oven-safe sauté pan at 400°F until tender. Remove from oven. Add tatsoi and sauté briefly.

INGREDIENTS [SAUCE]

2 cups red wine
1/4 lb tamarind paste

ASSEMBLY

Pour wine and tamarind into pan and reduce to desired consistency. Strain. Herb oil, to garnish. Plate tomato, tatsoi and eggplant over red wine sauce. Slice lamb into 3 parts and place on top of



tomatoes and eggplant. Drizzle herb oil and garnish with more sauce.

Executive Chef Scott Garrett
Blue on Blue at the Avalon Hotel
Beverly Hills, 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 mirroring 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 *étiole* 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.

étiole 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 puree, lime, and mint with vanilla agave and Domaine Chandon Brut Classic.) Beyond the strengthened wine and spirits program and menu creativity spawned 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 cutter and 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 luring 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 balm. 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

“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”

— California Public Radio

abundant quantities of basil for pesto in the summer, hearty cavalo nero for ribollita in the winter, and bundles of peak-freshness produce and herbs for guest-impressing meals perennially for over a decade.

Chef David Slay has a similar outlook and notes, “The garden is a great asset that guests enjoy.” His restaurant *Park Ave* in Stanton, Calif. (Orange County), grows everything from jalapeno peppers to fingerlings to tangerines for use in their house-made condiments, ice creams, sodas, salad dressings and baked goods. Twice a month, *Park 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 tableside with tomatoes and herbs

HEIRLOOM BEAN SALAD WITH GOAT FETA AND CARROTS

[Serves 8]

INGREDIENTS [HEIRLOOM BEANS]

- 1 lb Rancho Gordo Tepary beans
- 8 cups water
- 1 each yellow onion - skin removed and quartered
- 1 stalk celery - cut into large chunks
- 1 each bay leaf - dry

METHOD

Soak the beans in water overnight. Rinse beans and check for any debris. Combine the beans, water, onion, celery, and bay leaf in a medium pot and bring to a boil. Reduce heat to a simmer and cook until tender but still firm. Remove onion, celery, and bay leaf. Drain beans and allow to cool on a sheet pan.

INGREDIENTS [VINAIGRETTE]

- 1/2 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

METHOD

Whisk all ingredients together in a small bowl.

INGREDIENTS

- 2 medium carrots - peeled, fine julienne
- 2 stalks celery - fine dice
- 1/2 medium red onion - fine dice
- 1/2 bunch cilantro - roughly chopped



1/2 lb goat feta - crumbled
kosher salt and black pepper to taste

ASSEMBLY

Combine all ingredients and half of the feta in a large bowl. Season to taste and garnish with remaining half of feta.

Executive Chef Anne Gingrass-Paik
Brix Restaurant, Gardens & Wine Shop
Napa, CA



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from their garden, as well as grilled lamb chops with couscous, lemon cucumber and mint tzatzki.

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 year so they can plan their vegetarian menus. Their culinary philosophy of “the rarer the better” is exemplified by dishes such as log-cultivated shitakes, young radish, and nori *coulis*; cool English peas and gold pea shoots in a consommé of the shells; and homemade toasted wild fennel buccatini.

Get growing!

Are you considering cultivating an on-site garden? Why not? The gained access to rare and unusual vari-

eties, 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 prolifically 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 7x7, restaurant consult with Andrew Freeman & Co., manage programs for SF Chefs. Food. Wine., and collaborate on events with industry friends.



**BLUEBERRY TART
W/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 butter and mix on medium speed until it starts to resemble coarse cornmeal with butter pieces no smaller than peas. In a small bowl mix the yolk, water and vanilla. 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 thickness. With a round cookie cutter or knife cut a piece of dough and place into tart pan. Bake 10 minutes at 350°F with pie weights. After 10 minutes, remove the pie weights and bake an additional 10 to 15 minutes until golden brown. Cool the tarts.

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. Cool for one hour in the refrigerator.

Add filling to tart. Place blueberries around tart. Sprinkle powdered sugar on tart. Garnish with a fresh sprig of mint and fruit sauces if desired.

Chef David Slay
Park Ave
Stanton, CA



**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
- 2 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.

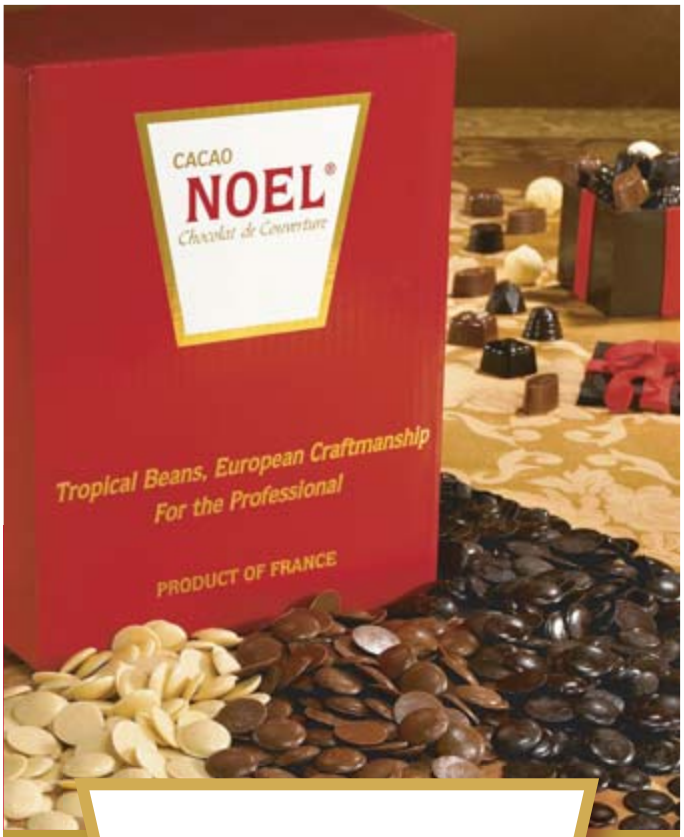
Start the butter in a cold sauce pot and place on medium heat. Allow the butter to melt, become foamy and turn golden brown. Remove brown butter from heat and add the Vadouvan. Let Vadouvan and butter sit for an hour.

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 pots, such as mini cast-iron pots. Layer the roasted and pureed cauliflower and then the Vadouvan butter continuously until the pot is filled. On top, add the raw cauliflower, and the dish is ready to serve with the toasted bread.

Executive Chef Jeremy Fox
Ubuntu
Napa, CA



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Diminutive Kitchens

CLAMS “CAL PEP” STYLE

[Serves 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
2 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 table-spoons 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

*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 begun 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 the kitchen, so the diner could watch the action and the chef could present the food 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 an old design or layout of a space. If the kitchen was built long ago, there may not be any other options for the layout or allocation of space of the kitchen. But it is the utilization of the key spaces in the restaurant which help to define the dining experience.

Keys to success

Functionality is at the core and minimalism has begun to be incorporated. Less décor is necessary, and a clean approach is taken to accomplish this degree of efficiency. The industry standard for restaurant design accounts for 25-30 percent of the total square footage of a space as “back of the house.” Both *Bix* and *Contigo* in San Francisco are great examples of restaurants that have been able to

adopt a new design equation – between 10 and 20 percent of their spaces are “back of the house.”

At *Contigo*, not only is the kitchen incorporated into the restaurant, but a bar sits within the dining room and simultaneously serves as a dining area, waiter station and wine bar. Furthermore, while a walk-in is the traditional option for refrigeration for its cost-saving and organizational purposes, Chef Brett Emerson has chosen 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 considered “open.” Food carts are employed, putting some of the burden on the wait staff, which in turn takes pressure 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 submarine.” 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-



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Diminutive, continued from Previous Page

tween prep and service have become highly valued. A high quantity of equipment such as small wares with unique purposes, can often crowd a kitchen and end up detracting from the operational efficiency.

At *Contigo*, the wood-burning oven – often a single-use piece of equipment, is used for a variety of menu items and not just for a traditional woodburning pizza or flatbread. And while vertical storage has been used in restaurants for years, the design of *Bix* maximizes space in a special way by having custom-made ingredient brackets and rails so the chefs can have ingredients readily at hand. While customization can be an added cost, the utility of items such as a custom-made pot rack at the front of the hood can provide greater returns than the alternative. The price of customization is offset by the efficiencies which are created, greatly affecting speed of service and the ability to assure perfect food. A diminutive kitchen requires that the space be convertible. At *Bix*, the area used for vegetable prep during the day morphs into the pastry station in the evening with the addition of a tabletop freezer. Similarly, *Contigo* intertwines its pastry and savory spaces and allotments for prep.

The hurdles

There are a variety of obstacles which the chef in a small kitchen must account for differently than in a conventional space. Deliveries can be a nuisance if there is only one entrance and minimal storage space often presents issues. Therefore, deliveries have to be scheduled very carefully. Chef Bruce Hill of *Bix* will always try to get product in as early as possible. Product management and rotation are imperative as always, but prep lists have to be even more detailed and inventorying is crucial for a small operation where every last square inch is in use.

During production, a smaller footprint can create bottlenecks too. If orders pile up for a single item, there may not be room on the stove or in the oven to even cook them. At *Bix*, the sole is one of the menu items which takes extra care and space in producing and therefore the front and back of the house have to communicate to try to control the flow of orders.

The product

In simplifying the back of house, the chef is given license to present a cleaner menu which does not try to over-deliver. In turn, the diner expects that each offering will be among the more tried and true. At *Canteen*, where Chef Dennis Leary presents a more refined menu, he gets the opportunity to shop, cook and prep all items. He presents dishes, on each of which he has put his personal touch.

The next element in the realm of simplification is on the labor side. A smaller work force is the logical fit for production in a smaller space which offers a diminished menu. After working at larger restaurants such as *Rubicon*, Chef Leary opened *Canteen* which seats only 20 – and he is the only person in the kitchen. This restaurant is a particular case, but in other smaller restaurants that have a modest staff, the chef is able to foster a small group, which is much easier to mold and watch over. With lessfewer moving parts to control and oversee, the tight team is even more capable of achieving a high level of quality output. A smaller kitchen staff is both minimalist and personable, something that a customer can identify with easily.

**LAMB SHOULDER CONFIT
W/CHICKPEAS, APRICOTS
AND ALMONDS**

[Serves 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
- 2 cups chopped tomatoes
- 3 T tomato paste
- 4 dried chiles, preferably mulato or ancho
- ***
- 2 cups apricots
- 1 cup almonds, toasted
- 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.

Executive Chef/Owner Dennis Leary
Canteen
San Francisco, CA

See www.culinarytrends.net
for the conclusion of recipe.



Photo by Brett Leonhardt

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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 ambience 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 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 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.



Photo by Savita Ostendorf

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:

thinly sliced celery
thinly sliced Fuji apple
picked celery leaves
thinly sliced shallot
1 lemon cut in 1/2 for juice
olive oil
cracked black pepper

METHOD

Saute 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. Puree 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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SUMMER CITRUS SALAD W/LAVENDER VINAIGRETTE

INGREDIENTS [SALAD]

3 lg. oranges 1/2 pint rainbow micro
2 pink grapefruit greens
1 lb. mixed spring lettuce Salt & pepper to taste

INGREDIENTS [DRESSING]

1 small bunch fresh lavender, about 20 sprigs
1 cup blended oil, olive/canola 75/25
1/4 cup Champaign vinegar
2-3 T of your favorite balsamic reduction, sweetened
1 medium bulb shallot
1 small clove garlic
Sugar to taste
Salt & pepper to taste

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.

In a blender combine vinegar, 2 Tbls. balsamic, 1/2 of the lavender, shallot, and garlic. Blend well.

Taste and adjust with more lavender, balsamic and sugar. Strain through extra fine mesh and return to blender. Slowly drizzle in blended oil until you reach your desired consistency; taste and season to adjust.



ASSEMBLY

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

Executive Chef Kevin Kroger
Belmont Brewing Company
Long Beach, CA



SEARED CALAMARI SALAD

[Serves 8]

INGREDIENTS

2 1/2 lb (5-8 inch) cleaned calamari – bodies and tentacles – sliced in rounds
2 cloves garlic – sliced thin
1 pasilla 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 cilantro 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

Photo by Savita Ostendorf



cilantro, squeeze in some lime juice, drizzle a little more olive oil. Season to taste and for balance.

Chef Corina Weibel
Canelé
Los Angeles, CA



RIBOLLITA

[Serves 4-6]

INGREDIENTS

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

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.

Executive Chef Peter McNee
Poggio Trattoria
Sausalito, CA



Favorite Recipes

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 cobs, 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 1oz 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

étoile
Napa, CA



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