

# CULINARY Trends

Magazine

Mid-Winter 2009

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from a chef who worked in LA

Chilean Cuisine – Deliciously unfamiliar  
Grace Restaurant, Los Angeles

# CULINARY Trends

## THE **SUSTAINABLE** ISSUE

**Seafood**  
Making the right choices  
for your customers

**Mesa Grill, Las Vegas**  
Exec Chef Paul Del Favero  
talks about Bobby Flay  
and the food that  
earned them a  
Michelin Star

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with Black Bean Sauce and  
Jalapeño Crema**  
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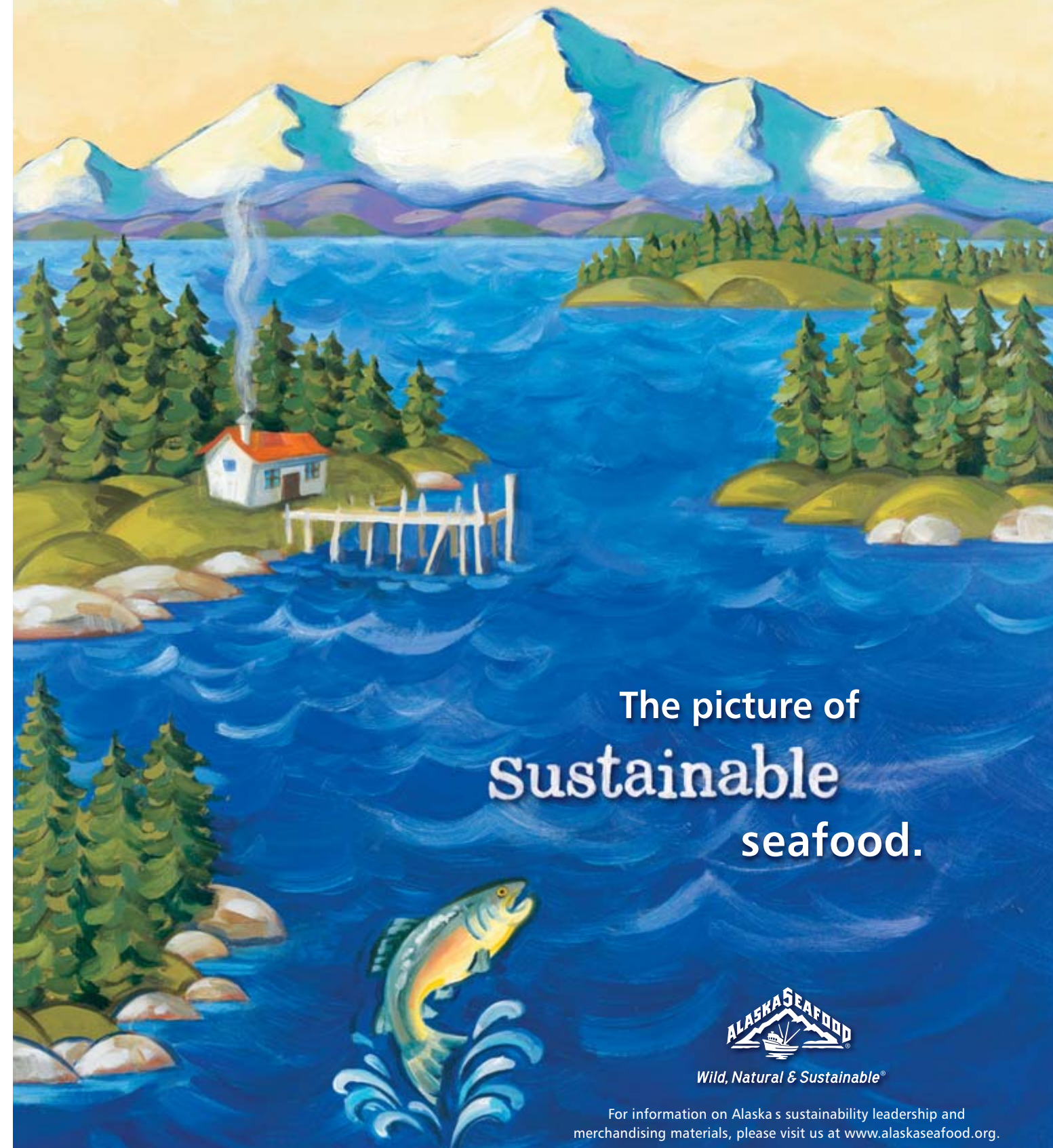
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Sustainable is more than a buzzword, particularly when it comes to fish from the world's over-fished oceans. Learn what leading restaurants like Tataki Sushi, San Francisco, are doing to lessen the impact on the oceans while serving incredible seafood dishes.  
Christopher S. Neubauer



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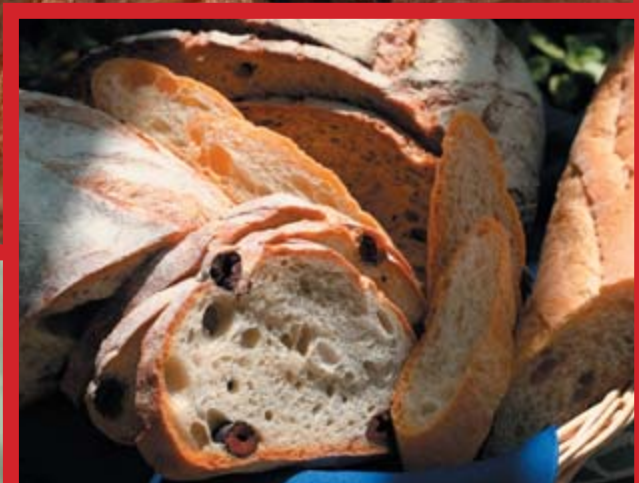
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# Sustainability: More than a Buzzword, the Top Trend for 2009

# GO GREEN for the Planet and the Flavor!

By Linda Mensinga  
Editor



*Sustainability* is a buzzword heard everywhere now, and for good reason. The restaurant industry is the number one electricity consumer in the retail sector and accounts for 33 percent of all U.S. retail electricity. We're also huge users of paper products, and one ton of recycled paper saves 12 trees, 360 gallons of oil and 2,000 pounds of greenhouse gases.

Many in the hospitality industry already conserve and recycle because it's good for the bottom line. The idea of going green has been front and center in the public mind for some time and the urgency seems only to be increasing. The restaurant industry is embracing the trend with gusto for reasons that range from saving money to better-flavored food from local sources. Industry pioneers are plunging ahead with new initiatives, including the composting of food waste and recycling of cooking oil into biodiesel for cars.

According to the National Restaurant Association, more than half of restaurants have purchased equipment that saves water or energy. Chef Jan Pfeiffer of La Quinta Resort in Palm Desert said, "The biggest thing I did in the kitchen was switch to new energy-efficient Rational Ovens." As to water conservation, the obvious "green tactic" is simply not serving water unless requested., but La Quinta is taking it further: Aerators, which conserve water by injecting air into the water stream, are being installed by the La Quinta engineering staff, along with low-flow spray valves.



Erika DiBattista,  
owner of  
Sunfish Grill in  
Ft Lauderdale, Fla.

Erika DiBattista, owner of Sunfish Grill in Ft Lauderdale, Florida, had an energy audit done by her local power company. "They recommended new power boxes, shutting down computers which we've done. Since we're closed on Sunday and Monday, I have the guys put any leftovers into one walk-in, not much anyway. Then all other equipment, freezer etc. is shut off for two days.

That's six pieces of equipment, eight days a month," she said.

While recycling of cans, glass, and cardboard is done almost universally now, another form of recycling that is gaining in popularity is composting. "I'm currently researching a composting machine for wet food. It extracts all the water and then you can use it right away. We have 45 acres," Chef Pfeiffer said. La Quinta's extensive gardens include hundreds of orange, lemon and grapefruit trees.

Chef Edward Lee of 610 Magnolia Kitchen in Louisville, Kentucky takes a slightly different approach to composting. He collaborates with nearby Stone Cross Farm by saving carrot peelings, leek tops, mushroom stems and other tasty bits to feed their happy hogs. The chef then gets the more sustainable and better tasting pork to serve his equally happy guests.



Chef Edward Lee with happy pig

Another trend for used cooking oil is its transformation into biodiesel. Legally, oil must be disposed of properly, which means it gets picked up, usually for a fee. For years, it was rendered into soap or added to animal feed. Now that cars with diesel engines can be modified to run on French fry oil, there is a new use for that fat. Partnering with local manufacturer, AZ BioDiesel, the Fairmont Scottsdale (Az.) Resort will collect more than 700 gallons of oil per year, enough to power seven vehicles per year. They estimate this will prevent more than 100,000 pounds of carbon dioxide from entering the atmosphere.

Nearly 90 percent of plastic water bottles are not recycled and wind up in landfills. For those that are recycled, transporting them to recycling centers burns even more fuel. Many restaurants, including Napa's famed French Laundry, are now choosing to filter their own water. George's at the Cove in La Jolla uses a local company that delivers water in glass bottles rather than plastic, which are then picked up to refill.

## Buying local

Perhaps the strongest part of the sustainable movement is local production. Locally-sourced food from small producers is seen as naturally eco-



Farmers market

friendly because of lowered transportation costs. Fresh, in season, local food is often less expensive and better tasting. Eco-conscious chefs all make local purchases as

much as possible, depending on the season. During cooler seasons root vegetables, squash, escarole, and Brussels sprouts appear on their menus.

Joe Palombo, chef/owner of Mirabella Café in Cherry Hill, New Jersey, commented, "Nothing compares to the taste of a fruit or vegetable that has been picked during its prime." He serves Mediterranean produce such as cardoons, similar to artichokes in taste with a look similar to large celery stalks. Palombo also includes salsify, sometimes called the oyster plant because its roots and leaves taste like oysters when cooked during fall and winter.

"The biggest trend is local food and local anything. People are looking for safe options and value driven menus. They care about the food they eat," said Chef/owner Douglas Katz of Fire Food and Drink Restaurant in Cleveland, Ohio. "We're lucky to have a group called [www.freshforkmarket.com](http://www.freshforkmarket.com) that we order from. They go to farms and get us great products."

Other Trends to  
Watch in 2009

- Mixologist-created cocktails
- Mojito variations
- Boutique beers
- Tapas sized dishes
- Savory chocolate dishes
- Mangosteens
- Updated comfort food
- Puffed tapioca
- Marinated pineapple
- Lard
- Grapeseed oil
- Bison
- Gremolata
- Amaranth, quinoa and teff
- Korean food
- Budget meats
- Açai
- Sous vide
- House made charcuterie
- Short ribs (pictured below)



At the Sheraton Wild Horse Pass in Chandler, Arizona, Executive Chef Michael O'Dowd works with local growers. "They have their fingers literally on the pulse of the root so we listen and learn," he said. They'll soon be applying that knowledge. A two-acre sustainable garden with greenhouse is planned within walking distance of the kitchens.

And at Mammoth Mountain ski resort in California's Sierra Nevada range, the new executive chef for foodservice on the mountain, Reed Heron, loves the local Alpers rainbow trout found swimming in the local lakes and streams.

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# Sustainable Seafood

## The right choice for your customers

Know where your fish is coming from and ask your fishmonger as many questions as you can.

### Christopher Neubauer

With the surging popularity of seafood in this country, especially in California and the coastal areas, some of the most popular and profitable varieties of fish are being depleted in our oceans, lakes and waterways. Notably, over 50 percent of all seafood in the United States is consumed in restaurants. “As a chef, it is your responsibility to provide customers with sustainable choices” says Casson Trenor of Tataki Sushi in San Francisco (the only 100% sustainable sushi restaurant in North America). Fisheries and aquaculture farms are working hard to keep up with the ever-increasing demand, but this effort creates a severe impact on our environment. While these operations make seafood accessible to the masses, the cost of supplying such large quantities seriously jeopardizes the availability of seafood for future generations.

### What is seafood sustainability?

*Sustainability* refers to using the earth’s resources at a rate in which they can be replenished naturally. In regards to seafood, sustainability refers to the world’s ability to maintain fish populations throughout our oceans, lakes and waterways. By understanding the right questions to ask your fishmonger, you can begin to make better decisions about the seafood you serve to ensure the availability of the products you use most. Overfishing, pollution, by-catch and damage to marine habitats comprise the main issues which negatively affect sustainability.

The Monterey Bay Aquarium’s “Seafood Watch” program has been at the forefront of this problem for over a decade, educating consumers, restaurants and fisheries on how to lessen our impact on the environment by making better seafood choices. For years now, the aquarium has released annual pocket guides for consumers, educating them on sustainable seafood choices. The guide lists fish into three categories: Best Choices, Good Alternatives and Fish to Avoid. Unfortunately, many of the most popular fish fall into the Avoid Category.



The guide was created for easy comprehension by consumers, but it is important for chefs to understand the underlying issues regarding seafood sustainability so they can make educated decisions for their menus. Polly Legendre of Cleanfish, a sustainable fish broker in San Francisco, says “the colored pocket guide is a good starting point, but the three-color system oversimplifies the sustainability issue.” Polly suggests asking three simple questions to begin the conversation with your fishmonger.

### “Where was the fish caught?”

Certain stocks of fish are depleted in specific locales throughout the globe. These fish are caught at a rate which exceeds the rate at which they can reproduce. Obviously, when these fish are not caught, they can repopulate themselves at a much faster rate, making them available for fishing again in the future. Populations of salmon in the North Atlantic are severely depleted, but those in the Pacific Northwest and Alaska are extremely abundant. Therefore, choosing to use Pacific Salmon will give the Atlantic stocks the time to replenish themselves through their own reproductive cycle.

### “How was the fish caught?”

Various fishing methods are used, depending on what is being fished and where. The four main methods used by commercial fisheries are long lines, purse seines, trawls and poles.

Long-lining boats leave out hundreds and sometimes thousands of baited hooks on single lines that can

string on for miles. Long-lines are often used to catch tuna, swordfish and various other large species. The biggest concern with this method is the by-catch on the lines. By-catch refers to everything that the lines catch, aside from the targeted fish. This often includes sea birds and turtles that are unable to free themselves from the hooks or tangled lines.

Trawling is the most popular method of commercial fishing. A boat tows a large net through the water, trapping anything and everything in its path. The by-catch from trawling is a serious concern. Marine mammals, turtles, sharks and unintended fish are scooped up in addition to the variety of fish being targeted. While trawling can be done at various depths in the ocean, the type most damaging to the environment is bottom trawling where the nets are dragged across the seafloor. The large nets dragged on the bottom of the body of water disrupt the underlying layers of soil, silt and coral. This bottom trawling can result in polluting the surrounding ecosystem.

A purse seine is a large wall of netting used to encircle the fish while they are traveling in a school. When the net is around the school, it is cinched up like a purse and dragged aboard the boat. Tuna used for canning are most frequently caught using this method, along with squid, sardines and other schooling fish. Like trawling, by-catch is a problem with this method as well, but fishermen can use by-catch reduction devices to minimize their environmental impact.

Pole fishing or hook-and-line fishing is one of the oldest and most sustainable fishing methods available. A fisherman is able to release unwanted by-catch immediately and is limited in the total catch, helping to pre-

“Man up and be a chef! Diners don’t want to go to school and study every time they go out to a restaurant. It is your job to provide them with sustainable choices”

— Casson Trenor  
of Tataki Sushi  
San Francisco, CA

vent overfishing. Hook-and-line fishing is often used to catch large ocean varieties like tuna, swordfish, mahi-mahi and sharks. Trolling is a type of line fishing where lines are dragged behind a moving boat at various depths.

**“How was the fish farmed?”**

Significant advances have been made in aquaculture over the past decade, to where many of these operations are far more sustainable than their “wild” counterparts. Raising certain varieties of fish in captivity has proven difficult, but a number of varieties are being successfully raised in a sustainable manner. Aquaculture solves many problems of traditional fishing, but additional worries come along with it.

While farmed fish and shellfish can supplement our seafood supply, they can't replace the variety and abundance of seafood from the wild. Most seafood farms depend on healthy wild populations to supply eggs or young that the farmers raise for market. Many fish farms also rely on wild fish, like anchovies, as food for the farmed fish.

## 5

### Sustainable changes you can make today

1. Arctic Char instead of farmed Salmon
2. Kona Kampachi instead of Hamachi (Yellowtail)
3. Barramundi instead of Red snapper
4. Mahi Mahi (domestic) instead of Monkfish
5. Striped Bass instead of Grouper

Many farmed fish are raised in net pens, like cattle in a feed lot. Thousands of fish crammed in a confined space produce tons of feces, polluting the surrounding water. Diseases can also spread from fish in the crowded

pens to wild fish, damaging the wild populations. Although the United States has laws to protect the environment around fish farms, many nations who supply fish to the United States do not. For this reason, be mindful of where your farmed fish is coming from and ask your fishmonger as many questions as you can.

One example of a successful fish farm is Australis Aquaculture based in Massachusetts. They raise over two million pounds of Barramundi, Basa, and Swai on an annual basis. Their completely indoor facility recycles over 99 percent of the water used and turns the waste from the fish into fertilizer. The fish feed on a diet much lower in fish oils and fish feed, lessening the impact on wild populations. Australis Barramundi is featured on top restaurant menus throughout the world and has won numerous awards for their sustainable practices.

**What you can do to help**

This is a worldwide problem, but chefs truly can make a difference. Casson Trenor of Tataki Sushi says, “Chefs can still make plenty of money serving sustainable seafood. They just have to make smart choices and adapt.”

The easiest way to be part of the solution starts with your menu offerings. Don't serve fish that are the worst offenders and cause the greatest environmental impact. See the chart on the previous page as a reference guide. Begin the conversation with your fishmonger and ask lots of questions. The more pressure fisheries get from distributors and restaurants, the better their practices will become. Many of the most popular fish have great, sustainable replacements, so you can continue cooking your favorite recipes with only minor variations.

Educate consumers by highlighting the quality of your seafood. Make it known that you are serving Wild Alaskan Salmon or sustainably raised Barramundi. Don't be afraid to change up your menu offerings. As Casson Trenor puts it, “You're a chef. You are a steward of the ocean. If you don't make responsible purchasing decisions for your customers, their will be no more fish to serve in the future.”

*For the most up to date charts of sustainability, please visit the Monterey Bay Aquarium Seafood Watch Program's Web site [www.montereybayaquarium.org/cr/seafoodwatch.aspx](http://www.montereybayaquarium.org/cr/seafoodwatch.aspx).*

**Mussels with Citrus Chili Salsa**

This simple recipe is all about how the mussels are cooked. Typically they're steamed in white wine or other liquid until the shells open, releasing the succulent juices. But here we want all those juices sealed into the flesh of the mussels, and the best way to do that is to par-boil them for a mere 15 seconds, then quickly immerse them in cold water and pry open the shells. This barely cooks them through, and leaves the flesh nice and plump. Of course, be sure to select the very freshest mussels you can find. — *Nobuyuki Matsuhisa*

Makes 10 shells

- 10 mussels, cleaned and debearded
- 3 to 4 tbsp. Citrus Chili Salsa (recipe follows)
- 10 slices red chili (cut paper-thin)

1. In a medium saucepan, bring plenty of water to a boil. Dip the mussels in, 3 or 4 at a time, and cook for 15 seconds. Plunge into ice water. Open with an oyster knife (this method produces plump, just-cooked mussels).
2. Spoon about 1 teaspoon of Citrus Chili Salsa over each mussel and top with a slice of red chili.

**Citrus Chili Salsa**

Makes 3 cups (720 ml)

- 1 pink grapefruit
- 2 limes
- 1 lemon
- 1 unqi fruit
- 1 pomelo
- 3 Florida oranges



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- 2 tsp. ginger juice from squeezed grated ginger
- 2 tbsp. Ginger Oil
- 1 tsp. finely chopped *aji rocoto*
- 1 tbsp. finely chopped *shiso* leaves
- 2 tsp. pink peppercorns, crushed
- 1 tbsp. white soy sauce
- 2 tbsp. finely chopped cilantro

1. Cut the skin off the grapefruit, cut out segments and dice. Repeat with the limes, lemon, unqi fruit, pomelo and Florida oranges. Combine with all remaining ingredients except the cilantro.
2. Add the cilantro just before serving.



**Braised Crispy Octopus In Edamame Purée**

With a touch of Japanese herbs, this crisp-braised octopus, redolent of soy sauce, would make a brilliant snack along with sake, but puréed *edamame* instantly transforms it into full-fledged restaurant fare. Adding *dashi* to the purée would give it more *umami*, though here we've blended in a hint of butter for richness — the choice is yours. We then accent it with a dot of *kanzuri* Japanese chili paste, which is made by laying salted red peppers on snow, then adding *yuzu*, rice and salt and letting it ferment for three years. It adds that special complex kick. — *Thomas Buckley*

Serves 6

**Marinated Octopus**

- 2 cups (480 ml) Dashi Stock

- 1 tbsp. *tamari* soy sauce
- 1 slice ginger
- Pinch freshly ground black pepper
- Pinch *shichimi* spice powder
- 6 baby octopus
- Pinch chopped fresh red chili pepper
- 1 tbsp. extra-virgin olive oil

**Edamame Purée**

- 1 cup (260 g) shelled fresh *edamame*
- 1 cup (240 ml) Dashi Stock
- 1/4 cup (60 g) butter
- Salt and freshly ground white pepper
- 1 tsp. *kanzuri* fermented chili paste, store-bought

1. Make the Marinated Octopus: In a saucepan, bring the dashi, tamari, ginger, black pepper, and shichimi to a boil. Plunge in the octopus for 20 seconds to cook. Remove the pan from heat and take out the octopus. Allow the marinade to cool to room temperature, then return the octopus to the pan. Stir in the red chili pepper and olive oil. Marinate for 30 minutes.
2. Make the Edamame Purée: Heat the edamame in the dashi stock. Strain the edamame out of the dashi (reserve the dashi) and place in a blender while hot. Purée the edamame, adding the dashi little by little to control the consistency. Add the butter and season with salt and white pepper. The purée should have a somewhat loose consistency. Keep warm.
3. Remove the octopus from the marinade. Grill until crisp. Bring the marinade to a gentle simmer and reduce to a syrup.
4. Divide the edamame purée into serving cups and put in the octopus, tentacle-side up. Spoon a little marinade reduction over. Dot with the *kanzuri*.



### Alaskan Halibut with Cilantro Lime

Yields 10 servings

Alaskan Halibut fillets, 6-8 oz., 10 ea.  
Salt and Pepper to taste  
Cilantro Lime Wet Paste as needed

#### Method

Coat Halibut with Cilantro Lime Wet Paste. Marinate 2 to 3 hours.  
Heat saute pan and add halibut. Transfer pan to oven and roast at 425°F until cooked through.

#### Cilantro Lime Wet Paste

1 cup Cilantro, chopped  
1/4 cup Garlic, minced  
1 tbsp. Cumin, ground  
1/4 cup Olive oil  
Salt and pepper to taste  
2 tbsp. Lime zest, grated

#### Method

Combine lime zest, cilantro, garlic, cumin and olive oil. Season to taste with salt and pepper.



### Alaskan Halibut with Ras Al Hanout (Morocco)

Yields 8 portions

4 oz. portions, 2 lbs Alaskan Halibut filet  
2 oz. Ras Al Hanout  
Salt and pepper to taste  
1 oz. Olive oil

#### Method

Season the halibut portions with salt and pepper. Sprinkle generously with ras al hanout, being sure to lightly coat all surfaces.  
Heat a sauté pan over medium heat. Add the olive oil and the fish filets (presentation side down). Cook for 1-2 minutes until golden brown. Turn the fish and continue to cook until the fish is slightly translucent in the center or until desired doneness.  
Remove from pan and serve.

#### Ras Al Hanout

4 ea. Nutmeg  
10 ea. Rosebuds  
12 ea. Mace blades  
1 tsp. Aniseed  
8 pc. or 1 Tbsp. Turmeric  
2 pc. Orrisroot  
2 ea. Dried red chiles  
1/2 tsp. Lavendar  
1 Tbsp. White peppercorns  
1 tsp. Galingale  
2 Tbsp. Ginger root or ground ginger  
6 ea. Cloves  
24 ea. Allspice berries  
20 ea. Green cardamom pods  
4 ea. Black cardamom pods

#### Method

Combine all the spices in a spice grinder and grind until fine. Strain through a mesh sieve.



# Alaska – A model of sustainability

All Alaska seafood is wild and sustainable and it is managed for protection against overfishing, habitat damage, and pollution. Since 1959, the Alaska constitution has mandated that “fish...be utilized, developed and maintained on the sustained yield principle.” In Alaska, the fisheries are not just a source of income; they are a way of life, representing a relationship with the land and sea and the connection with the fishing culture that defines the community. Every aspect of Alaska’s fisheries has been strictly regulated, closely monitored and rigidly enforced for nearly five decades. This long-term dedication to sustainability has resulted in keeping the world stocked with a continuous, ever-replenishing supply of wild seafood. Alaska’s effective and precise fisheries management practices are considered a model for the world.

For great recipes and menu ideas using Alaska Seafood, visit <http://www.ciaprochef.com/alaskaseafood>.

For more information on sustainable Alaskan seafood, visit [www.alaskaseafood.org](http://www.alaskaseafood.org).

#### Where to find sustainable seafood

Honolulu Fish Company  
[www.honolulufish.com/](http://www.honolulufish.com/)

Santa Monica Seafood  
[www.smseafood.com](http://www.smseafood.com)

Monterey Fish Market  
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◀ Battery cages are so small, the hens have less space than a single sheet of paper on which to live their entire lives.

rias, like those at AOL and at Google, have gotten on board.

Chefs are enthusiastic about this trend. According to Puck, "I have regularly spent weekends at my local farmers markets and farms, getting to know my vendors, their animals and their animal treatment programs. As my companies have grown much bigger, we must now develop formal policies to maintain our exacting standards. I want to be certain that only animals who are able to freely engage in natural behaviors are used to provide the products for our tables. If consumers could see how abused these animals can be, they would demand change."

The message couldn't be clearer: animal welfare concerns are now an essential part of sustainability measures—and it's important to people who care about integrating social responsibility with culinary innovation. In a recent survey conducted by foodservice consultancy Technomic, restaurant-goers ranked animal welfare their third top social issue, even ahead of the environment. And in a survey paid for by the American Farm Bureau Federation, ninety-five percent of respondents agreed

with the statement, "It is important to me that animals on farms are well cared for."

These beliefs are influencing consumer behavior at restaurants and in grocery aisles. Sales of cage-free eggs to grocery shoppers increased 150% in three years by the industry's own calculations. And a front-page *New York Times* article called cage-free eggs the latest "have-to-have-it" product for the food service sector.

In a 2007 op-ed, Bon Appetit Management Company CEO Fedele Bauccio noted that "It's clear that our consideration for animal welfare is expanding to those animals used on farms—a trend that should cause those of us in the food industry to take notice." Chefs like Puck and corporate leaders like Bauccio are moving in the right direction, as farm animal welfare rightfully commands greater importance in the American conscience. It's time for those who care about animals—and those who care about food—to join this movement away from eggs from caged hens.

Contact: The Humane Society of the United States  
301-721-6419 (direct line)  
[www.HumaneSociety.org](http://www.HumaneSociety.org)

## Chefs join cage-free egg trend

By Josh Balk

Cage-free. Battery cage. Until recently, most American consumers seldom heard those terms, and certainly not from the mouths of chefs. Now, cage-free eggs are advertised in the supermarket and found on progressive menus. Last November, a California ballot initiative on standards for confining farm animals passed, further heightening awareness of the issue. The terms define an important sustainability movement that's guiding consumers' purchasing choices—and major corporate procurement policies.

In kitchens across the country—from haute cuisine bistros to fast-food joints to hundreds of college cafeterias—America is rapidly moving away from one of the most notorious factory farm abuses. These institutions are joining a Humane Society of the United States effort to end the use of tiny battery cages to confine egg-laying hens. Top chefs are happily touting the importance of improving animal welfare.

There's ample reason to address these concerns in social responsibility and sustainability initiatives. Battery cages, which U.S. factory farms use to cram about 280

million hens together, are infamous for their cruelty. These cages are so small, the hens can't spread their wings or walk. Each bird has less space than a single sheet of paper for her entire life.

Americans are increasingly refusing to accept this shameful mistreatment of farm animals. On college campuses, in institutional kitchens, in gourmet restaurants and among rank-and-file grocery shoppers, "cage-free" eggs are coming into their own.

Fast-food giants Burger King, Denny's, Carl's Jr. and Hardees have begun transitioning to cage-free eggs. Whole Foods Market refuses to sell cage eggs. Compass Group—the world's largest food service provider—has taken its first step toward eliminating its use of cage eggs. And hundreds of colleges and universities, from Harvard to UC Berkeley to Stanford to Dartmouth to UW Madison, have cage-free egg policies.

Master chef Wolfgang Puck switched all of his eggs to cage-free throughout his empire, from his prepared foods to gourmet eateries like Spago. Other high-end restaurants like San Francisco's Incanto—and luxury hotels such as Hilton Anaheim and spas like the acclaimed Canyon Ranch—use only cage-free eggs. Even employee cafete-

ries, like those at AOL and at Google, have gotten on board.



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# Are you hooked yet?

ENVIRONMENTAL CONSIDERATIONS  
ARE MAKING A SEA CHANGE  
IN MENUS.

By Linda Mensinga

"Cooking for Solutions" held at the Monterey Bay Aquarium celebrates the progress that is being made in the fight for sustainability. Speakers at the recent conference recommended that chefs ask salespeople where seafood is caught, how it's caught or how it's farmed. The consensus was that "When information is demanded, it will be provided."

"Momentum is building. We are making progress in sustainable seafood. Over 30 percent of the chefs in leading restaurants have taken action to remove unsustainable seafood from their menus," said Julie Packard, executive director, Monterey Bay Aquarium.

Good news, and yet Chef Rick Moonen of RM Seafood in Las Vegas reports that in Las Vegas alone, 60,000 pounds of shrimp per day are consumed, most of which come from aquaculture in Southeast Asia with a number of problems: destruction of mangrove swamps, the use of pesticides and antibiotics in the fish farms unregulated by the FDA. "My shrimp is from the Gulf of Mexico or Hawaii," Moonen added quickly.

Motivating chefs to demand and purchase sustainable fish for their customers is the goal of the yearly "Cooking for Solutions" held



## Fennel and Cardamom-rubbed Salmon (Serves 4)

### Salmon

1 teaspoon fennel seed  
1 teaspoon cardamom seed (removed from pods)  
1-2 dried red Thai or cayenne chilies, or less to taste  
1 1/2 teaspoon salt  
2 tablespoons fresh cilantro, finely chopped  
4 garlic cloves, finely chopped  
4 6-ounce salmon fillets

Place fennel, cardamom and chilies in a spice grinder; grind until the spice blend is the texture of finely ground black pepper. Thoroughly combine ground spices, salt, half of cilantro and garlic in a medium bowl. Press spice rub into both sides of each salmon fillet and refrigerate covered at least 1 hour. The fish can be safely marinated overnight since there is no acid in the marinade.

### Coconut Milk Sauce

1 tablespoon canola oil

every year at the Monterey Bay Aquarium. And while much of the focus continues to be on the state of the oceans, the seminars also addressed food costs and how farming practices and global warming affect the environment and food sustainability.

### Environmental change and impact on business

The founder and chief executive officer of Bon Appetit Management based in Palo Alto, CA, Fidele Bauccio, leads a company of 10,000 employees in 28 states with clients in university dining, corporate dining, Cysco, MIT and the Seattle Art Museum. A passionate advocate of sustainability, he also understands companies must make money and is adamant that good practices do not hurt business or the bottom line.

Beginning with locally sourced food simply for flavor, the company moved in a direction far ahead of the green wave now sweeping the industry. As time went on, he sought out more and more local and organic food and educated himself about the issues. Bon Appetit now

1 teaspoon mustard seed (black or yellow)  
1 tablespoon skinned, split cream-colored or black lentils, picked for stones  
1 cup red onion, finely chopped  
1 cup coconut milk  
2 tablespoons fresh cilantro leaves, finely chopped  
1 teaspoon sambhar masala\*  
1 teaspoon coarse kosher or sea salt  
10-12 fresh curry leaves\*\*  
1 large tomato, cored, finely chopped

Heat oil in a small saucepan over medium-high heat. Add mustard seed. Cover pan and wait until all seed has stopped popping, about 30 seconds. Add lentils and stir-fry until they turn golden brown, 15-20 seconds. Immediately add onion and stir-fry until reddish-brown, 5-6 minutes.

Add coconut milk, cilantro, sambhar masala, salt and curry leaves. The milk will immediately start to boil. Lower the heat to medium and simmer, uncovered, until it thickens slightly, 5-10 minutes. Some of the oil may start to separate. Stir in tomato and allow to warm and remain firm.

### To serve

Brush grill with vegetable oil. Heat to medium-high. Place fillets directly on grill, cover and grill about 3-4 minutes on each side. Place the salmon on a serving platter and serve topped with coconut milk sauce.



**Raghavan Iyer**  
Cookbook author and culinary educator  
Eden Prairie, MN

\*A spice common in the south of India; it's available at Indian groceries or can be substituted with Madras curry powder.

\*\* Stocked in Indian groceries; the aromatic and delicate flavor has no substitutions.

serves humane certified cage free eggs and grass-fed beef as well as at least 30 percent local ingredients, or depending on the season, much higher.

Recently he went a step further and his company became the first to launch a low-carbon campaign. To promote the move, he installed kiosks in his dining rooms, which students and customers have enjoyed. There is also an online version anyone can look at and play with at carbondiet.org. He employed scientists to calculate the cost of any food, taking in miles traveled, transportation type, chemicals used to farm, etc. First year results? A 20 percent decrease in beef consumption.

Bauccio took part in a Pew study looking at commodity meat and testified before a congressional committee. His comment was, "Changes and choices happen only when consumers yell and scream. And we (as an industry) can lead and set the pace." He pointed out that methane gas from animals is 23 percent more polluting than CO<sub>2</sub>.



### Cumin-spiced Kona Kampachi 3 Radish Salad, Parsley Vinaigrette

1 pound Kona Kampachi\*  
3 tablespoons cumin  
1 tablespoon salt  
1/2 tablespoon cracked pepper  
4 tablespoons canola oil

1 cup watermelon radish  
1 cup Easter Egg radishes  
1 cup daikon sprouts  
1 teaspoon salt  
1/4 teaspoon black pepper

1 bunch parsley  
1 shallot-minced  
2 ounces white wine vinegar  
2 teaspoons Dijon mustard

2 teaspoons honey  
6 ounces canola oil  
1/2 teaspoon black pepper  
1 teaspoon salt

#### Kona Kampachi

Fillet and skin Kona Kampachi. Cut out rib bones by separating the belly from the rest of the fillet. On the back side, carefully trim most of the bright red flesh. Cut into 2-ounce pieces. Generously rub cumin, salt, and pepper on all pieces.

#### 3 Radish Salad

Very finely julienne the watermelon and the Easter Egg radishes, pack in cold water until ready for use. Cut the roots off of the daikon sprouts and cover with a wet cloth until ready for use.

#### Parsley Vinaigrette

Rinse parsley well with cold running water, dry and pick all of the leaves off. In a blender, place parsley, shallot, vinegar, mustard and honey. Process until smooth and slowly add oil while blender is running. Season with salt and pepper.

#### Finishing

Heat large sauté pan or skillet on stove with 4 tablespoons canola

oil until oil ripples in pan. Cook Kampachi 15-30 seconds on each side until crisp and golden brown. Remove to paper towel-lined plate to drain. Keep warm.

Drain radishes and place in a small bowl. Add daikon sprouts and season with salt and pepper and a small amount of parsley vinaigrette and toss well.

Drizzle 4 plates with parsley vinaigrette. Place 1/2 cup of 3 Radish Salad in the middle of each plate. Place the seared Kampachi on top of the radish salad. Drizzle the Kampachi with a small amount of parsley vinaigrette.



\*Kona Kampachi is a yellow-tail raised off Kona, Hawaii, in deep water with brisk currents for no detectable environmental impact.

**Estevan Jimenez**  
Chef de Cuisine  
Bon Appétit Management  
Company  
Monterey Bay Aquarium

Are you hooked? Continued from Previous Page

"We're trying frozen-at-sea fish now as well as fresh. It's much more environmentally friendly than flying in fresh. My chefs say it's just as good as long as it's been handled properly."

Emma Lin, energy operations & climate change for Safeway, reported on her company's efforts to save energy. "Consumers increasingly demand responsibility but no higher costs get passed on to them," she said. Some small changes such as adding an alarm to refrigerator doors were made. "The doors were left open all the time." The stores recycle 80 percent of waste, beating California's 50 percent requirement.

Bigger changes such as retrofitting stores to save area is tough to sell to owners because the payback takes up to 15 years. Solar power provides energy in 25 stores and wind energy is purchased for markets in San Francisco and Boulder, Colorado.

#### Shrimp, salmon, tuna: the big three

A panel including Rick Moonen discussed "the big three" meaning shrimp, salmon and tuna – all of which are endangered or farmed with negative environmental side effects. Moonen, who just published *Fish without a Doubt*, is well aware of the demand on chefs to serve the popular species. His book has lots of recipes for the less used and sustainable species of fish such as mussels, oysters, trout, barramundi and mackerel. Brad Ack, Marine Stewardship Council regional director recognized the challenge to the chef and the consumer. "You need a de-

gree to verify the claims. But if no one asks, companies have no motivation. It costs money to change and become more sustainable and the demand must be there," he said.

Tuna is difficult. "Farm raised is not better, it takes 25 pounds of other wild fish to make one pound of tuna, they have high energy demands. Where do they get the fish to feed them?" asked Corey Peet, aquaculture research manager for the aquarium. Peet also emphasized that aquaculture is here to stay, is diverse and has a role to play in feeding people. However he emphasized farmed Atlantic salmon will never be sustainable.

Shrimp fisheries have been slow to move into sustainable practices according to panelist Ack, because the lack of demand and the costs associated with changing methods to become sustainable. "If shrimp boats catch 15 percent less, are they going to be compensated in the market? Will we pay 15 percent more for the same shrimp?" he asked. Ack recommended American wild shrimp over shrimp from southeast Asia. Asian shrimp is grown without oversight using pesticides and antibiotics destroying mangroves and coastal environment in the process.

Chef Moonen has been involved in the issue for twelve years. He serves tilapia, char, cobia, mackerel, anchovies and other lesser-known fish. "We have to figure out the best ways to do it," he said. We can stop serving things and be a little more creative. While many might think, 'easy for him to say as a celebrity chef of his own restaurant,' changing one item to something else, say substituting char for Alaskan salmon out of sea-

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### Composed Salad with Alaskan Arctic Char

(Serves 4)

4 7-ounce Alaskan arctic char filets, cleaned, skin on  
Olive oil, as needed  
Kosher salt and cayenne pepper, to taste  
1 tablespoon tarragon, finely chopped  
2 tablespoons flat leaf parsley, washed, picked and finely chopped  
1 tablespoon chives, finely cut  
1 teaspoon lemon zest  
1 tablespoon shallots, minced

1 medium red onion, whole, unpeeled  
1 tablespoon olive oil  
Kosher salt and freshly ground black pepper, to taste  
1 tablespoon red wine vinegar

2 cups kosher salt  
12 fingerling potatoes, washed  
Kosher salt and freshly ground black pepper, to taste  
1 tablespoon flat leaf parsley, washed, picked and finely chopped  
Olive oil, as needed  
Kosher salt and freshly ground black pepper, to taste

1 tablespoon shallots, minced  
Kosher salt and freshly ground black pepper, to taste  
1 tablespoon Dijon mustard  
3 tablespoons lemon juice, freshly squeezed  
6 tablespoons extra virgin olive oil

3 bunches frisee, yellow only, 1 to 2-inch pieces, washed  
1 bunch flat leaf parsley, washed, picked, finely chopped

1 cup micro arugula or micro basil, (use regular size and cut if unavailable)  
Lemon vinaigrette, as needed

1/2 cup simple egg salad, eggs, mayo, mustard, salt and pepper  
1/4 cup creme faiche or sour cream  
2 tablespoons capers, roughly chopped  
4 Kalamata olives, pitted, brunoise

#### Method

Preheat a convection oven to 350°F. Place the arctic char, skin side down, on a parchment lined cookie sheet. Lightly coat the fish with olive oil. Season to taste with Kosher salt and cayenne pepper. Bake the fish to desired doneness. Allow fish to cool for 10 minutes and then chill in ice-box. When cool, sprinkle with herbs and lemon zest. Tear the fish into 2 inch shards (pieces) and keep cold.

Tear 1 12 to 14-inch sheet of aluminum foil. Place the red onion (unpeeled) on the foil. Coat evenly with olive oil, salt and pepper. Wrap the onion so it is airtight. Place on a cookie sheet and bake at 350°F for 45 to 50 minutes or until tender (it should feel like a ripe avocado when squeezed). Remove from oven and allow to cool. Peel the

onion, cut in half through core and cut each onion in half in julienne strips. Transfer to a bowl and toss with the vinegar and chill.

Pour Kosher salt on a cookie sheet and spread into a thin layer. Place the fingerling potatoes on the salt. Bake at 350°F or until tender. Allow to cool. Peel the potatoes and slice in 1/4-inch discs. Toss the potatoes with olive oil, salt, pepper and parsley. Chill.

Combine the shallots, salt and pepper in a medium mixing bowl (be liberal with the seasoning as this is how the flavor develops). Allow to sit for 5 minutes. Add the mustard and lemon juice and stir to combine. Whisk in the extra virgin olive oil in a steady stream. Chill.

#### To serve

In a medium bowl, combine the frisee, parsley and micro greens (or any mixed greens) with salt, pepper and lemon vinaigrette to taste. Place the greens on a serving plate or individual salad plate. In the same bowl toss the potatoes and red onion with salt, pepper, chopped parsley and lemon vinaigrette to taste. Place the potatoes around the salad greens. Garnish with a spoon or quenelle of egg salad, capers and pieces of char.



**Chef/owner Douglas Katz**  
Fire Food & Drink  
Cleveland, OH  
*Celebrity Chef Ambassador,  
Cooking for Solutions*

### Sustainable = organic. Not necessarily.

“Niches are great, but we have to be mainstream. Organic is only one-half to one percent of crop acreage. “We don’t want to do sustainable for yuppies. It has to be for everybody.”

son can help make a limited resource last longer and educate guests.

“Eating should not be stressful. But if everyone does something we can feel good about it. The average consumer doesn’t want to worry about it,” Moonen concluded.

#### Not just for yuppies

The opening speaker, Gene Kahn, founder of Cascadian Farms, is now vice president of sustainability for

General Mills. “Niches are great, but we have to mainstream,” he said. Organic is only one-half to one percent of crop acreage. “We don’t want to do sustainable for yuppies. It has to be for everybody. We don’t have a lot of time.”

At General Mills, he brings his years of experience to the issues with his company and their suppliers. “We deal with farmers who get angry and tell us they do try to save water, energy and chemicals,” he continued, “and they have.” Since 1980 pesticide use has dropped 12 percent and land use 10 percent. Kahn encourages the use of drip irrigation instead of watering with a center pivot and getting farms to reduce the nitrogen and nutrients entering the Mississippi which has created an ever-growing dead zone in the Gulf of Mexico. “We just want them to set timelines and specific targets.”

Public pressure is the only effective way to change policies. One distracting side effect of public pressure is, however, what Kahn calls “green washing.” Companies label products with misleading claims. Products such as chicken claim to be 100 percent natural even when they use antibiotics; or a “natural” oat bran cereal that is no different from any oat bran cereal. Questioning the labels and asking for specifics will lead producers to honesty.

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# BACK TO BASICS

with Executive Chef Paul Del Favero



Executive Chef Paul Del Favero

Bobby Flay may be the “star power” of Las Vegas’s Mesa Grill, but he has a valuable ally in Paul Del Favero.

By Rachel M. Sugay

It’s busy at Mesa Grill at Caesar’s Palace, and it’s only four in the afternoon. Even more surprising is that it’s the day after Thanksgiving where, traditionally, everyone stays home and recuperates after an excessive meal. While it’s evident that the “star power” of Bobby Flay is the draw in this restaurant, he does have an ally in Paul Del Favero, a long-time friend of the Iron Chef, and Executive Chef of Mesa Grill in Las Vegas.

The unassuming 48 year-old has an enviable 28-year track record – educated at La Varenne in Paris, France and recipient of numerous awards and honors, the most recent being One Michelin Star for Mesa Grill. His resume is an aspiring chef’s dream – apprenticeships at La Tour D’Argent and Le Toit de Passy, stints at Sir Terence Conran’s Blue Print Café in London; and several years as Executive Chef at famed East Coast establishments, Nick & Toni’s and The Maidstone Arms.

### The road to success

Lest you think this all came handed to him on a silver platter, it didn’t. He credits his parents for encouraging his passion for cooking, “I come from an Italian family. My mom was a great cook, and my dad had a big family and we were always gathered around the dining table. It was because of my parents that I got to go to La Varenne.”

He is not above doing what he calls “grunt work” either, adding, “My first job was as a dishwasher, then I worked my way up to being a busboy.” These days, you can still find him in the back room filleting fish, butchering meat or even washing dishes. “It can get very monotonous here in the kitchen because there’s a lot to do and everyone has their role to play, so sometimes I like to do this because it’s something different and I miss that, and I think that I have the respect of my kitchen staff because of this.”

### Kitchen camaraderie

The kitchen camaraderie is warm and genuine and it is evident that Del Favero holds his staff in high regard. “There’s so much to do and watch, that I don’t have the time to cook. I think that if you let me go against my line cooks, I couldn’t do it anymore. It would be a very humbling experience for me,” he adds. He shares an inside joke that the Las Vegas branch is known as the “Costco of bold food,” and says that Bobby Flay knows to look here if he’s looking for staff. In place is a policy that promotes staff from within, and that there are numerous opportunities to work your way up.

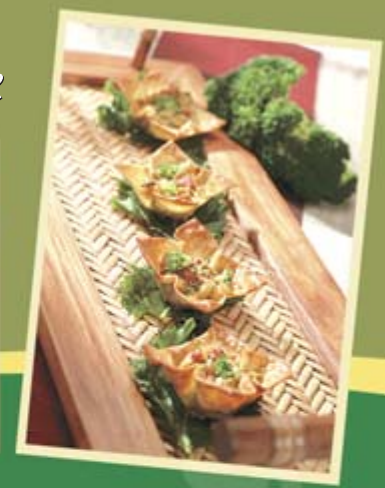
A traditionalist at heart, he believes that aspiring chefs have to go through the paces. “The kitchen is the best place to learn how to cook. In a school, you learn the basics, but in the kitchen, you learn shortcuts.”



Bobby Flay

Del Favero oversees a kitchen team of 45 people, as well as some 80 or so front-of-the house staff. The 180-seat restaurant serves approximately 22,000 diners per month, with an annual revenue of \$15 million. On average, Mesa Grill does about 500-600 covers per night, and that’s even in these tough times. This is worlds away from his background of working in smaller establishments in East Hampton. He shares that he overcame a big learning curve moving to Las Vegas and working for Bobby Flay. His 20-year friendship with Flay notwithstanding, he admits that there were initial concerns that he would be “burnt-out” and that he wouldn’t like it. He added, “He didn’t think it was for me. I was more of a hands-on chef before – doing 300-400 covers during our busiest period, plus it was dinner only. Now, it’s a thousand covers.” But he pushed “a little bit”

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## Mesa Grill Menu

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+ Ancho Pumpkin Seeds . . . . . \$11.00

### WILD MUSHROOM QUESADILLA

White Bean Hummus  
+ White Truffle Oil . . . . . \$14.00

### ANCHO CHILE-HONEY GLAZED SALMON

Spicy Black Bean Sauce  
+ Roasted Jalapeño Crema . . . . . \$32.00

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Sauteed Shrimp with Jalapeño Crema, Corn Salsa and Garlic Sauce  
See [www.culinarytrends.net](http://www.culinarytrends.net) for recipe



## Ancho Honey-glazed Salmon with Black Bean Sauce and Jalapeño Crema

### Jalapeño crema

1/2 cup crema (or sour cream or crème fraiche)  
1 large roasted jalapeño, peeled, seeded and chopped  
Salt and freshly ground black pepper, to taste

Place crema and jalapeño in a food processor and process until smooth, season with salt and pepper. Refrigerate for 30 minutes before serving.

### Black Bean Sauce

1 1/2 cups dry black beans, picked over  
1 small red onion, coarsely chopped  
2 cloves garlic  
2 chipotle chilies in adobo, chopped

1 teaspoon cumin  
Salt, to taste

Combine beans, onions, garlic, chipotle and cumin in a medium saucepan and add just enough cold water to cover by an inch. Bring to a boil, reduce heat and simmer until beans tender, adding more water if the beans appear dry. Transfer mixture to a food processor with a slotted spoon and add 1 cup of the cooking liquid and process until almost smooth, sauce should be a little chunky. Season with salt. If the sauce is too thick, thin with more cooking liquid.

### Ancho glazed salmon

1/3 cup honey  
1 tablespoon ancho chile powder  
1 tablespoon Dijon mustard  
Salt and freshly ground black pepper, to taste  
2 salmon filets (wild salmon is the sustainable choice)  
2 tablespoons walnut oil

Whisk together honey, ancho and mustard in a small bowl and season. Preheat grill or nonstick saute pan over high heat. Brush salmon with oil on both sides and season with salt and pepper. Place salmon on the grill, skin side down and cook until golden brown and crust has formed, 2-3 minutes. Brush the top of the salmon with some of the glaze, flip over and continue cooking until a crust has formed and the salmon is cooked to medium, 2 minutes longer. Remove from the grill, glazed-side up and brush with more of the glaze. To serve, spoon some of the black bean sauce onto a plate, drizzled with some of the jalapeño crema and set the salmon in the center, glazed side up.

**Chef Bobby Flay**  
Mesa Grill  
Las Vegas

and said, “Give me a shot.” Four and half years later, he’s still here and now calls Las Vegas home.

### The switch in cuisines

Perhaps the biggest learning curve of all was the switch in cuisines. While both Flay and Del Favero are classically-trained, Del Favero took a more traditional path, favoring Mediterranean, French, Italian and Spanish cuisine, while Flay, on the other hand, popularized Southwestern cuisine. “I think Bobby is really the draw here. The menu is Bobby’s, the food is Bobby’s – it’s his signature,” adding, “Sometimes Bobby comes up with something traditional, but then he puts his spin on it and it’s just amazing.” While Del Favero occasionally does “specials,” he still has to develop them with the “Southwestern theme” in mind.

While Flay visits Las Vegas branch “once or twice a month,” and is never more than a phone call or e-mail away, Del Favero says, “I’m happy that Bobby trusts me. He doesn’t micro-manage me, and I have a very good relationship with him and I’m very comfortable with that. We’ve been friends for over 20 years. He’s godfather to one of my sons.”

Still, there are some things he misses – such as the lack of neighborhood restaurants in town, the familiarity of cooking for “regulars” and the difficulty in finding locally grown, organic produce. Although heading-up a very profitable establishment such as Mesa Grill gives him a lot more “buying and bargaining power” with suppliers, he’s an East Coast boy at heart, favoring, for example, Ohio-based, The Chef’s Garden, for its micro-greens, herbs and specialty vegetables.

The busy father of two boys is a family man, first and foremost, although being a chef, it’s no surprise that he’s a strong believer in sitting down with your family for a meal and taking time to cook for them, saying, “We always try and put something healthy on the table. It’s something that people don’t do anymore, because everything is microwavable.”

His eyes light-up when he recounts his days living and studying in Paris. “I love that in France, I can find simple classic dishes like *hachis Parmentier*, pot au feu, or beef bourguignon.” He thinks that the American palate is “coming around” but believes that it still has a long way to go. Would opening his own restaurant be something he would consider? He’s open to the idea, but doesn’t see it happening anytime in

the near future. “I love those little ‘mom and pop’ places. If I had my own restaurant, I would serve a good mix of French, Italian and Spanish cuisine.”

### Mesa Grill, Las Vegas

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### BBQ Duck-filled Corn Pancakes with Habañero Sauce

(Serves 4)

Blue corn pancakes  
 1/3 cup blue cornmeal  
 1/2 cup all-purpose flour  
 1 teaspoon baking powder  
 Pinch salt  
 2 tablespoons honey  
 1 large egg, beaten  
 1/4 cup whole milk  
 1 tablespoon salted butter, melted

Combine the cornmeal, flour, baking powder and salt in a medium bowl. In a separate bowl, combine the egg, milk, honey and butter. Add to dry ingredients and mix until combined. Place a 6-inch nonstick pan over high heat. Spray with cooking spray and reduce heat to medium. Ladle 2 ounces of the mixture into the pan, swirling to evenly coat the pan with the mixture. Cook pancake until just set on first side, about 1 minute. Flip over and cook for an additional 20-39 seconds. Remove to a plate and repeat

all steps with remaining mixture, stacking the pancakes and covering with foil to keep warm.

#### Mesa BBQ sauce

2 tablespoons canola oil  
 1 large Spanish onion, coarsely chopped  
 5 cloves garlic, coarsely chopped  
 3 cups canned plum tomatoes and juices, pureed  
 1 cup water  
 1/4 cup red wine vinegar  
 1/4 cup Worcestershire sauce  
 3 tablespoons Dijon mustard  
 3 tablespoons dark brown sugar  
 2 tablespoons honey  
 1/4 cup molasses  
 3 tablespoons ancho chile powder  
 3 tablespoons pasilla chile powder  
 2 tablespoon pureed chipotle chiles in adobo  
 Salt and freshly ground pepper, to taste

Heat the oil over medium-high heat in a heavy-bottomed medium saucepan. Add the onion and cook until soft, 3-4 minutes. Add the

garlic and cook for 1 minute. Add the tomatoes and water, bring to a boil and simmer for 10 minutes. Add the remaining ingredients and simmer for an additional 30-40 minutes until thickened, stirring occasionally. Transfer the mixture to a food processor and puree until smooth, season to taste with salt and pepper. Pour into a bowl and allow to cool at room temperature. Sauce will keep for 1 week in the refrigerator stored in a tightly sealed container.

#### BBQ duck

1 cup Mesa BBQ sauce  
 6 duck legs, skin removed  
 3 cups chicken stock  
 1/2 cup Habañero sauce (recipe follows)  
 3 tablespoons cilantro, coarsely chopped  
 Salt and freshly ground black pepper, to taste

Preheat oven to 325°F. Generously brush the duck legs with the BBQ sauce and place them in a baking pan and pour stock and 1/2 cup of the Habañero sauce around them. Cover the pan, place in the oven and cook for 3 hours or until the meat begins to fall off the bones. Strain liquid and reserve. Remove the duck from braising liquid and let cool slightly. When the duck is cool enough to handle, shred the duck meat into bite-size pieces and discard bones. Cook the shredded meat with 1/2 cup of the BBQ braising liquid in a saute pan over medium heat

until heated through, add the cilantro and season with salt and pepper.

#### Habañero sauce

10 tablespoons rich chicken stock  
 1 cup apple juice concentrate, thawed  
 3 tablespoons dark brown sugar  
 2 star anise  
 1 cinnamon stick  
 1/2 Habañero pepper, coarsely chopped  
 1 tablespoon fennel seeds, toasted  
 Salt and freshly ground pepper, to taste

1. Place all ingredients in a large saucepan, place over high heat and reduce to 1 cup, approximately, 1 1/2 hours, stirring occasionally. Strain into bowl and season with salt and pepper.
2. Assemble pancake
3. Chopped cilantro, as needed
4. Mound a fourth of the duck mixture in the center of each pancake. Fold the pancake over the filling to make semi-circle and drizzle with Habañero sauce and BBQ sauce. Garnish with chopped cilantro.

**Chef Bobby Flay**  
 Mesa Grill  
 Las Vegas

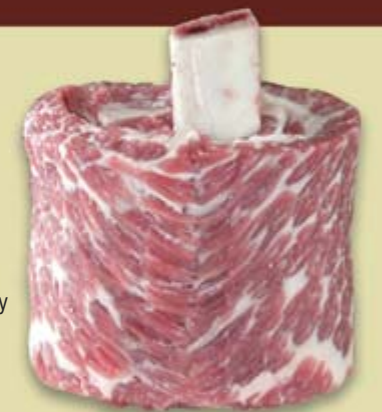


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# Chilean Cuisine

## Deliciously unfamiliar

An LA restaurant opens its doors to unique Chilean tastes

By Mary Crawford

Leading Chilean Chef Rodrigo Jofre recently presented his country's food at host restaurant Grace in Los Angeles. Coming from a country best-known for wine and fresh summer produce in winter, the dishes Chef Jofre made were unique and unexpected: eel gratin with Azap olive, corn puree and green chile salsa; leg and rib of lamb with merken, and lucuma mousse with mil hojas. The geography, generous climate and fertile land provide a harvest so bountiful, the Chileans have more than enough to share. The menu reflected the diversity of produce, meat, seafood and wine available to Chileans.

*GRACE* (grās) noun **1.** beauty or charm of form, composition, movement, or expression **2.** an attractive quality, feature, manner, etc. **3.** any of the graces **4. a)** a sense of what is right and proper; decency **b)** thoughtfulness towards others

Grace Restaurant in Los Angeles uses this definition in promoting the restaurant, and although it *could* be viewed as a slick campaign, Executive Chef and Co-Owner Neal Fraser demonstrated “a sense of what is right and thoughtfulness towards others” in

hosting Chilean Chef Rodrigo Jofre during Chilean Cuisine Week in Los Angeles. Living over 5,500 miles apart and sharing only a bit of each other's language and a love of cooking, one contributed his kitchen, equipment and staff; the other his recipes and unique ingredients to produce a memorable meal showcasing their skills and Chilean food products.

### Discovering Chilean cuisine

Most of us are familiar with salmon, produce and wine from Chile, but it has also become an outstanding producer of meats, poultry, and specialty foods. Chile's physical barriers of ocean, high mountains, desert, and glaciers protect the meat, poultry, and agricultural industries from parasites and diseases that plague most food-producing regions in the world. (An abundance of beneficial arthropods helps to decrease the population of pests, as well.) Chile has never experienced any known cases of avian flu or bovine Spongiform Encephalopathy (BSE).

Chile is a leader in maintaining the very highest standards of sanitation and the most advanced and humane techniques for raising

See **Chilean cuisine**, Page 30



### Pino de Empanadas (Beef empanadas)

(Yields 12 empanadas)

#### Meat Filling (Pino)

- 1 pound of ground meat
- 3 large onions
- 4 tablespoons of oil
- 2 tablespoons paprika
- 1/2 teaspoon of dried oregano
- 3 garlic cloves
- 1/2 cup raisins
- 3 hard boiled eggs, cut into quarters
- Salt and pepper, to taste and Chilean cummin

Cut the onions into brunoise. In a frying pan, put the oil, add the onion, the chopped garlic, paprika, oregano, salt. Once it is all cooked, add the ground meat and stir with a wooden spoon. Cook until the onion is transparent. Remove from heat and allow to cool.

#### Masa de empanadas

- 2 pounds of flour
- 3 tablespoons of vegetable shortening
- 2 level teaspoons of salt
- 1 tablespoon baking powder
- 1 cup of white wine
- Warm water

Form a circle with the flour. In the middle mix the remaining ingredients. As the dough is forming, add water little by little until the dough is soft and does not stick to your fingers. Allow it to rest one hour.

Divide the dough into 12 portions. Using a rolling pin, stretch the

dough out in round forms, the size of a small plate. When they have been stretched evenly, put the following in the center of the dough: 2 tablespoons Pino (meat mixture), a quarter of a hard boiled egg, two raisins, one black olive. Moisten the edges of the dough and fold in half, pinching the edge and folding it over, pinching it again, sealing it carefully. Place them on a previously greased cookie sheet. Once they are ready, mix the yolk of an egg with a tablespoon of milk and with a small paintbrush (or pastry brush) paint the egg mixture on top of the empanadas. Bake at a medium heat (350°F) for about 30 minutes or until they are golden brown.

#### Pebre de Tomates (Tomato Salsa)

- 2 medium onions, diced
- Salt, sugar and hot water, as needed
- 1 bunch of cilantro, finely chopped
- 3 tablespoons of crushed red pepper (spicy) in paste form
- 2 garlic cloves, chopped
- 2 tomatoes, concasse

- Olive oil, salt to taste
- 1 tablespoon lime juice
- 1 tablespoon vinegar
- 2 tablespoons water

Add sugar, salt and hot water to the onions to cover, then rinse, (this is to lessen the strength of the onion flavor). Drain and add cilantro. Add the remaining ingredients, mix well and let stand. Serve with empanadas.

**Chef Rodrigo Jofre**  
Meliá Patagonia  
Puerto Varas, Chile

livestock and poultry. Chile produces only all natural free-range beef. Their food products are prized worldwide for their purity and wholesomeness.

Gaining in popularity in Chile Chef Jofre cooked with merken – a unique blend of dried and smoked red chilies (ají cacho de cabra or goat's horn), toasted coriander seed and salt. Merken is produced in the Araucanía Region of Chile by indigenous people, the Mapuches, as it has been for centuries. Chef Jofre demonstrated the use of this spice, which is destined to become a classic next to Hungarian paprika and Spanish pimenton.

Cooking with new spices or with other chefs, Neal Fraser shows an enthusiasm for learning, a constant for good chefs. He began cooking in LA in his twenties, and enrolled in the CIA in New York in 1990.

After graduation, he returned to L.A. to work, which eventually led him to open Grace with partners Amy Knoll Fraser, Richard Drapkin and Brooks Townsend. Grace is named among the top 75 restau-

rants in Los Angeles by the LA Times and Executive Chef Fraser has the distinction of being the first Angelino to best Iron Chef Cat Cora!

There was only cooperation, however, when cooking with Chef Jofre, who also attended a top culinary school – INACAP in Chile. Named as “chef of the year 2005” in the city of Santiago de Chile, Chef Jofre currently serves as executive chef of Meliá Patagonia in Puerto Varas. There he oversees restaurants serving contemporary cuisine with traditional Mediterranean and Chilean dishes.

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7360 Beverly Blvd.  
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www.chileinfo.com

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Chef Rodrigo Jofre

# Culinary Snacks



## New air service to Mammoth Mountain culinary delights

Horizon Air flies to Mammoth Mountain daily from Los Angeles. Why should you care? Because even if you're not a skier or boarder, the winter scenery is spectacular and the restaurants are unparalleled in any Sierra mountain town. And now, you have a fast way to get there.

A 65-minute Horizon flight leaves LAX at 2:20 and arrives at Mammoth Yosemite Airport (MMH) at 3:25. The return flight leaves at 4:05 and lands at LAX at 5:10. Regular fares start at \$99 each way, and you'll travel on the Bombardier Q400, a 76 seat, turpoprop. Two rows of two-across seating with overhead bins and open space under the seat allow carry-ons.

The last commercial flight to Mammoth was in 1995. “A joint effort between the Town and Mammoth Mountain Ski Area worked to bring in air service,” said Karen Johnston, assistant town manager for the town of Mammoth Lakes.

If you plan to ski and eat on the mountain, on-mountain food service has been upgraded. Executive Chef Reed Heron is part of the Patina Group, which was recently hired to develop new menus and concepts. “We'll source about 60% local and organic. Our fish is all *Seafood Watch* approved,” Heron said. Menu items such as pancetta wrapped diver scallops, ragout of rabe, porcini and white beans have been added to the ever-popular burgers and chili bowl.

Just going for the scenery and culinary delights? You'll want to try The Inn at Convict Lake for romance, Skadi for an eclectic menu in a warm and friendly setting, Slocum's Grill for a fun cocktail hour and continental dining by the fire, The Mogul for a local steakhouse, Restaurant LuLu (from San Francisco) for a seasonal Provencal menu, and Lakefront Restaurant at Tamarack Lodge for 4-star intimate dining way out in the woods.

## Casa Laguna Inn wins Inn-Credible Breakfast Cook-Off

Bed and breakfast inns from North America competed for title in the “**Inn-Credible Breakfast Cook-Off**,” designed to recognize the best “inn” breakfast in North America.

Sponsored by Select Registry: Distinguished Inns of North America ([www.selectregistry.com](http://www.selectregistry.com)), the winner was **Casa Laguna Inn and Spa of Laguna Beach** in the “Professional Chef Category” with their dish “**Dungeness Crab Benedict with Choron Sauce, Fried Shallots & Curry Oil**” (See [www.culinarytrends.net](http://www.culinarytrends.net) for recipe).

Inn at Riverbend of Pearisburg, VA, received the gold in the “Innkeeper Category” with their dish, “Breakfast Sushi.”

The feted competition, now in its second year, celebrates and recognizes the best culinary talent and creativity of these exceptional inns and boutique hotels. Chefs and innkeepers participated in the competition, creating an original breakfast “main dish.” Though each recipe was unique, the one ingredient in common was eggs. Video highlights available at [www.selectregistry.com/cook-off](http://www.selectregistry.com/cook-off).

## Tips for tough times

Restaurant expert John Foley of AllBusiness.com shares new and tried and true methods of keeping your restaurant busy during the belt-tightening economy.

- Be Neighborly...** Offer neighbors a discount, a bounce-back on another visit, a complimentary meal when four people dine together...
- Recession Acquisition...** As strange as it may seem, now is the perfect time to buy another restaurant. Prices are down, owners are tired and if you have an idea for a multi-unit group and a little cash, times are perfect for culinary acquisitions.
- Amuse Bouche causes Word of Mouth...** Joe Rombi, the recent topic of a New York Times' story, has for a decade offered diners a complimentary Bruschetta before they order. It is a welcome tasting on the table and customers do mention the complimentary generosity. Create something – a signature that the chef can send out to welcome the guests. Word will spread and the advertising costs nothing.
- Competition Collaboration...** Stage an event with other restaurants in your neighborhood. Think about swapping customer lists.
- Kids eat free!** Have a midweek family night. Kids are not a major attraction in most white-tablecloth restaurants. Yet, in slow times, more mouths translate into more dollars.



Foley

## Tasting of Ceviche

(Serves 6-8)

- 1 pound scallops
- 1/2 pound abalone
- 1/2 pound sea bass
- 1 bunch cilantro
- 1 green and 1 red bell pepper
- 1 green onion (scallion)
- 1 red onion
- Lemon juice from 9-10 lemons, enough to cover
- 2 tablespoons canola oil
- 6-8 cloves garlic
- Salt and pepper
- Cumin
- Merken (a spice created by the Chilean Mapuches) made from dried and smoked chilies, toasted coriander seed and salt)
- 6 bunches microgreens



**Chef Rodrigo Jofre**  
Meliá Patagonia  
Puerto Varas, Chile

Dice the seafood, vegetables, garlic, and herbs and toss with lemon juice and canola oil. Season to taste with salt, pepper, cumin, and merken, and let marinate for at least one hour.

# Chef's Holiday

Places you would love to visit



## Classic Provençal Style – Le Mas Candille

Renowned chef takes lessons from his California experience back to Provence.

### Story and photos by Peter & Linda D'Aprix

Restaurant Le Candille, at Le Mas Candille is situated in France's glorious Provence, just inland from the famous Côte d'Azur. Executive Chef Serges Gouloumès only enhances guest experiences with his Michelin-starred cuisine at the hotel's restaurants.

Executive Chef Serges Gouloumès is one of the few major chefs in France who has not only visited the US, but has also gotten to know our country while serving as an executive chef for a number of years in Los Angeles.

Gouloumès, was born in Gascony in southwestern France. Seeking experience abroad, he found himself at loose ends in New York City where a promised job had fallen through. Having always wanted to visit California, he impulsively jumped on a flight and on his arrival quickly found a position at Ma Maison Hotel in Beverly

Hills. After he worked under Claude Terrail for a short time, he was then offered the position of executive chef when Terrail moved on.

"I enjoyed Los Angeles and America, but after four years I was homesick and decided to return to France. Did I change my style or methods while in the US or when I returned home? Not really," said the innovative chef. "Obviously suppliers and ingredients were different, but my style of cooking did not essentially change while I was in the US nor did I find I had to make changes to accommodate American tastes. And, I did not find that I learned anything that would alter my approach to cooking other than just the experience of being responsible for two hotel restaurants," Chef Gouloumès continued. He did see the normal maturing of abilities and an evolution of vision that came from a position of responsibility. "It gave me an opportunity to refine my style in spite of the administrative demands."

### Traveling around

Within a short while of returning to his homeland from Los Angeles, Chef Gouloumès enjoyed stints at the Méribel Restaurant at the Club Med Aspen Park in Savoie, followed by the Royal Plaza Hotel in Montreux, before he joined the Miramar Beach Hotel in Théoule-sur-Mer.

Then in 2001, he was offered the position of executive chef at the newly restored and reworked Relais et Châteaux member, Le Mas Candille. His mission was to create a high end restaurant, Le Candille, as well as the simpler but excellent poolside bar/bistro, La Pergola.

### Facing different challenges

He noted the biggest difference between being an executive chef in France versus the US was more to do with administration than cooking. The executive chef faces different challenges. With the French 35-hour maximum

workweek in force, Gouloumès had to hire a second shift of kitchen workers for the high season months. This added to his overhead quite dramatically and as a consequence, his menu prices rose as well. But like other chefs in this same position in France, he is limited in just how much he can raise them without losing too large a percentage of clients. Over the last few years, other chefs dealt with this problem by having smaller kitchen staffs, creating dishes that use more common elements, and menu items that can be largely created well in advance of the meal. Gouloumès has resisted this temptation.

The four-star luxury Le Mas Candille Hotel is situated just a tad inland from glittering jet-set Cannes on France's famed Côte d'Azur. Yet with its hillside setting, it has views of the sparkling Mediterranean from the terrace on a clear day and hills in the other direction. It is just a few miles, and a few minutes, from the Nice airport.

The architects have managed to blend classic Provençal style with modern in a way best mastered by the French and Italians. This applies to the cuisine of

Serges Gouloumès (awarded his first Michelin star in 2005) as much as it does to the expanded buildings and grounds of the hotel and spa just outside the village of Mougins.

The original old building that houses the restaurant and kitchens, public rooms, reception and bedrooms has been completely remodeled and oozes old world Provençal charm. A new ultra-modern swimming pool, a two-story set of rooms and the Shiseido Spa complete Mas Candille.

The establishment caters to your palate, eyes, and internal wellbeing as well as your physical comforts. Sip an aperitif in the shade with the scent of the umbrella pines and view the valley as it leads to the perfume town of Grasse on the next hill. Although the hotel is packed during the Cannes Film Festival, visitors can enjoy it year-round.

Dine alfresco on the dining terrace or in the dining room, which has glass walls that offer the same view as you dine. In good weather, the wall is open. In cold, you are kept cozy with the windows closed, but keep the magnificent view as the light changes.

### A blend of Provence and the Mediterranean

Chef Gouloumès creates an interesting blend of Provence and the Mediterranean with the occasional soupçon of his native Gascon. His is an inclusive style.

Like most top chefs, he insists on only the freshest of ingredients. He does not delegate the choice of produce, meats or fish, insisting on selecting everything himself. And he believes that flavors should be developed in limited combinations with just three general elements.

"Sometimes I start with a traditional recipe and then make changes to fit my own imagination and common sense; other times I take my inspiration from the ingredients themselves and experiment with matching tastes. The Mediterranean climate is conducive to a vast choice of vegetables, meats and of course very fresh fish. The possibilities are endless," he commented.

### The gourmet experience

Gouloumès also likes to share his love of cuisine by leading cooking classes. Starting with an early morning trip to Forville market in Cannes, his students are shown how to pick the best products. Returning to the kitchen,



Chef Serges Gouloumès

### Red Mullet (Rouget) Basquaise with Pata Negra (Serves 4)

#### Basquaise

- Oil, as needed
- 3 red peppers
- 3 yellow peppers
- 1 white onion, finely sliced
- 3 cloves garlic, peeled
- 2 branches thyme
- Salt and pepper, to taste

1. Oil the peppers, roll them in aluminum foil and cook in oven at 425°F for 15 minutes without burning them.
2. Place in a salad bowl and cover with plastic wrap, let cool.
3. Once cooled enough to handle, peel the skin off the peppers and remove seeds, then cut into 1 x 5 centimeters (5/8 x 2-inch) strips.
4. In a heated skillet, add a spoonful of oil, onions, garlic, and thyme without browning, and then add the peppers, salt and pepper.
5. Cook for 30 minutes over low heat (this can be done a day before).

#### Red Mullet Filets

- 24 thin green asparagus, peeled, trimmed and cut to uniform length
- 4 quail eggs
- 8 150-gram (5 1/2-ounce) red mullet (rougets) filets

1. Cook asparagus about 3 minutes in boiling salted water, then cool immediately in ice-cold water.
2. Fry quail eggs sunny side up.
3. Broil mullet filets in an oven dish, skin up, for 3 minutes.

#### To serve

Pata Negra or Parma ham, as needed



Espelette pepper corns (a red or pink pepper), to garnish  
Fleur de sel, to taste  
Olive oil, salt, pepper, to taste

1. Reheat the asparagus.
2. Place the Basquaise in the middle of the plate.
3. Arrange red mullet filets across the top.
4. Arrange 2 asparagus spears between each filet, 6 per serving.
5. Place quail egg as shown.
6. Set Pata Negra or Parma ham slices in a loose roll to one side, opposite the quail egg.
7. Decorate plate with pepper corns and the fleur de sel.

#### Chef Serges Gouloumès

Le Mas Candille  
Mougins, France

### Sea Bass Carpaccio with Pink Peppercorn; Almond Gazpacho with French Caviar (Serves 4)

- 240 grams (8 1/2 ounces) sea bass filet
- 50 grams (2 ounces) crushed raw almonds
- 10 centiliters (1/2 cup) milk
- Salt and pepper, to taste
- 50 grams (2 ounces) fresh fennel

4 slices confit tomato (these are freshly sun-dried tomatoes which are best if tomatoes are actually dried in the sun within a few days of using so that they do not become like leather but rather retain enough moisture to be pliable. Otherwise, if store-bought need to be used, sprinkle some water on them and let soften and moisten a bit.)  
1 branch tarragon sprigs

1. Thinly slice the bass filets with a very sharp knife then place between two sheets of oiled plastic wrap and pound to obtain thinner slices.
2. Place the resulting carpaccio in a 14 cm (5 1/2") circle and refrigerate.
3. Blend almonds in a food processor, until it resembles a crème anglaise of almonds, then pass through a sieve. Return to blender and add milk until a smooth liquid is obtained; season and refrigerate.
4. Finely chop fennel and cook in 1/4 cup water. Season, then drain after cooking.
5. Cube the tomatoes, add tarragon.

#### To serve

Lemon oil (purchase or see included recipe), as needed  
Fleur de sel, to taste  
Espelette peppers (from southwest France) or pink peppercorns, as garnish  
Slivered almonds, as garnish



25 grams (1 ounce) caviar, formed into quenelles  
4 shiso or perilla sprigs (family of mint from India and East Asia)

Drizzle lemon oil on the center of the plate; arrange carpaccio, season with more lemon oil, fleur de sel and peppers. Pour almond milk around the carpaccio, arrange a spoonful of fennel, tomato cubes, tarragon sprigs, and slivered almonds around the outside of the carpaccio but on top of the milk to make a design. Place a caviar quenelle in the center with a sprig of shiso or perilla.

#### Lemon Oil

Zest from 1 lemon, finely chopped  
1/2 cup extra-virgin olive oil

Place the lemon zest into the oil and marinate for several days. Can be used as is or strained.

#### Chef Serges Gouloumès

Le Mas Candille  
Mougins, France

he gathers participants around the stove to prepare said products. He shares his recipes, sleights of hand and advice about preparing these ingredients. The students are then whisked off to the dining room with eager appetites.

A tasting of regional wines by the head sommelier rounds off this gourmet experience. Picking the right wine for the dish is an important consideration for the chef as well. He advises, "The easy way to avoid an ordering disaster is to listen to what the maitre d'hôtel and sommelier have to suggest. Order, taking into consideration your budget and what kind of food you like." Le Candille has an excellent wine list with very drinkable wines at all prices with many local wines.

An enthusiastic and passionate chef as well as an engaging and outgoing individual, Serge Gouloumès is found on French TV showing his recipes. He made a big splash in this September festival event in 2007 with his recipe for *Gambas* (shrimp) with a cream of *petits pois* and an emulsion of Thai herbs.

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*Peter D'Aprix is an experienced international photographer and journalist. He has a B.S. in Journalism from Boston University School of Public Communication and a B.F.A. from the Los Angeles Art Center College of Design as well as spending two years at the American College of Paris.*

*Linda D'Aprix, a professional food writer and culinary expert, has taught cooking classes in Ojai, California. She spent nine years in advertising.*

*The couple divide their time between homes in Ojai, California and Provence, France. They not only photograph food at top and up and coming restaurants, but seek out new chefs at home and abroad to feature in their stories as well as translate recipes.*

### Chilled Peaches with Langoustines (Crayfish) in Creamy Champagne Vinaigrette

(Serves 4)

#### Champagne vinegar sauce

2 shallots, thinly sliced  
 10 grams (1/2 ounce) butter  
 1/4 cup champagne vinegar  
 9 ounces whipping cream, divided  
 Salt and pepper, to taste

1. For the champagne vinegar sauce (cappuccino) sweat shallots with butter without browning, then deglaze with champagne vinegar, reduce until liquid has evaporated.
2. Then add 7 ounces of the cream and reduce by half over low heat.
3. Blend in food processor, pass through sieve, season and set aside.
4. Just before serving, whip the balance of the cream and fold into the sauce. Serve warm on presentation.

#### Langoustines

16 shelled langoustines (crayfish), about 4-inches long without heads  
 1/4 cup olive oil

Cook the langoustines on backs in a skillet with olive oil, placing them along the edge of the skillet so that they take on a rounded shape.

#### To serve

4 peaches (white or yellow), peeled  
 Chives, thinly sliced as garnish



Parsley sprigs, as garnish  
 Chervil sprigs, as garnish  
 Tarragon sprigs, as garnish  
 Fleur de sel (sea salt; Chef Gouloumès uses Sel de Guerande but any good sea salt will do) and freshly ground pepper, to taste

Arrange peach slices in the center of a rectangular plate, slightly overlapping each slice. Sprinkle with chives, leaving space on each side for the champagne sauce. Gently pour the sauce around the outside of the peaches. Intersperse the parsley, chervil, and tarragon sprigs, add langoustines seasoned with fleur de sel and pepper.

#### Chef Serges Gouloumès

Le Mas Candille  
 Mougins, France



## Star chefs compete at Chef's Garden 2008

More than 1,100 food enthusiasts – a record attendance – recently gathered with world renowned chefs and volunteers at the The Chef's Garden and The Culinary Vegetable Institute in Milan, Ohio.

Known as the Chef's Garden Food & Wine Celebration, the annual event, now in its sixth

year, raises funds to support the hands-on education of fourth graders across the nation. It features culinary creations from more than 30 chefs from upscale restaurants and choice vineyard wines. Guests sample the finest in cuisine, sit in on wine and cooking demos, and bid on fantastic resort and dining packages during a live auction.



Vigneron

### The 2008 Star Chef Cook-off

The Star Chef Cook-off, featuring Chef Marcel Vigneron of Bravo TV's *Top Chef Season 2*, is a big draw at the event. Vigneron emerged the winner of this year's competition that also featured Chefs Celina Tio of *julia(n)*, opening soon in Charlotte, North Carolina; and Don Yamauchi of *Forte* in Birmingham, Michi-

gan. Each chef and a sous chef created two dishes that highlighted products from The Chef's Garden and two main sponsors – Smithfield Innovation Group and American Grass Fed Beef. The dishes were judged by national food editors: Jody Eddy, Executive Editor of *Art Culinaire*; Bret Thorn, editor of *Nation's*



Judges Fred Mensinga and Michael Symon applaud as Marcel Vigneron (from back) presents Steelite products to fellow participants in Cook-Off.

*Restaurant News*; and Chef Fred Mensinga, founder and chairman of the editorial board of *Culinary Trends*.

**For more information or for tickets to next year's Food & Wine Celebration on July 18, 2009, call 419-499-7500 or go to [www.veggieu.org](http://www.veggieu.org).**

### Sustainable Agriculture at The Chef's Garden

At The Chef's Garden®, there is a commitment to sustainable agriculture. Sustainable agriculture is a broad spectrum approach to natural farming. This particular agriculture system allows Chef's Garden to provide the optimum in flavor, yet not ruin the land or contaminate the people, environment or ozone. As opposed to conventional farming, which can be defined as a mining process in which each year the soils are depleted of vital nutrients, sustainable agriculture is a building of the soil year after year. For example, Chef's Garden uses only the very green cover plants that grow in fallow land as recipe ingredients in their compost. These put the proper nutrients back into the soil.



## Alaskan King Crab California Spring Roll Banana & Thai Peanut Vinaigrette

(Serves 10 guest appetizer)

### Sushi rice

- 1/2 cup good quality jasmine rice
- 1 tablespoon sugar
- 1 1/2 teaspoon salt in 1/4 cup vinegar

Rinse and drain rice 3 times. Bring to low simmer; turn down heat and let cook for 20 minutes. In separate pan over low heat dissolve sugar and 1 1/2 teaspoon salt in 1/4 cup vinegar. Remove rice from heat and fold in vinegar mixture, cool in refrigerator.

### Thai peanut vinaigrette

(yield 1 cup+)

- 1 1/2 ounce sesame oil
- 1 1/2 ounce low sodium soy sauce
- 1/2 cup peanut butter
- 1 teaspoon garlic
- 1 teaspoon ginger
- 3 ounces rice vinegar
- 4 ounces canola oil
- 1 teaspoon chili flakes
- 1 teaspoon each white and black sesame seeds
- 2 tablespoons hot vinegar

Place all ingredients except sesame seeds in blender and blend for 20 seconds, pour into container, season, and stir in sesame seeds! If emulsion breaks, add vinegar.

### Spring rolls

- 1 package spring roll skins
- 3 legs Alaskan king crab (shelled)
- 2 large ripe bananas
- 1 package seaweed
- 1 cup Thai peanut vinaigrette
- 1 1/2 cup sushi rice
- 1 pinch sea salt
- 1 bunch cilantro

Fill bowl with hottest water attained from sink. Carefully dip spring roll skin into hot water submerging all the way, let sit several seconds until skin becomes bendable. Pull and place on clean dry work surface. Repeat 5 times. Place rice down in strip (wet fingers if needed), banana, seaweed, crab, cilantro and sprinkle lightly with fine sea salt. Roll snug and place in pan covered with wet towel. To plate: spoon circle of vinaigrette on bottom of plate, cut spring roll into three pieces and place each positioned differently on plate, add cilantro and chopped peanuts.

These delicate Vietnamese style spring roll packets are a wonderful light first course or can be passed hors d'oeuvres. They pair great with a good California sauvignon blanc.



**Chef Adam Navidi**  
The Californian  
Hyatt Huntington Beach

## “Magic” Ramen with “Pork” Soup

(Serves 1)

This dish is made with soymilk, soy sauce and tofu shirataki noodles. Mushrooms are a healthy substitute for pork and tofu shirataki noodles substitute for ramen noodles. It's easy to prepare and makes a delicious, healthful noodle soup.

- Salad oil, as needed
- 1 leaf cabbage, cut into bite-size pieces
- 1 inch carrot, (thinly chopped, see photo)
- 1/4 onion, thinly sliced
- 2 ounces bean sprouts
- 2 ounces your favorite mushrooms
- 1 pack tofu shirataki noodles, rinsed and drained (available in Asian markets)
- 2 cups soymilk, organic
- 1 cup chicken bouillon
- 1 tablespoon soy sauce
- 1/2 teaspoon sesame oil
- 1 teaspoon olive oil
- 1/2 teaspoon white pepper

Heat a frying pan with salad oil. Add cabbage, carrot and onion. Stir fry on high heat. Add bean sprouts and mushrooms. Bring to a boil. Add



soy sauce and sesame oil. Lower heat to simmer for 2 to 3 minutes. Add olive oil and sprinkle white pepper. Serve. Add some shrimp and squid if desired.

### Chef/author Keiko Tanaka

Photos by Lenin  
Japan-Ease

90 Days of Quick &  
Delicious Diet Recipes



## Scallop Sandwich

(Serves 1)

- 1 day boat scallop
- 1 thin slice of prosciutto
- 1 blood orange reduction
- Juice of 1 blood orange
- 1 ripe black plum

Heat sautéed pan, pan sear scallop for 5 minutes on each side. Add salt and pepper.

Set aside.

Cut scallop in half.

To make blood orange reduction, reduce orange juice in a saute pan for about 10 minutes on low heat or until syrupy.

### To assemble

Place blood orange reduction in bottom of plate. Add half of scallop in the middle. Place plum on top of scallop. Place prosciutto on top of plum. Cover with the other half of scallop. Garnish with blood orange segment and micro greens

### Executive Chef Vania Almeida

Belamar Hotel  
Manhattan Beach, California



## Applewood Smoked Bacon Wrapped Pork Tenderloins with Fuji Apples and Dandelion “Persillade”

(Serves 4)

1 gallon apple cider  
 2 pork tenderloins, about 16 ounces each  
 8 ounces Applewood smoked bacon (thinly sliced)  
 Sea salt and freshly ground pepper, to taste  
 4 cloves garlic  
 1 tablespoon grapeseed oil  
 1/4 cup cream  
 2 Fuji apples  
 1/4 cup grapeseed oil  
 1 bunch of dandelions  
 1 large shallot  
 1 tablespoon butter  
 Cider vinegar, to taste  
 2 tablespoons butter

Put apple cider in a large pot and reduce it down to about 1 cup. Set aside.

Trim the pork tenderloins by removing any fat and all of the silver skin. About 1/3 of the way up the tenderloin starting at the tail, make a cut about 3/4 of the way through the filet and then fold the tail part under. This should give you a nice even filet.

Spread a large piece of plastic wrap out on a cutting board and lay the thinly sliced Applewood smoked bacon in a shingle pattern slightly overlapping the previous piece. Season the pork tenderloin with salt and pepper and place at the beginning of the prepared bacon. Using the plastic wrap to help fold the bacon over the filet, wrap it tightly covering the entire tenderloin. Leave the plastic wrap on the filet until you are ready to cook the pork. Do the same with the second pork tenderloin.

Peel the garlic and blanch it three times in clean water each time. Heat a small sauté pan with grapeseed oil and sauté the garlic until

lightly brown. Add the cream and reduce by half. Put the garlic and cream into a blender and blend to a fine puree. Set aside.

Peel the apples and cut into 12 nice round disks. Remove the core with a round cutter. In a hot sauté pan, add 1/4 cup of grapeseed oil and add the apple rings. Sauté until nicely caramelized. Remove onto a plate lined with a paper towel and set aside until you’re ready to serve the dish.

Put a large pot of water on the stove and add enough salt to make as salty as the sea. Meanwhile, wash the dandelion greens to remove any dirt or sand. When the water is boiling, blanch the dandelion greens and remove from the boiling water. Plunge into ice water in order to stop the cooking. Drain the dandelions and squeeze out as much water as possible. Chop into smaller pieces. Peel the shallot and chop as finely as possible, set aside.

Heat the oven to 400°F. Season the outside of the pork tenderloins with salt and pepper and sear in a hot sauté pan with some grapeseed oil. When the pork is nicely browned all the way around, remove it from the pan onto a roasting pan with a rack and roast in the oven for 18-20 minutes until medium. Remove from the oven and keep in a warm place but allow to rest for 10 minutes.

While the meat is resting, put the apples into the oven to warm them. In another sauté pan, sweat the chopped shallots in a tablespoon of butter. Add the chopped dandelion greens and continue to sauté, add the roasted garlic and combine. Season to taste with salt and pepper. Heat the cider reduction, whisk in the butter and season to taste with salt and pepper. If needed, add a couple drops of cider vinegar to balance the sweetness of the sauce.

To plate, put three apple rings down on each plate. Top each apple ring with some of the dandelion greens. Slice each pork tenderloin into six pieces and put one slice of the pork on top of each apple. Spoon the cider reduction around the plate.

**Chef/Partner Mark Dommen**  
 One Market Restaurant  
 San Francisco



## Crispy Skin Barramundi with Black Olive Vinaigrette, Oven-roasted Tomatoes & Grilled Vegetables

(Serves 1)

Olive oil, as needed  
 1 8-ounce barramundi (skin on scored side)  
 5 ounces grilled vegetables (recipe follows)  
 1 half oven-roasted tomato (recipe follows)

Heat olive oil in saute pan to medium-high. Place fish, skin side down, into saute pan and grill until crispy and golden brown. Turn fish and finish in salamander.

Plate grilled vegetables and tomato as shown in photo. Heat in salamander. Plate fish (skin side up) over vegetables and top with black olive vinaigrette.

### Black olive vinaigrette

6 cups finely diced tomatoes  
 1/4 cup sliced Kalamata olives  
 1 teaspoon minced garlic  
 2 shallots minced  
 1/2 cup chopped parsley  
 1 teaspoon fresh thyme  
 1/2 cup champagne vinegar  
 3/4 cup olive oil  
 Zest of 2 lemons

Blend all ingredients and keep chilled.

### Grilled vegetables

10 zucchinis, cut in half lengthwise  
 10 Japanese squash, cut in half lengthwise  
 10 red bell peppers, cut into 1 1/2-inch strips  
 4 red onions, cut into 3/4-inch rings  
 Basting oil, seasoned to taste

Baste vegetables with seasoned oil. Grill on high heat on mesquite broiler until al dente. Cut vegetables into section as needed to plate and chill until service.

### Oven-roasted tomatoes

20 Roma tomatoes, ends cut off and cut in half, lengthwise  
 Basting oil, as needed  
 1 teaspoon kosher salt  
 1/2 teaspoon sugar

Place wire grate over sheet pan. Place tomatoes on grate, skin side down. Baste tomatoes with oil and sprinkle with salt and sugar. Bake in 275°F oven 40 minutes. Chill until service.



**Executive Chef Brian Hirsty**  
 Bluewater Grill  
 Tustin, California

## Nobu Miami: The Party Cookbook

By Nobu Matsuhisa and Thomas Buckley  
Kodansha International  
\$39.95

The seafood flavors of Florida's coast abound in this eye-popping book from Nobu Matsuhisa and Thomas Buckley. The recipes are drawn from the menu of Nobu Miami, celebrated for creating festive flavors with influences from Japanese, Peruvian and Latin-American cuisines. The chapters are broken down into Finger Foods, Luncheons, Intimate Dinners, Nobu Classics, and Desserts. Inspired appetizers and an assortment of small plates make up the bulk of this heavily-illustrated book. The recipes are not toned down for the home kitchen. Most involve complex components and require the sourcing of unique ingredients. The full page photos of each recipe serve as a great tool for plating inspirations and serving styles.

The flavor combinations will intrigue you, as will the artful presentations, bursting with color. Finger food highlights include "Braised Crispy Octopus in Edamame Puree (see page 11 this issue)", "Mussels with Citrus Chile Sauce (see page 10 this issue)" and Sake Steamed Abalone Chalaca. The Nobu Classics are even also given twists with the "Black Sea Bass with Jalapeno Miso" and "Ankimo with Roasted Red Pepper Miso." An extensive appendix includes the recipes for all of the base broths, misos, stocks and sauces used in the recipes, as well as a glossary listing further information on some of the less common ingredients. — CN

## A day at elBulli

Ferran Adria, Albert Adria and Juli Soler  
Phaidon  
\$49.95

This is perhaps the ultimate coffee-table book for foodies, offering an intimate look at how the man Joel Robuchon called "the best cook on the planet" runs his restaurant outside of Barcelona, Spain. If you want to know how the kitchen takes on the *mise en place* tasks or how the front room staff readies the terrace and two rustic dining rooms, the story is told in a thousand color photographs and brief captions. There are wonderful close-ups of food preparation and interesting depictions of the interaction of the staff with the 50 daily guests who arrive over the six-month season. For lovers of detail, there are actual kitchen organization sheets, daily shopping lists, guest order sheets and a daily menu. The only heavy reading is found in the three-part, 20-plus page discussion of Adria's "Creative Methods."



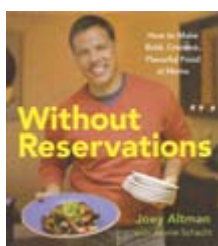
Want a table? The reservation system that selects 8,000 guests from a reported 2 million requests is detailed, but no there are no helpful hints on getting in.

Finally, this is not a cook book, but yes, there are numerous recipes for each course, and they include specific instructions for finishing and preparation of the dishes. Most can be prepared without any of the special molecular gastronomy equipment for which Adria is so well-known. Good luck! — RN

## Without Reservations: How to Make Bold, Creative, Flavorful Food at Home

By Joey Altman with Jennie Schacht  
Wiley  
\$35.00

San Francisco's Joey Altman currently hosts *Bay Cafe*, a local Bay area show that has won two James Beard Awards. Chef Altman trained in France, and worked at Commander's Palace in New Orleans and Stars in San Francisco among others.



"Diners now want novelty and excitement in every bite," says Altman. "There is no place in the menu for any slack." What can restaurant chefs get out of this book? It's the recipes. I started with the weak link

in my dinners — the side dishes. Those diners who push the vegetables around the plate and leave a lot for the garbage disposal. A wise restaurateur looks to see what gets left at the end of the meal.

Balsamic-Roasted Mushrooms requires only eight ingredients, is fast and easy to prepare, and explodes with flavor in every bite. And that's just with ordinary white mushrooms. Imagine a medley of exotic mushrooms.

The Asparagus with Mint and Garlic with only eight ingredients was amazing. My finicky eater said, "It doesn't really taste like asparagus, it has a new flavor all its own." No leftover mushrooms (everyone ate double portions), but Chocolate Crackle Cookies come to the rescue. Made with exquisite French walnut oil, these treats are crispy on the outside with a cake-like interior. They deliver a generous hit of premium chocolate. — CG

## One & Only Palmilla Spa Cuisine

By Charlie Trotter  
Chef Charlie Trotter Publications  
\$39.95

Charlie Trotter's spa food cookbook is spa food and a whole lot more. First of all, it is a feast for the eyes. Of some 221 pages, about 76 are recipes and gorgeous full-page, full-color photos of chef Trotter's stunning cuisine.

Chicago photographer Kipling Swehla has filled the remaining pages with images of the resort art photography of



the highest order. I was talking with a chef acquaintance of mine about how I was so excited by this work. He told me that it was one of those coffee table books, to be admired but not taken seriously as a working cookbook. He's wrong.

I made the recipe for Grilled Chicken with Quinoa Tabbouleh and Parsley Vinaigrette and it was delicious and not at all difficult to make. The hard part is the conception and creation of these dishes and plating them to arrive at such astonishing beauty.

It's just food, just like Vermeer's paintings are just oil on canvas. Many artists-in-training can copy an old master painting with a good result, but it is the creativity of the master who conceived the work that is hard to grasp.

For less than \$40, where else can you get a series of cooking lessons taught by a master chef? You can even write it off on your taxes as an educational expense. — LM

## Bocuse in Your Kitchen

by Paul Bocuse  
Flammarion  
\$29.95

If you don't have a copy, it's a good time to pick up the new version for your self. It's stuffed with serious comfort food. Macaroni au Gratin, with no gooey white sauce, is perfect. Butter and cream give it richness, and though it calls for Swiss cheese, I like to make it with French gruyere. It has just the right chewy texture.

There are a lot of egg preparations, fast and easy. There is an Eggs Poached in Beaujolais for four that calls for a whole bottle of wine. Thickened with *beurre manie*, it makes a fine sauce.

The key word here is bistro — not fine cuisine, but casual fare that is always welcome and delicious. Familiar and comforting, it is affordable, and with excellence in preparation can yield a low food cost and a good profit. Always popular, this kind of dining is especially suited to tough economic times when so many people need to cut back on dine-out expenses. — CG



## Cooking from the Heart of Spain: Food of La Mancha

by Janet Mendel  
Wm Morrow  
\$24.95

Janet Mendel is a freelance journalist who has made her home in Spain for 40 years. She is a celebrated authority on Spanish food and has won acclaim for her previous books, *My Kitchen in Spain* and *Traditional Spanish Cooking*.

For a food lover it is a marvel. People in Southern California tend to confuse Mexican and Spanish culture and food. There are some similarities, but because Spain is a Mediterranean country, it is apt to be more like other countries with a similar climate. Olive oil reigns supreme in Spain.

There is great interest in pimenton, known as paprika. Many Los Angeles restaurant purveyors have several

brands of the spice on hand. The Hungarians called it paprika, and it has been sprinkled on deviled eggs in this country for generations. The true pimenton has at least three variations, sweet, bittersweet and spicy-hot. She also explains how most of the spice in Spain is used for sausage-making.

Chefs have to look to all the foods in the world. The rewarding side of this perspective is that the available foods of the world plus the number of possible recipes for their preparation is astronomic. — CG



## The Best of American Beer & Food: Pairing & Cooking with Craft Beer

by Lucy Saunders  
Brewers Publications  
\$22.95

Lucy Saunders has studied the craft brewing movement for 20 years and is a popular speaker

on the topic, as well as an author of two earlier works, *Cooking with Beer* and *Grilling with Beer*.

There are recipes and tips from chefs for everything from appetizers to desserts. The recipes cover the U.S., with especially useful sections on California.

Chefs and brewers contributed recipes they have developed. All involve cooking with beer or are recipes intended to pair with their local brews. One especially caught my attention: Roast Turkey with Samuel Adams Old Fezziwig Ale Bread Pudding. The rich, savory bread pudding would be a novel addition to any menu.

There are helpful sections on pairing beer with cheeses and also with chocolate. Caterers and party planners can readily use this information to create fun events that can accommodate any budget. — CG

## Bon Appetit: Fast Easy Fresh Cookbook

Barbara Fairchild  
Wiley, 707 pages  
\$34.95

Any long-time reader of Bon Appetit magazine will want this compendium of over 1,000 recipes, inspired by the "Fast Easy Fresh" section of the magazine. This is not a book that provides inspiration for signature dishes. It's one you might turn to when wanting to cook a common meal with a different twist but without complication. The recipes are organized by courses from appetizers and small bites through entrees, desserts and beverages, most with easy-to-find ingredients.

For your non-professional friends learning their way around the kitchen, there are tips to simplify meal preparation and buying guides for fresh, seasonal foods. Unfortunately, most recipes are not illustrated and what color photos there are don't correlate easily with adjacent nearby recipes — you have to refer to the index. On the plus side, there are good suggestions for pairing the recipes with other dishes. — RN

## Is this a new magazine? Yes, and no.

You may be among the 10,000 chefs in California and Nevada who are holding this magazine and asking “where did it come from?” Let us explain. Culinary Trends is the first national culinary magazine to be reintroduced as a regional magazine for executive chefs, and this is *the second issue* as a regional magazine.

Culinary Trends has always been all about the food—and it still is. Now it can be about your food. We want to include you and your favorite creations. Write and tell us what makes your dishes unique—send a picture of the food if you have one. And if you’re a chef who also has a passion for the pen (or should I say the keyboard), consider contributing articles about what you know best in the culinary field. Let us hear about what you’re cooking and where you’re serving it. Write to our editor, Linda Mensinga, at [Linda@culinarytrends.net](mailto:Linda@culinarytrends.net).

It’s hard to be a magazine about trends in the culinary world without constant input from great chefs. We are pleased to announce that the following leading-edge chefs have accepted the invitation of our founder, Chef Fred Mensinga, to serve on the editorial advisory board — **Richard J. Neubauer**, Publisher

### Editorial Advisory Board

*In alphabetical order:*

**Pierre Albaladejo**, Executive Chef, Four Seasons Aviara, Carlsbad, California. Before Aviara, the French-born Albaladejo spent five years as executive chef at the Four Seasons Wailea on Maui.

**Frederic Castan**, Executive Chef, St. Regis Monarch Resort, Dana Point. French-born and trained, Castan developed a passion for cooking from his mother in Provence. He was named the 2000 Chef on the Rise in America and the 1994 Chef of the Year of Southern

California Les Toques Blanches, and was elected to Maitres Cuisiniers de France.

**Azmin Ghahreman**, Founding Chef, Sapphire Laguna, Laguna Beach. Before opening Sapphire, Chef Ghahreman held executive chef positions at various five-diamond and five-star Four Seasons Hotels throughout the world.

**Josef Lageder**, Executive Chef at Balboa Bay Club & Resort, Newport Beach. The Austrian-trained chef’s First Cabin restaurant won the prestigious Star Diamond Award.

**Vesa Leppala**, Executive Chef, Harrah’s Rincon Casino, San Diego. Leppala oversees six restaurants within the casino. She has served as executive chef and regional executive chef in top hotels and resorts all over the globe, including the Kapalua Bay Hotel in Maui.

**Fred Mensinga** is the founder of Culinary Trends magazine and the long-time Executive Chef at the Anaheim Hilton, where he has cooked for two sitting U.S. Presidents and oversees both restaurant and banquet kitchens. Chef Mensinga is the former chairman of Les Toques Blanches International.

**Bradley Ogden**, celebrated chef, author and restaurant consultant, is the culinary genius behind nine California restaurants from San Francisco to San Diego, plus Bradley Ogden at Caesar’s Palace, Las Vegas, which won the Restaurant of the Year award from the James Beard Foundation. The American Culinary Institute named him Chef of the Year for 2000.

**Charlie Trotter**, world-renowned chef and founder of Charlie Trotter’s in Chicago, “C” in Los Cabos, Mexico and the new Restaurant Charlie at the Palazzo, Las Vegas. He was named Outstanding Chef by the James Beard Foundation in 1999 and is the author of 14 cook books and three books on restaurant management.



(See below for answer)

## Moving Along



Redzikowski

Bond St. has appointed a new executive chef, co-owner Steven Durbahn announced.

**Brian Redzikowski** has taken the reins at the Beverly Hills outpost of this classic New York eatery. Prior to coming to Beverly Hills, Redzikowski served as executive sous chef to Chef Akira Back at the Japanese fine-dining restaurant, Yellowtail at the Bellagio, Las Vegas.

**Christopher Lee** is the chef for the new Suite & Tender at Se San Diego (until recently known as Setai Hotel in San Diego). He worked most recently at Gilt in the Palace Hotel, New York.

**Executive Chef Leanne Kamekona** announced that Rancho Las Palmas Resort & Spa, Rancho Mirage, CA, welcomes Shannon Olvera as Chef de Cuisine of bluEmber. Previously, Olvera was at Tommy Bahamas Restaurant in Las Vegas.

The Wyatts, owners of Marché Bacchus French Bistro & Wine Market in Las Vegas, are pleased to announce that **Jean Paul Labadie** is now executive chef. Labadie brings more than 14 years of professional experience working in a variety of Emeril Lagasse’s restaurants, most recently, Table 10 in the Palazzo Hotel and Resort in Las Vegas.



Labadie

The Balboa Bay Club & Resort welcomes new **Banquet Chef Michael Doyle**, who worked most recently at the Beverly Hills Hilton.

*Readers: Be your own publicist: e-mail your picture and where you’re moving (or recently moved) along with a few sentences about your training and experience. Send to [Linda@culinarytrends.net](mailto:Linda@culinarytrends.net).*



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Trends

*Magazine*

**Mid-Winter 2009**

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