

CULINARY
Trends

Magazine

Early Summer 2009

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Cuts: Cheap to Chic

House-made
Charcuterie

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IS ON OUR MIND

Grilled Bavette Steak,
Duck Fat Potatoes
and Bordelaise



Early Summer 2009

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CALIFORNIA & NEVADA

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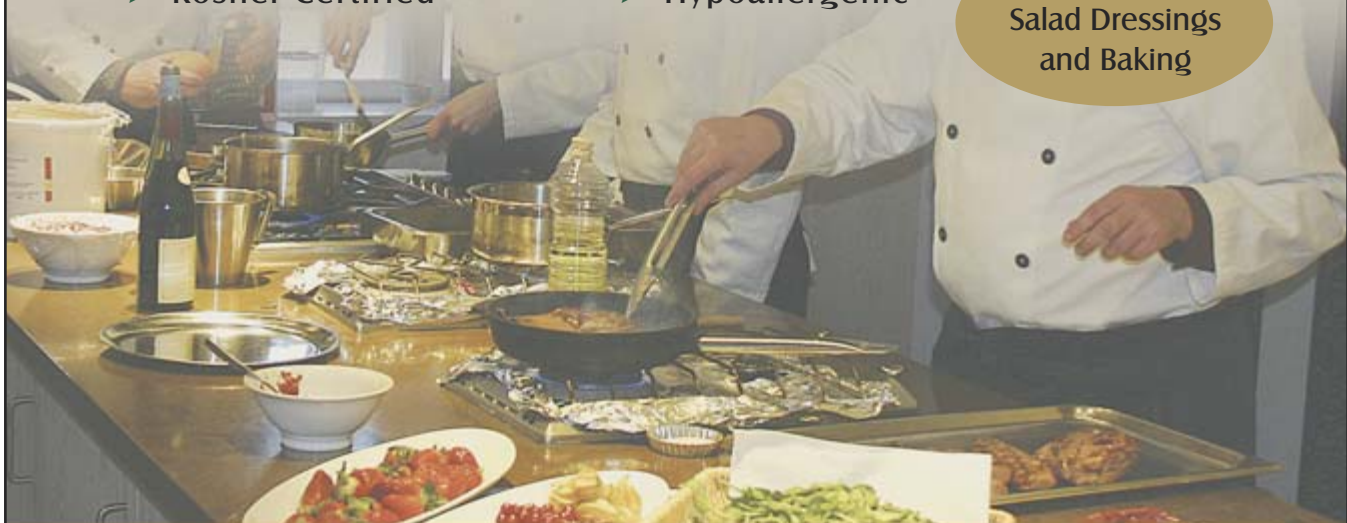
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Charcuterie Plate at Spruce



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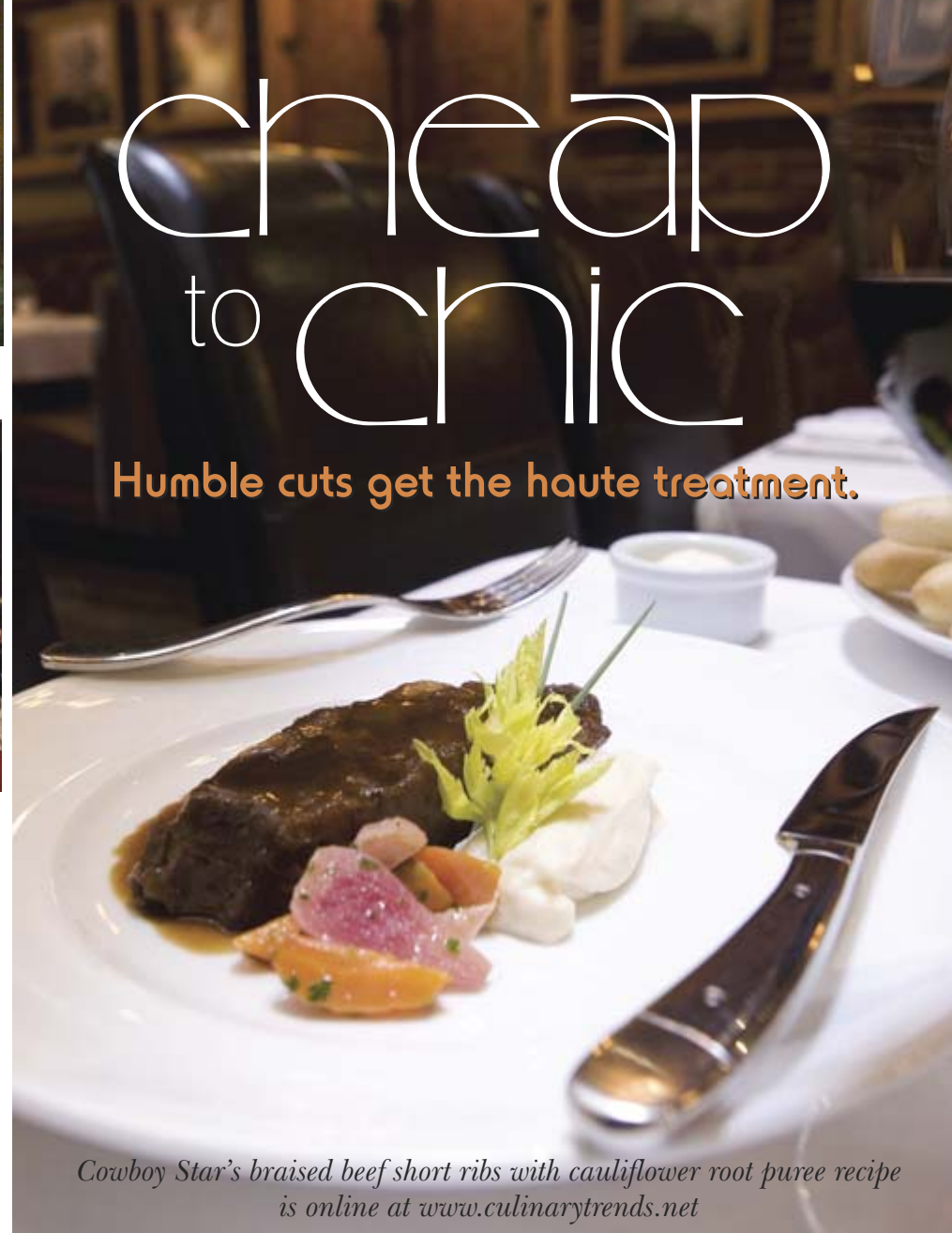
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Cowboy Star's braised beef short ribs with cauliflower root puree recipe is online at www.culinarytrends.net

cheap to chic

Humble cuts get the haute treatment.

Chefs ultimately need to be both creative and cost conscious, and that means turning to things like charcuterie and offal, like sweetbreads. "Utilizing the lesser cuts forces the creativity."
Chef Mark Sullivan
Spruce, San Francisco

Carleigh Connelly

What should restaurants do when their customers are mad for meat but both the kitchen and the diners are keeping a tight grip on their wallets? Chefs must use their cooking creativity and develop dishes that wow guests with refined but comforting fare, while maintaining a reasonable price tag. Although this may sound easier said than done, the reality is that a little resourcefulness goes a long way when culinary talent and the right ingredients are part of the recipe. Fortunately, for both cost-conscious industry professional and carnivorous eaters alike, 2009's culinary trend of budget cuts making a sophisticated comeback on modern menus is as delicious as it is practical.

While many restaurants may decide that downsizing portions and reducing the use of fine ingredients during this recession is the only way for their establishment to survive and thrive, cuisine-focused chefs have found innova-

tive ways to use the current financial setbacks as a reason to create new panache dishes that feature less expensive parts of the cow, such as ground meat, short ribs, low-cost steak cuts and offal.

Exciting and approachable: Beef on the cheap

At celebrity chef Elizabeth Falkner's restaurant Orson in San Francisco, contemporary cuisine with a modern edge promises to impress guests with avant-garde dishes that are both exciting and approachable. Her braised beef short ribs with beet-ricotta gnudi is a perfect example of a kitchen that has developed enticing menu items from affordable pieces of meat that are both unique and familiar to a customer's palette.

Executive Chef Victor Jimenez at Cowboy Star in San Diego, creates menu masterpieces that embody the spirit of the American West, highlighting the season's freshest offerings. The lunch option of braised beef short ribs with

Hoss Zaré's Pistachio Meatballs

Serves 8

For meatballs:

2 eggs
2 lb ground beef
1 large onion, chopped as finely as you have the attention span for
2 c chopped pistachios (same size as onions)
1/4 c breadcrumbs
1 T cumin
Salt and pepper to taste

For the glaze:

1 c pomegranate juice
1 c red wine
1/2 c honey
1 T whole grain mustard
Large pinch chili flakes

Spray a large baking sheet with cooking spray. Preheat oven to 400°F.

Place eggs and meat in a large bowl and incorporate.

Mix all other meatball ingredients in another large bowl.

Incorporate dry mixture into meat mixture by kneading well with hands for 2 minutes.

Form meatball mixture into 2 1/2 oz balls and place on baking sheet.

Bake for 12 minutes, turning halfway through the cooking time.

As the meatballs cook, make the glaze by mixing all ingredients in a saucepot. Bring the mixture to a boil while stirring. Reduce heat and simmer until reduced by 1/2. *If using store-bought sauce, skip to step 7 and simply add sauce and meatballs to frying pan in proportionate amounts.

In a frying pan with a deep lip, place 1/3 of the sauce. Add 5 meatballs and toss with the glaze for 2 minutes over medium heat. Place



on serving dish, garnish and serve.

Continue incorporating glaze with remaining meatballs in this fashion until all 15 meatballs are glazed.

Executive Chef Hoss Zaré

Zaré at Fly Trap
606 Folsom St.
San Francisco, CA



potato puree, bourbon glazed carrots and natural jus is a more traditional take on the inexpensive rib cut, whereas Cowboy Star's dinner appetizer of lamb short ribs with potato dumplings and whiskey currant-sauce reveals Chef Jimenez's originality with affordable pieces of meat.

Ribs are just one entrée where Chef Falkner plays with beef budget cuts on her menu. She also takes one of the most common American applications of meat, the burger, and raises its culinary status by pairing her ground chuck patty with a home-baked parmesan bun, truffle mayonnaise, and house-made steak sauce, in addition to a generous side of cobb relish and duck fat fries; the true makings of an indulgent comfort-food treat.

Orson is not the only restaurant to recognize the benefits of offering high-quality ground beef and short rib dishes to their patrons, San Francisco's Zaré at Fly Trap is known for their exceptional Persian preparations that feature inexpensive and unusual ingredients, winning diners over with flavorful entrees at reasonable price points. Chef and owner Hoss Zaré serves his single bone beef short rib with a savory Milanese risotto, combining traditional Italian flavors with contemporary Middle Eastern cuisine.

Versatility of budget cuts = culinary opportunities

Like Chef Falkner, Zaré embraces the versatility of minced meat by implementing tasty twists on customary fare from his native country of Iran, with menu items such

as pistachio meatballs with harissa-honey-pomegranate glaze and the Persian celebratory delicacy, kufteh.

After studying restaurant menus from a breadth of diverse cuisines, it is clear that high-end kitchens are increasingly featuring ground beef and short ribs on their bill of fare; a movement that is driven by both customer demand and business perspective.

Research from FreshLook data reveals that consumer sales of ground beef rose by a volume of six percent in the past year. This number emphasizes that whether people are going out to dinner or shopping at the grocery store, the bottom line of value remains a key decision factor when making food-related choices. Although ground meat and short ribs are two excellent cheap to chic options, there are many other beef chops, such as particular cuts of steak and offal, that are culinary gold mines for chefs to explore.

Beef can be offal-ly good

High-end restaurants throughout California and Nevada have placed a greater emphasis on developing original variations on familiar beef options. This trend not only satisfies their customers' foodcentric and budget driven demands, but also upholds their restaurant's reputation as a gourmet destination.

Chef and Partner Mark Sullivan of San Francisco's highly regarded restaurant Spruce admits, "Chefs ultimately need to be more creative, and that means turning

to things like charcuterie and offal, like sweetbreads. Utilizing the lesser cuts, forces the creativity." Even though Chef Sullivan's classic grilled bavette steak served with duck fat potatoes and a traditional bordelaise sauce is one of Spruce's most popular dishes and a perfect example of low-cost beef taken to an epicurean level, the restaurant's most standout offering is the sweet breads Lyonnaise; a perfectly balanced appetizer of creamy and crisp textures.

John Torode aptly summarizes diners' reactions to offal on menus in his comprehensive book, *Beef*. He explains, "There are many parts of the world where offal (also called variety meats or organ meats) is considered the finest of all cuts of any animal. In Thailand, (an) old recipe for offal would have been written for the royal palace as all offal was reserved for the royal family. We in the West have a varied attitude to offal – some people are scared of it and some love it. Like politics and reli-

gion, it will divide a dinner table more quickly than the announcement that someone's partner is having an affair." Whether more customary dishes, such as Spruce's modern take on steak frites, or unusual gourmet fare, such as tripe, oxtail, sweetbreads and cheeks are your clientele's cuisine of preference, offal's worth as not only an abundant, but also an adaptable ingredient is unquestionable.

Despite offal's debated status as a divine delicacy or fowl fodder, the benefits of cooking with less expensive cuts of meat are numerous, expanding chef's gastronomic horizons by embracing that cheap can be chic if culinary talent and creativity are partnered in the kitchen.

Carleigh Connelly is the Managing Editor of *Culinary Trends* magazine. She has written for various publications such as *Every Day with Rachael Ray* and *Chicago Magazine*. After exploring the culinary scenes of Chicago, Baltimore, Washington D.C., New York and Paris from the resident's perspective, Carleigh's passion for food and wine inevitably led her to the epicurean mecca of San Francisco.



Meat Identification-Fabrication-Utilization

Thomas Schneller

Delmar Cengage Learning, 288 pages

The *Kitchen Professional's Guide to Meat* is the definitive manual on purchasing and fabricating meat cuts. Designed for chefs, foodservice managers, purchasing agents, culinary students and instructors, custom meat shop operators, and food enthusiasts, this highly visual four-color text offers practical information on fabricating everything from beef, pork, veal, lamb, and game to exotic meats. Additional features include storage information, basic preparation methods for each cut, and recipes.

For those who believe that butchery is a lost art, The Culinary Institute of America's Chef Thomas Schneller counters that theory with a close examination and explanation of the craft in this clear and concise book. He is a Certified Hospitality Educator and Head Chef and Owner of Schneller's Meats and Schneller's Caterers. Playing the role of both educator and business owner, focused on meat cuts and fabrications, Chef Schneller holds a unique perspective from an educational and trade operator standpoint, making *Meat, Identification-Fabrication-Utilization* an incredibly resourceful guide for professional and amateur cooks alike. — CC



Grilled Bavette Steak/Duck Fat Potatoes/Bordelaise

Serves 4

INGREDIENTS

- 4 ea. 8oz. bavette steaks
- Coarsely ground black pepper
- Salt
- 1 1/2 lbs of fingerling potatoes
- 5 cups duck fat
- 2 fresh bay leaves
- 8 sprigs thyme
- 12 black peppercorns
- 12 cloves crushed garlic, smashed with the heel of your palm
- 1 lg. bunch swiss chard, ribs separated from the greens
- Extra virgin olive oil
- 6 Tbl. shallot, finely minced
- 2 cups whole milk
- 4 oz. beef marrow, extracted from the bone, refreshed in ice water overnight
- 4 oz. sweet butter, softened
- 2 Tbl. parsley minced
- Zest of one lemon
- 8 oz. Bordelaise (recipe listed below)

METHOD

Seasoning the Bavette: Place the bavette steaks on a platter and liberally season them with coarsely ground black pepper and salt. Cover with plastic wrap and reserve until ready.

Duck Fat Potatoes: Slice the fingerling potatoes in half and place in a lg. pot. Cover with the duck fat and bring to a very light simmer. The fat should barely be casting off bubbles. Add the Bay leaf, thyme, black peppercorns, crushed garlic cloves, and allow to cook for one hour, or until the potatoes are nearly cooked. Turn the heat up to 375°F and continue cooking the potatoes until they are crispy, about 10-12 additional minutes. Draw the potatoes out of the hot fat and place in a bowl with paper towels. Salt the potatoes liberally and reserve, while you slice the steak.

Marrow Butter: Bring 2 cups of milk to a simmer. Add the 4oz. of bone marrow, and poach the marrow just until it begins to soften all the way through, about 7 minutes. It should be just warm in the center. Scrape the marrow through a tamis, and mix it with 4oz. of softened butter, zest of one lemon, two tablespoons of



minced parsley, and two tablespoons minced shallots. Season with salt to taste. Roll the butter up into a uniform log the width of a silver dollar. Reserve chilled.

Braised Swiss chard: Slice the Swiss chard stems into 2" batons and blanch in salted water for 3 minutes. Meanwhile sauté the greens in a liberal coating of extra virgin olive oil, with 4 tablespoons minced shallots until they begin to wilt and soften. Fold in the blanched chard stems and season to taste with salt.

ASSEMBLY

Final Presentation: Char the steaks on a very hot to an internal temperature of 118°F for Medium Rare. Allow the steaks to rest for 15 minutes in a warm environment prior to slicing. Slice the steaks across the grain on the bias and place over sautéed Swiss chard. Surround the steak with the potatoes. Top the steak with the marrow butter, allowing it to melt over the hot steak. Spoon Bordelaise over-top, and garnish with your favorite sea salt.

Chef/Partner Mark Sullivan
Spruce, San Francisco, CA



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

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Chef Michel Richard - Citronelle - Central James Beard Foundation award winner



NIMAN RANCH BRAISED SHORT RIBS

[serves 4]

4 single bone short ribs

BRAISING LIQUID

2 cups red wine
10 cups chicken stock
5 cups water
2 cups chopped onions
2 cups chopped celery
2 cups carrots
3 bay leaves
1 Tbl. whole black pepper corn
1 cinnamon stick
3 stalks rosemary
3 stalks thyme
1/2 cup tomato paste
Salt and pepper to taste

SHORTRIB RUB

1 cup olive oil
1 tsp. cumin
1 tsp. coriander
1 tsp. cinnamon
1 tsp. fenugreek
1 tsp. cardamom
1 Tbl. angelica



then cover and put into a 450°F oven for about 3 hours then check. When the bone falls away from the meat it is done. Remove the short ribs and place on a serving shallow bowl and keep warm. Strain the braising liquid to remove all solid contents. The broth should be clear. Add salt and pepper to taste. Reduce the broth for nice smooth sauce. Try to make short ribs one day ahead and keep it in its braising liquid.

Chef Hoss Zaré
Zaré at Fly Trap
San Francisco, CA

METHOD [short rib]

Mix all ground spices together, then rub the lamb shank. After you rub the short ribs with the spice mix, sear it in the braising pan you will be cooking with. The pan needs to be very hot. The short ribs should be seared on all sides to hold in the juices and to give it a golden color. Add the carrots, celery, and onion. Cook for 5 minutes, then add the rest of the braising liquid ingredients. Bring all contents to a boil

“Top Honors” – *Cook’s Illustrated*

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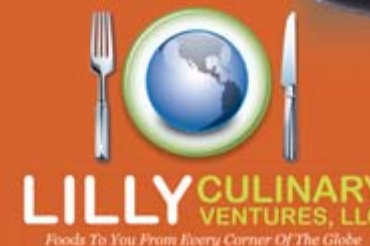
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Charcuterie Terms

Rillettes are prepared by slowly poaching meats (typically duck, rabbit or pork) until tender, whipping them with a scant amount of fat (usually duck fat) and serving as a cold spread.

Tourchon refers to the method of shaping the whipped rillettes and literally means to wrap in a kitchen towel. This method gives the rillettes their cylindrical shape.



Salami, Soppressetta and Coppa hanging at Oliveto in Oakland, CA

House-made charcuterie

Sausages and forcemeats showcase Old-World Craftsmanship and Technique

Jeff Decker

As the fat melts in your mouth and the salt tingles your tongue, you know that you have hit an exalted level of culinary ecstasy. Salty, sweet, delicate, meaty yet refined: these are all attributes which we take comfort in with charcuterie.

Charcuterie has its roots in the earliest periods of cookery as it was a method of preserving meat. A meal which encounters charcuterie stirs excitement for diners and breeds inspiration for chefs.

In today's dining scene, charcuterie has not only become accepted but it has also been elevated as a bona fide selling point of the restaurant. Diners have grown to accept items such as duck liver and pigs' ears along with other less common proteins such as rabbit or even pigeon as they continue to put aside their inhibitions. Charcuterie has hit the mainstream: It's the stuff we read of in books and magazines and even celebrity chefs tout their virtues on television; you watch, hear, and you want to try it. But, there is an eminent feeling as a diner that you know you can't try this at home – it is a genuine delicacy that must be handled by experts. Charcuterie fits into today's nutritional guidelines too. As people tend to eat less meat, or make sure that the protein they do eat is of the highest quality, the smaller portions consistent with eating charcuterie can be reassuring.

To buy or not to buy?

For the chef who must decide whether charcuterie is

right for his/her menu, there is a list of questions that must be answered. First, will it increase sales? Well, if being on trend means an increase in diners, then yes. Next, how extensive an offering needs to be made to present the category in a credible light?

Here, the style of charcuterie needs to be a good brand fit – it should not be out of sync with the cuisine, nor should it dominate the menu, but rather it should serve to complement the balance of menu items and flavors.

One of the greatest differentiating factors that the chef must decide upon is whether to buy or not to buy. House-cured meats can be a definite selling point for any restaurant as it takes a chef who is not only capable but also willing to create his/her own. Is it cost-saving? Yes, and no: It can use up meat scraps, therefore keeping food costs low, but demands a higher level of labor. Meanwhile, by sourcing out the items – from broad-liner to specialty distributor – the chef can rest assured that the item will be of a highly consistent and quality product.

Expertise embraces simplicity and tradition

At those restaurants that do serve house-cured meats, it is a testament to the chef's hard work and expertise. It is such a fine craft that it requires "small batch production" similar to a fine wine or aged liquor.

Charcuterie: Sausages/Pates/ Accompaniments

Fritz Sonnenschmidt

Serving as both a primer for the charcuterie novice and a reference tool for the seasoned veteran, Sonnenschmidt's decades of experience has translated into a comprehensive tome of charcuterie, including sections on: tool and equipment choice, meat selection, preparation methods and techniques, casing varieties and of course, recipes. In total, over 200 recipes are included, ranging from very traditional salami and bratwurst to more modern preparations of forcemeats and aspics; all of which are weighed out for the commercial kitchen. Also included are recipes for salsas, pickles, mustards and various other accompaniments for the charcuterie plate.

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Meats curing at Spruce



CHURCH & STATE CHARCUTERIE PLATE

FOIE GRAS TERRINE

1 lobe grade a foie gras
Salt
Fresh ground white pepper
1 cup heavy cream
1 btl. good quality Port wine
1 T sugar
Gelatin sheets

METHOD

Bring foie gras to room temp. Sealed in a cryovac bag. Cook in a 68 degrees Celsius water bath for 20 minutes. Put cooked foie gras through a sieve to remove all veins. Put foie gras which should still be warm into a large mixing bowl. Season to taste with salt and white pepper. Whip foie gras over an ice bath until it becomes smooth, light and airy. Remove from the ice and let sit at room temp. In another bowl whip cream until very soft peaks and fold into foie gras. Put foie gras into a plastic piping bag and fill into small sterilized mason jars. Cool foie gras with the jars open. Reduce port wine by 50%. Add sugar. Weigh reduced port and add 1 sheet of gelatin for every 100 grams of liquid. Let cool to room temp. Pour just enough over the top of each jar just to cover and seal the foie gras. When port wine is set, seal jars.

JAMBON PERSILLÉ

1 ea. 5 to 6 lb. cured ham, bone in
5 lbs. pig's feet
4 qt. light chicken or pork stock
4 carrots
2 large onions
1 leek, white part
2 cloves
thyme
bay leaf
parsley stems
1/2 btl. White wine

2 bunch Italian parsley, chopped fine and washed
2 cloves garlic
2 Tbl. Banyuls vinegar
Salt
Fresh ground black pepper

METHOD

Put pigs feet in a large pot covered with cold water and bring to a boil. Take pot from the stove and run under cold water until pigs feet are clean and free from any blood. Put pigs feet back into the large pot; add 1 onion and 2 carrots cut into 1 to 2" pieces. Cover with chicken stock and bring to a simmer. Cover pot and place in a 325°F oven for about 5 hours or until pigs feet are tender and falling from the bones. When cooked, strain broth through several layers of cheese cloth and reserve. Cool pigs feet slightly just to the point they can be handled and remove all the bones from the pigs feet. Completely cool pigs feet and cut into 1/4" dice. These steps can be done ahead. In a large pot reduce white wine by 75%, add ham cut into 1" cubes and the ham bone, Banyuls vinegar, the reserved broth and the cleaned pigs feet. Bring to a simmer and skim pot. With a piece of cheese cloth tied with butchers twine, wrap 2 carrots, 1 onion, 1 leek (all large diced) along with 2 cloves, 1 bay leaf, a few sprigs of thyme and a few parsley stems. Add to the pot. Everything should be just covered by the broth without too much excess. Cover pot and place in a 300°F oven for 2 to 3 hours until ham is fork tender. Remove ham bone and cheese cloth bouquet. Add 2 cloves minced garlic, salt and fresh ground black pepper to taste. Let ham cool to room temp. Fill a terrine mold with layers of ham and pigs feet, broth and plenty of chopped parsley. Chill and unmold.

Chef Walter Manzke
Church & State
Los Angeles, CA



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Charcuterie, continued from Page 14

The chef who has created the charcuterie by hand has license to present it simply, without over-bearing flavors and with the inclusion of minimal additional ingredients. This is one element of the menu which should not be reinvented or tinkered with. At restaurants such as

Oliveto in Oakland or Spruce in San Francisco, we see the "classical" Old World profiles of salted, cured and smoked meats remain the gold standard for the category. Chef Paul Canales at Oliveto highlights his Italian-inspired menu by creating refined salumi including cre-spone, mortadella, felino, and Toscano, among others.

At the elegant and contemporary Spruce, Chef Mark Sullivan displays a polished touch with his charcuterie plate which includes items such as a classic French country pate, rabbit rilette with perigord truffles, pig's ear terrine and foie gras mousse. Items such as pork rilette or foie gras served in jars at Chef Walter Manzke's Church & State in Los Angeles serve to unify the menu and define the restaurant's French bistro style.

For the majority of restaurants, from cafes to hotels and even Michelin-starred restaurants, whose chefs would rather source such fine meat creations, charcuterie can be used to fortify dishes or highlight flavors while also setting the tone for the menu and restaurant. Therefore, it is the job of the chef, especially the one who has brought in the ingredient, to bring it to life on the plate. The chef can show off his/her knowledge by serving it with accompaniments or in composed dishes. This can often still present a challenge, and we can therefore still accredit the chef who puts charcuterie on his menu with much acclaim.

Keep your guests and culinary team captivated

Charcuterie serves not only to attract the guest to the restaurant, it can also captivate a cook to come and

be part of a kitchen. From a chef's point of view, working in a kitchen where charcuterie is made is a great opportunity for the highest level of training and education in techniques that are not widespread. The soft-spoken and unassuming expert in his craft, Chef Sullivan's face lights up when discussing his variety of cured meats, explaining that his kitchen will take in a whole pig, and not just any pig, but different heritages of swine, and grind, cure and cook the different cuts in a myriad of ways. Chef Paul Canales employs a small, tight-knit crew, which allows him and his team to give each product the same care and adoration which produces the most refined charcuterie every time.

Pairing of charcuterie with beverages such as wine or beer is a great opportunity for the sommelier. At Spruce, the charcuterie plate is paired with not one but three very different beverages. The first, a Veuve Fourny Rose Champagne; the second – a Riesling Spaetlese; and the third – the Duchesse du Bourgogne, a Flemish red ale. Each of these paired very succinctly with the different sweet, savory and salty flavors on the plate.

Whether or not the charcuterie is made in-house, the craftsmanship and skill that is the art of charcuterie will differentiate the menu and bring excitement to both the chef and the diner.

Jeffrey Decker graduated from UC Berkeley before training as a chef at

Spago Beverly Hills and at small luxury hotels in both Ireland and Mississippi. He now works as a chef and project coordinator at The Culinary Edge in San Francisco where he has consulted on concept and menu development projects for the top chain restaurants in the country. He has also launched numerous new concepts while developing retail items for commercialization. Jeff@TheCulinaryEdge.com



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DUCK RILLETTES TOURCHON (Photo on Page 12)

INGREDIENTS

10 duck leg confit (recipe listed below or can be purchased at specialty markets)
6 shallots, minced
1 lb. black trumpet mushrooms (or other wild mushroom)
1 black truffle (can be purchased at specialty stores)
2 Tbl. black truffle oil
1 Tbl. minced chive
1 Tbl. minced parsley
3 Tbl. duck fat
1 Tbl. butter

METHOD

Warm duck legs and hand shred. Sauté shallots in butter with mushrooms until tender. Add to duck meat. Mix in herbs and warm duck fat. Season with salt, white pepper and four spice. Form into roulades and roll up in plastic wrap. Let set in refrigerator for at least one half hour.

DUCK LEG CONFIT

INGREDIENTS

10 ea. Peking duck legs
3 Tbl. salt
1 Tbl. sugar
3 cloves garlic, crushed
12 ea. juniper berries crushed
12 ea. peppercorns crushed
1 bunch thyme
2 1/2 cups duck fat

METHOD

Mix all ingredients together and spread evenly over duck legs. Press firmly with a weight and store in refrigerator for three days. After the third day rub off marinade completely and cook very slowly over stove top in duck fat until just tender. *Note: meat should shred easily off the bone.

Chef/Partner Mark Sullivan
Spruce, San Francisco, CA



ADDISON CARTE BLANCHE

AMUSE BOUCHE
 GREEN APPLE PURÉE
 curry, crème fraîche and toasted cinnamon
 Champagne

1ST COURSE
 TAYLOR BAY SCALLOPS
 uni, crème fraîche and meyer lemon emulsion
 Schloss Gobelsburg, Grüner Veltliner "Allerheiligenstiftung," Kamptal, Austria 2007

2ND COURSE
 CREVETTES ROUGE
 shellfish velouté and caramelized criminis
 Tamber Bay, Chardonnay, Deus Chevaux Vineyard, Yountville, Napa Valley 2006

3RD COURSE
 WARM POTATO GNOCCHI
 horseradish crèmeux, prosciutto and aged gouda
 Greenhough, Pinot Noir, "Hope Vineyard," Nelson, New Zealand 2005

4TH COURSE
 BRAISED PORC SALÉ
 candied pistachios, garlic confit and black truffles
 Domaine August Clape, Syrah, Cornas, France 2005

5TH COURSE
 ARTISAN CHEESE COURSE
 Weingut Josef Leitz, Riesling Spätlese "Rüdesheimer Drachenstein," Rheingau, Germany 2007

6TH COURSE
 FROMAGE BLANC À LA CRÈME GLACÉE
 passion fruit mousseline

7TH COURSE
 MILLE-FEUILLE "CLASSIQUE"
 salted caramel and milk chocolate gelato
 Bodegas Olivares, Dulce Monastrell, Jumilla, Spain 2004

CHEF WILLIAM BRADLEY



THE GRAND DEL MAR'S ADDISON

Giving New Meaning to French Cooking in San Diego

Richard and Deborah Neubauer

The list of good, let alone great, French restaurants in San Diego is a short one. Very short. But there's a new one on the list, Addison, and since opening in 2007 Chef William Bradley has wasted no time in moving it to the top.

Addison is hidden away in rolling hills, several miles from the beach, at the Grand Del Mar Resort, a five-star hotel and golf destination developed by San Diegan Doug Manchester. The restaurant sits on a hill atop the resort, looking down at verdant fairways.

Addison, the resort's signature dining venue, is spearheaded by 31-year-old Executive Chef William Bradley, whose contemporary French cuisine has earned local and national praise, including a rare three-star review from the *Los Angeles Times*, and was named one of the country's "Best New Restaurants for 2007" by *Esquire* magazine.

While the culinary starting point on Chef Bradley's tasting menu is an amuse-bouche of Green Apple Puree with curry, crème fraîche and toasted cinnamon, the starting point for the fine dining experience is your first step into Addison, when you begin to feel as if you have been transported to a private Mediterranean estate.

Mizner's architectural influence

The resort pays tribute to the unforgettable architecture of Addison Mizner, a turn-of-the-century visionary whose internationally inspired approach to design defined the resort communities of Palm Beach and Boca Raton in the 1920s. Mizner viewed architecture as a seamless integration of buildings, décor and landscaping – with an emphasis on melding the indoors and outdoors as seen through the building and interior design of The Grand Del Mar and its dining establishments.

The scale and style are baronial, with repeating grand archways, dark wood paneling and marble seemingly everywhere. One aspect of the dining room struck us: the austere modern table-top stands in stark contrast to the room's opulent estate décor.

Far more traditional was the Riedel stemware which was matched to each course: the glasses for our young (2007) Austrian *Grüner Veltliner* featured green stems, appropriately symbolizing youth. The dining room entry is through the "library," where the black, marble-top bar is punctuated by small spotlights shining up from below. The large, ornate space retains surprising warmth despite its size and high ceilings.



Addison, continued from Previous Page

The “library’s” welcoming fireplace lures diners to sit in overstuffed armchairs and sip champagne or a cocktail before dinner. The main dining room also boasts a huge fireplace, but on a spring or summer evening it might be more pleasant to sit in a booth near the two-story arched windows that overlook the golf course. The large number of tables seating six or

more tells you that this is a place for special occasions. “We have our regulars,” said Josh, our young wine steward, “but we get a lot of larger groups celebrating something.”

Chefology of William Bradley

Addison at the Grand Del Mar — San Diego, CA

▲
Vu at the Hyatt Regency — Scottsdale, AZ

▲
Mary Elaine’s at the Phoenician Resort
Scottsdale, AZ

▲
Azzura Point at the Loews Coronado Resort
San Diego, CA

Four to seven courses, of course

Our dining choice for the evening was the carte blanche seven-course tasting menu orchestrated by Chef Bradley, with wine pairings for each course selected by Wine Director Jesse Rodriguez from San Diego’s largest cellar of 3400 bottles. Addison’s wine program was named one of the top “Winning Wine Lists” by *Food & Wine* magazine with a wine list that boasts over 180 half-bottles,

priced from \$20 to over \$2,000. He oversees the resort’s 21,000-bottle cellar and was named one of the top five sommeliers for 2007 by *Wine & Spirits* magazine.

In the kitchen, Chef Bradley applies contemporary French techniques and some molecular gastronomy to locally-sourced ingredients. “The pristine, local ingredients are what allow me to deliver explosive tastes,” Bradley told us. His seasonal menu often changes weekly.

The standard, four-course tasting menu can be tailored to a guest’s tastes and runs about \$95. (Chef Bradley offers a la carte selections for a light dinner, but prefers to serve them in the bar.)

Comfortable in our surroundings and served by a staff that was watchful but never hovering, our meal continued with Taylor Bay scallops, served in a foamy crème fraîche and Meyer lemon emulsion. The shellfish course, with caramelized crimini, brought a strong, salty flavor and was paired with a velvety Tamber Bay Chardonnay from Deux Chevaux Vineyard in Yountville.

The Warm Potato Gnocchi, served in a fondue-like mixture of horseradish, prosciutto and aged gouda shocked the taste buds with flavor that was, indeed, “explosive.”

The *porc sale* was braised to perfection and served with candied pistachios, garlic confit and black truffles – a clear standout dish on Chef Bradley’s tasting menu.

The “final three” began with a wonderful selection of artisan cheeses, including, among others, a Gruyere, Hochstetter Cheddar, a pungent goat’s milk cheese from Santa Rosa, and a Shropshire Blue Cheese from England.

Of the two remaining dessert courses, the most noteworthy dish was the Mille-Feuille Classique, a salted caramel and milk-chocolate gelato, accompanied by a velvety smooth Spanish dessert wine, Bodegas Olivares, a true treat that satisfies both sweet-tooth lovers and wine aficionados alike. From start to finish, Chef Bradley and his expert staff orchestrate a dining experience that not only takes contemporary French cuisine to a new level in San Diego, but also places San Diego’s fine dining scene on the national radar.

The Addison

5200 Grand Del Mar Way
Del Mar, CA
858-314-1900
www.addisondelmar.com

GRILLED LANGOUSTINES WITH THAI RED CURRY SAUCE

(Serves 4)

2 cloves of garlic, chopped	1/2 cup of coconut milk
1 tsp. ginger, minced	1 Tbl. of yuzu lime juice*
1 Tbl. brown sugar	8 Langoustine tails, cut in half
3 Tbl. Thai red curry paste	Fleur de Sel * to taste
4 Tbl. of olive oil, plus some for basting	2 Tbl. Parsley, Chopped

*Can be bought in specialty food stores

THAI RED CURRY SAUCE METHOD

Over low heat, combine garlic, ginger, brown sugar, curry paste and olive oil in a sauce pot. Slowly sauté for five minutes while continuously stirring. Add coconut milk. Once mixture comes to a boil, remove from heat. Add yuzu lime juice. Strain through a fine mesh strainer. Cover and keep warm.

LANGOUSTINES METHOD

Split langoustine tails in half. Shell side down, baste with olive oil and Fleur de Sel to taste. Grill shell side down for one minute. Flip and grill meat side down for an additional minute. Remove from heat.



ASSEMBLY

On four plates, place lobster tails shell side down. Spoon Thai Red Curry Sauce over top of each tail and sprinkle with chopped parsley.

Addison’s head sommelier Jesse Rodriguez suggests a German Riesling from the Mosel Valley.

Chef William Bradley
Addison Restaurant
San Diego, CA

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SEARED SEA SCALLOPS, POMMERY MUSTARD SAUCE

(Serves 4)

INGREDIENTS

8 Diver Harvested U-10 sea scallops
Sea salt to taste
4 Tbl. grapeseed oil
2 whole shallots, chopped
2 cloves of garlic, chopped
2 Tbl. of tarragon, chopped
2 Tbl. of French salted butter
2 cups of Chardonnay wine
1/2 cup of heavy cream
1 cup French Pommery mustard

METHOD [for scallops]

Lightly season scallops with sea salt. Over medium heat, add two tablespoons of grapeseed oil until it begins to smoke. Add scallops and immediately adjust to low heat. Cook on each side for two minutes. Remove from heat.

METHOD [for Pommery mustard sauce]

Over medium heat combine shallots, garlic, tarragon, butter and two tablespoons of grapeseed oil. Cook for three minutes or until garlic and shallots become translucent. Add Chardonnay wine. Cook down until 2/3 of the liquid is reduced. Remove from heat. Add heavy cream and Pommery mustard. Place back on medium heat, stirring occasionally for three minutes. Let sauce rest for an additional three



minutes. Add sea salt to taste. Strain mixture through a fine mesh strainer. Place into a small sauce pot, cover, and keep warm.

ASSEMBLY

On four plates, add a tablespoon of sauce and two scallops per plate.

Addison's head sommelier Jesse Rodriguez recommends a White Burgundy.

Chef William Bradley
Addison Restaurant, San Diego, CA



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◀ THE SPRUCE BURGER

[Serves 6]

3 lb. ground chuck (we use Niman Ranch with 20% fat)
Salt and coarsely ground black pepper
2 Tbl. grapeseed oil
3 lb. Kennebec potatoes, peeled and cut 3/8 square, soaked chilled water for one hour
4 qts. rice bran oil
6 ea. house-made English muffins
pickles
remoulade or aioli

METHOD [FRIES]

Heat one gallon of rice bran oil to 275 degrees. Blanch the potatoes in the oil for two minutes. Scatter on a sheet pan with parchment paper and freeze solid. Turn the heat to 375°F and fry the frozen potatoes for 5 minutes, or until crispy. The potatoes should be creamy in the inside and crispy on the outside.

METHOD [BURGER]

Divide the hamburger meat into 6 equal balls. Patty them so that they are 3/4 inch thick. Season liberally with salt and black pepper. Place a large cast iron skillet over high heat for 10 minutes. Turn heat to medium-low, add the grapeseed oil to the pan, place the hamburgers in the pan, and cook for approximately 3 minutes per side, for rare, or to desired temperature.

ASSEMBLY

Split 6 ea. English muffins in half and toast. Place the burgers on the buns. Serve with crispy fries, pickles, and remoulade.

HOUSE-MADE ENGLISH MUFFIN BURGER BUN

[Makes 16-18 muffins]

4 cups water
2 cups scalded milk
2 Tbl. sugar
1/4 cup salt
1 Tbl. plus 1 tsp. dry yeast (dissolved into 1/4 cup of warm water)
16 cups all purpose flour
2/3 cup melted butter
grapeseed oil, enough to coat a skillet with a 1/4 inch layer of oil
semolina flour, enough to sprinkle over the muffins

METHOD [English Muffin]

Whisk together the water, scalded milk, sugar and salt. Add the dissolved yeast. Mix in 8 cups of the flour until the dough is homogeneous. Cover and allow to rest for 30 minutes at ambient temperature.

Beat in the melted butter and the remaining 8 cups of flour, mix for 5 minutes. Cover and allow to rise a second time for 30 minutes at ambient temperature.

Place the dough on a lightly floured flat surface and roll out flat so that the dough is 1/2 inch thick. Cover and allow to rise a third time for 30 minutes at ambient temperature.

Using a 3" diameter ring, cut out individual buns. Lightly dredge them in semolina flour and pan fry over medium heat cooking each side for approximately 5 minutes, or until the muffins are golden brown and cooked through on the inside.

Chef/Partner Mark Sullivan
Spruce, San Francisco, CA

Gourmet Ground

Jamie Timbrell

As the recession deepens, more and more consumers are not only seeking value in their dining options, but also comfort from their restaurant experiences; and that value is more often than not found in ground meat.

Rainwater's in San Diego, a restaurant popular for its three-cheese meatloaf, grinds leftover high-quality prime steak, combining the meat with spinach, Romano, Swiss and Monterey Jack cheeses to construct the richly flavored dish.

"Over the years it has developed a following among people who come here," Executive Chef Simon Lynn said. "One of the major reasons is the product we use. We always start with prime beef."

The three-cheese meatloaf is nothing new at Rainwater's. Former Chef Earl Shriver first donned the dish roughly 16 years ago. What's new is a recent upswing in

popularity. "Meatloaf is retro food and people like comfort foods, especially right now," Chef Lynn said.

Served with caramelized onions, mashed potatoes and gravy, the three-cheese meatloaf is the definition of comfort cuisine. It exemplifies the growing trend in the food and restaurant industry of tapping into nostalgia for comfort food as a way of coping with the recession.

Pushing burgers' boundaries

And what about the classical hamburger? It is a near universal food that Americans eat on average three times per week per person, according to the *American Dictionary of Food and Drink*. On today's menus, gourmet burgers appear in all varieties – from plain and simple to varnished and sophisticated, and everything in between.

California's Restaurant in Universal City prepares locally grown, fresh produce for its Hollywood star-powered crowd.

Burgers, meatloaf and meatballs aren't just for the kids' menu.

"Having it your way" is deliciously easy at the Sheraton Universal's restaurant. California's Ultimate Star Burger menu allows for every taste, budget and dietary desire. "We brainstormed as a group and since burgers are always in we decided to take them to a new level and let our customers create their own burger," Chef Urs Balmer said.

Customers choose from six types of meat including Black Angus Beef, American Kobe Beef, Colorado lamb, free-range turkey, veggie, and surf and turf. Guests then decide between four types of buns and toppings from the dairy, garden, farm, ocean and pantry with offerings such as bacon, Gruyere cheese and curried cucumber yogurt spread. The restaurant typically sells two to 400 of these personalized dishes each week.

Going beyond lettuce and tomato is a big hit with guests. "We get great feedback." Although the burgers are served only for lunch in California's, they are avail-



The dining room at California's

KUFTEH TABRIZI

[Serves 8]

INGREDIENTS [Rack of Lamb]

8 lamb chops, trimmed and seasoned with salt, pepper and fresh rosemary to taste
2 Tbl. oil for searing

INGREDIENTS [Meatballs]

2 lb. ground beef, lamb or veal
3 eggs
1 cup cooked yellow split peas
1 cup cooked basmati rice
1 medium onion, peeled and grated
1 tsp. saffron dissolved in 1/2 c. hot water
1/2 cup rice flour or regular flour
1 cup chopped garlic chives
1/4 cup chopped fresh dill
1/4 cup chopped fresh savory
1/4 cup chopped fresh tarragon
1/4 cup chopped fresh basil
1/4 cup chopped fresh mint
1 cup chopped Italian parsley
1 tsp. turmeric
1 tsp. cumin
1/2 tsp. cinnamon
Juice of 1 lime

BROTH

4/3 cup diced carrots
4/3 cup diced celery
4/3 cup diced onion
2 Tbl. olive oil
16 cup chicken or beef broth
2 Tbl. tomato paste
2 Tbl. turmeric



Pinch of saffron
10 preserved limes (crushed) or substitute with juice of 10 limes
6 bay leaves
salt and pepper to taste
1/2 cup chopped fresh parsley

METHOD [Lamb Chops]

Season chops to taste with salt, pepper and chopped fresh rosemary. Heat 1 Tbl. oil in a large sauté pan on medium high heat. Place chops one by one in hot oil for about one minute per side or until seared and caramelized on all sides. Add more oil as necessary. Remove and set aside.

Executive Chef Hoss Zaré
Zaré at Fly Trap, San Francisco, CA

pistachio meatball appetizer of three meatballs coated in a harrisa honey pomegranate glaze and topped with pistachio sprinkles, to the unforgettable – his renowned Kufteh, a Persian specialty of ground meat encasing lamb chops, resembling a softball-sized meatball.

From meatballs to meatloaf to your iconic American hamburger, ground meat is versatile, filling and now gourmet – not to mention easy on both cash-strapped consumers' wallets and kitchens' grocery budgets.

As chefs often turn leftover meat scraps into ground beef, it is clear that today's tasty twists on traditional ground meat dishes are not only good for the restaurant's bottom line, they also happen to be just what comfort craving diners are waiting to order.



Jamie Timbrell is a San Francisco native, Golden Gate Park lover and devoted runner. He has an MBA from Willamette University and writes about food and athletics for a variety of newspapers and magazines. He is an entrepreneur and cofounder of the San Francisco Honey Co.

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Burger Bar: Build Your Own Ultimate Burgers

Hubert Keller with Penelope Wisner
Wiley, 168 pages \$22.95



When is a burger not just a burger? When Hubert Keller makes it. Keller takes great liberties with the traditional concept of a piece of ground beef inside a bun. Borrowing the title from his eponymous Las Vegas restaurant (at Mandalay Bay Hotel), Keller shows us how to make burgers with pork, chicken, rock shrimp, salmon, tuna, crab, squash, beans – even beef! The ingredients are for the most part simple, and the recipes are for four to six burgers. And what's a burger without the sides? Bring on the Alsace beer-battered onion rings, panisse fries (in duck fat, of course) and vegetable chips. For dessert: chocolate-hazelnut burgers.

Every dish is beautifully photographed and the preparation instructions are detailed. You could build a restaurant around just this book.

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Gourmet Ground, continued from Previous Page

able at the bar, In the Mix, for dinner. It is clear that Swiss native, Chef Balmer, enjoys taking comfort food to a new level with dozens of variations on traditional dishes and utilizing only the best ingredients.

Familiar dish with a twist

Chef Elizabeth Falkner loves playing with iconic food and giving it a new twist at her restaurant, Orson, in San Francisco. For her dishes this means local, organic and sustainable ingredients served in innovative ways. Ground meat is taken up a notch by placing the hamburger on a Parmesan bun with foie gras mayonnaise, house made steak sauce and cobb relish.

Across town at Spruce, Chef Mark Sullivan employs simple preparations of excellent ingredients to concoct one of the most talked about burgers in the Bay Area, and for good reason.

Not only is the Niman Ranch meat ground daily on-site, but Chef Sullivan further assures quality control over his burger by developing his own burger buns, instead of re-

lying on outside sources. A buttered English muffin baked in-house cradles the juicy meat, accompanied by complex herbed aioli with capers, house-made zucchini pickles, tomatoes, lettuce and fries – a true modern burger plate.

"It's the American icon," Spruce Chef de Cuisine Ben Cohn said. "People associate with the burger. They know what it's about." It is undeniable that familiarity can go a long way when pleasing diners' palettes.

Ground meat goes international

Chef Hoss Zare, from his restaurant Zare at Fly Trap in San Francisco, brings a Persian influence to ground meat. He slow cooks his ground beef with pureed onions for tenderization, infusing the meat with spices to create the exact level of flavor desired.

"With ground beef you can do anything you want," Zare said. "[With] Steak you have beautiful meat but with ground beef you can take it to a different level."

Zare presents ground meat in dishes of ranging portions; from average – his lamb burgers to small – the

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THREE CHEESE MEATLOAF

[Serves 4]

INGREDIENTS

- 24 oz. premium ground beef (no more than 20% fat)
- 1 4-to-5 oz. Italian sausage link
- 4 oz. premium ground veal
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. finely minced garlic
- 2 cup baby spinach leaves, chopped fine
- 2 slice(s) milk-soaked bread, squeezed dry and diced fine
- 1 cup finely grated Romano cheese
- 1 cup grated Swiss cheese
- 1 cup grated Monterey Jack cheese

METHOD

Preheat oven to 275°F. In a large bowl, mix all ingredients except for Swiss and Monterey Jack cheeses. Lay a large sheet of plastic wrap on a clean surface. Turn meat mixture out onto plastic wrap and form into 10" by 12" rectangle. Cover with another sheet of plastic wrap and using rolling pin, roll out until 14" by 24." Pull off top sheet of plastic wrap and evenly sprinkle meat with Swiss and Jack cheeses.

Starting at one 14" end, roll the meat up as tightly as possible, lifting from bottom sheet of plastic wrap. Place rolled meat in a baking pan and press down on both ends to seal the roulade. Bake meatloaf



for 45 to 50 minutes. Remove and let stand for 5 minutes before turning out of pan and serving.

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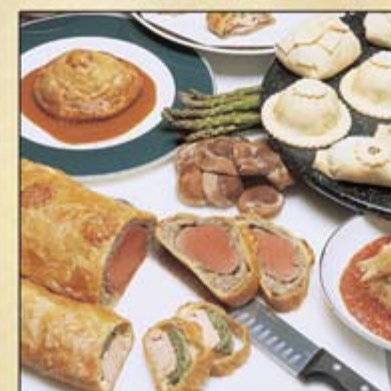
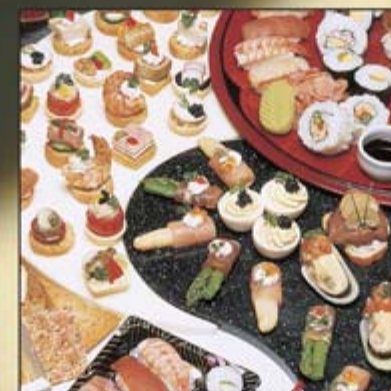
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The Slanted Door

"Just don't call it fusion."



Close relationships with its purveyors have helped create the most successful Vietnamese restaurant in California

Christopher Neubauer

Vietnamese cuisine, as Chef Charles Phan explains it, "isn't known for the quality of its meat. Growing up in Vietnam, most meats were very expensive and difficult to come by, so the cuts we used were generally chewy and stringy." Making them edible required very thin slicing or cooking them for long periods of time.

When opening The Slanted Door in its first location back in 1996, Phan decided to elevate the cuisine of his homeland (although he is ethnically Chinese) by reinventing traditional Viet-

namese dishes. He accomplished this feat by using the bountiful produce of the Bay Area and only the highest quality meats available for purchase. Phan heightened his respect for "the ingredient" while attending architecture school in Berkeley, not far from Alice Waters's legendary Chez Panisse. He gathered inspiration from the simplicity of her cooking and her ability to select the finest local food products.

Nestled in the gastronomic emporium that is San Francisco's Ferry building, Phan's 8,200 square-foot airy space impresses locals and tourists alike. With over 150 seats, diners enjoy panoramic views of San Francisco Bay through floor to ceiling glass paneling that surrounds the restaurant. Since opening in his original location, only a few miles away from the current restaurant, over a decade ago, Phan has turned The Slanted Door into the nation's most revered and highest annual grossing Vietnamese restaurant (over \$12 million in 2007). Whatever you call my food, "Just don't call it fusion," says Phan.

Shopping for flavor

Diners generally overlook the chain of events that take place before the ingredients that will eventually become their meal enter the kitchen. "I often see myself as more of a shopper than a chef," Phan explains. Good ingredients generally precede a great meal, but little credit is

given to the chef's task of selecting the perfect spear of asparagus or the most flavorful piece of beef. Chef Phan credits much of the success over the years to the relationships he has cultivated with farmers, ranchers and purveyors of the ingredients he uses on a daily basis. These relationships have given Phan a great respect for the people, animals and land involved throughout the entire process. By highlighting the farms and ranchers whose products he uses, Chef Phan hopes diners will gain more respect for them as well. But, "at the end of the day, it's about flavor," he adds. Sustainability, family farming and organics are important, but it all gets back to the flavor somehow. "We are in the pleasure business."

One dish in particular brings more pleasure than any other on the menu. Known as Bo Luc Lac in Vietnam, Shaking Beef is essentially a wok-fried dish of beef. Rather than the traditionally used thinly sliced cuts of stringy beef, Phan's version uses Niman Ranch filet mignon, elegantly cubed into bite-size morsels and marinated overnight in a mixture of garlic, sugar and oil. He then stir-fries the beef with onions and a sweet vinaigrette. The sauce, consisting of soy, fish sauce, sugar, rice wine and vinegar, caramelizes the exterior over the heat of an 18,000 BTU burner. The resulting dish is garnished with watercress and served with a crispy acidic, lime-based dipping sauce.

◀ SHAKING BEEF (BO LUC LAC)

INGREDIENTS [beef]

1 1/2 lbs. Niman Ranch filet mignon, trimmed of fat and cut into 1 1/4-inch cubes
 1/2 cup. canola oil (for stir frying)
 1 medium size red onion (about 1 1/2 cup), cut into 1/4" thick slices
 4 stalks green onion, trimmed and cut to 1" lengths
 1 Tbl. chopped garlic
 2 Tbl. unsalted butter

INGREDIENTS [meat marinade]

1 tsp. kosher salt
 1 tsp ground black pepper
 2 Tbl. canola oil

INGREDIENTS [stir fry sauce]

1 1/2 Tbl. white vinegar
 3 Tbl. sugar
 3 Tbl. light soy sauce
 3 Tbl. fish sauce
 1 tsp. cooking rice wine

INGREDIENTS [Salt and pepper dipping sauce]

1/2 tsp. kosher salt
 1/4 tsp. freshly ground black pepper

juice of 1 fresh lime or about 1/4 cup.
 1 bunch of watercress, washed and dried

METHOD

Marinate meat with 1 teaspoon salt, 1/4 teaspoon pepper and 1 tablespoon oil for about 2 hours. Meanwhile, combine stir-fry sauce ingredients. Stir. Set aside.

Divide the meat into 2 portions, and do the same with the onion and green onion. Heat a wok or a large skillet over maximum heat until very hot. Add 4 tablespoons oil to the wok. When the oil smokes, add the meat in one layer. Let it sit until a brown crust forms, and turn to brown the other side. Total time for browning should take less than 5 minutes.

Pour out excess oil, leaving about 1 tablespoon in the wok. Add half the onion and half the scallions, and cook, stirring, about 30 seconds. Add about half the stir-fry sauce mixture and shake pan to combine ingredients.

Add half the butter and shake pan until butter melts. Remove meat, and repeat steps with second batch of meat. Place beef over watercress. Combine salt, pepper and lime juice in a small sauce ramekin. Serve beef with lime dipping sauce.

Chef Charles Phan
 The Slanted Door
 San Francisco, CA
www.slanteddoor.com



Niman Ranch hog farmer Paul Willis runs a true family farm



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Slanted Door, continued from Previous Page

Quality promises culinary consistency

"My relationship with Niman Ranch has been important since the very beginning," says Phan. Employing over 20 members of his own family in the restaurant, "Niman's dedication to family farms and sustainability is incredibly important to me," Phan continues.

Aside from Niman beef, Phan also highlights pork from the ranch of Paul Willis, who helped to found Niman Ranch's hog farmers' program. Consistency in the kitchen has been key to Phan's success over the past decade, because as he puts it, "The customer doesn't care about what you cooked last night. You have to be constantly performing at your highest level. They trust you when they enter the restaurant and in turn, I trust Niman Ranch."

Aside from Niman Ranch products, Phan highlights the provenance of his ingredients on nearly half of the menu items, saying, "Respecting the ingredients and the producer of those ingredients is a win-win for everyone." Some of these include: Kona Kampachi with English cucumber, mint and Thai chili; barbecued Willis Ranch (Niman Ranch network) pork spareribs with honey-hoisin sauce; Zuckerman Farm asparagus with nameko mushrooms; Grass-fed Anderson Ranch lamb sirloin with organic onions and red chiles; and Star Route Farm baby spinach with garlic and caramelized shallots.

VIETNAMESE CREPES

[8-10 Crepes]

INGREDIENTS [batter]

1 cup rice flour (packed cup)
1/2 cup corn starch
1/4 tsp. turmeric powder
1/4 cup coconut milk
2 cups water
1/2 cup green onions cut into 1/4" pieces
1/4 cup dried mung bean (optional)
1 tsp. salt

INGREDIENTS [filling]

1/2 lb. pork shoulder
1 small yellow onion
20 each med. shrimp
8 cups bean sprouts
1 head red leaf lettuce (hand leaf)
10 sprigs mint

METHOD

Soak mung bean in water for about 30 minutes or more. Drain mung beans and puree in blender with 2 teaspoons of water until liquefied. Combine rice flour, corn starch, turmeric powder, coconut milk, water, mung bean. Mix well with a whisk. Stir in green onion pieces. Let it sit for at least 15 minutes. Prepare other ingredients while you're waiting. Cut pork into thin small 1-inch pieces. Set aside. Remove the shells from the shrimp, devein and clean. Slice shrimp in half lengthwise. Set aside. Julienne onion. Set aside. Heat up a medium non-stick pan; add 2 tsp. oil. When the oil is hot, add 4 strips of pork. Turn once; cook until done. Add 4 slivers of onion. Cook the onion for about 15 seconds. Mix batter. Ladle about 3 ounces batter – enough to coat the entire pan, including halfway up the side. Add 4 half pieces of shrimp and 1/2 cup bean sprouts. Cover the pan. Turn the heat to medium and cook for about 2 minutes or until the crepe



edge pulls away from the pan. At this time, drizzle 1 to 2 tsp. of oil underneath the crepe. Cook crepe until crunchy and golden brown on the outside, about 4 to 6 minutes. Remove from pan. Fold in half and serve with 4 pieces lettuce, 1 sprig of mint and 2 oz. flavored fish sauce.

INGREDIENTS [Flavored fish sauce]

5 cloves garlic
2 Thai chili
1/2 cup rice vinegar
1 cup fish sauce
3/4 cup sugar
1 cup water
2 tsp. fresh lemon juice

METHOD

Start by making dressing. In a mortar, pound together the garlic, Thai chili and sugar to a paste. Add vinegar, fish sauce and water.

Chef Charles Phan

The Slanted Door, San Francisco, CA

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Cowboy Star's Dining Room



Grilled American Bison Ribeye

1 each 14 oz bison rib eye (from a good butcher shop) 1/4 tsp. ground black pepper
1/4 tsp. salt 1/2 Tbl. oil

METHOD

Brush both sides of the rib eye with oil and season with salt and pepper, grilled under medium heat for 4 to 5 minutes each side, remove from heat and set aside in a resting pan covered with foil for 8 to 10 minutes or keep covered until ready to serve.

Serve the rib eye with fresh seasonal vegetables from the farmers market and mashed potatoes

Herbed Mashed Potatoes

3 lbs Yukon gold potatoes 1 tsp. fresh chopped Italian parsley
1/2 stick of unsalted butter 1/4 tsp. fresh chopped chives
1 qt. of whole milk 1/4 tsp. fresh chopped chervil
1/2 Tbl. salt 1/2 tsp. fresh chopped thyme
1/2 tsp. ground white pepper

METHOD

In a medium sauce pan bring to a boil the potatoes. Lower the heat and cook to a simmer for 20 to 25 minutes. Drain the potatoes and transfer to a vegetable ricer, add the butter and warm milk, season with fresh chopped vegetables, salt and pepper.

Chef Victor Jimenez
Cowboy Star, San Diego



Transforming Tradition

Fresh takes on the standard steakhouse

Danielle Weisberg

A traditional American steakhouse may offer several cuts of meat but usually customer choice stops with the martini order. A Sinatra-themed playlist floating through a cigar-filled dining room with studded leather booths and dim lighting is quickly fading out, as new cuts on meat classics take shape.

A staff that knows exactly where their meat was raised and what it was fed, customer satisfaction down to steak knife choice, and an environmentally conscious attitude are leading the steakhouse transformation. *The Cowboy Star*, *Six Peaks Grille*, and *Suite & Tender* have taken old clichés to the chopping block and combined forward thinking chefs with fresh ideas to create an ideal dining experience – memorable and delicious.

Cowboy Star: Cooking with a conscience

Ask the server at *The Cowboy Star* where their meat is

raised, and you won't get an awkward pause and a moment to ask the chef. The highly informed wait staff at *Cowboy Star* can wax on about farming practices – the restaurant works only with ranches that adhere to high integrity methods including 100 percent grass-and corn-fed cattle and U.S.D.A. prime, 35-day dry-aged beef, as well as free-range poultry options.

It is easy for the staff to be knowledgeable, and in turn ensure customers that they are eating healthy, safely prepared dishes, when the restaurant has its own full service butcher shop attached. *Cowboy Star* owner Jon Weber creates a “conscious restaurant owner” model by not only making responsible, humane choices in what they choose to serve but also making it easy for their customer base to as well – creating a valuable bridge between community and restaurant.

The adjoining butcher shop is the source for the signature chops served at *Cowboy Star* and additionally gives customers a chance to purchase their meat of choice from their favorite restaurant, widening profit potential and cre-

ating a space in customers' minds as not only their go-to to eat-out spot, but also to eat-in provider.

The literal next door to kitchen meat freshness helps Executive Chef Victor Jimenez concentrate on American West creativity. While the standard chops are all featured, unusual cuts such as the 14 oz.-American Bison Ribeye satisfy a meat lover who is looking to experiment.

Six Peaks Grille: Creating memories

Anticipating customers' needs is central to any successful enterprise; at no time has this been more important than in the struggling economic climate when eating out and travel are the first luxuries to go as families cut back. Today, restaurants need to know their clientele's tastes as well as their pocketbooks. Executive Chef Jason Friendly at the AAA Four Diamond Resort at Squaw Creek understands the need for dining out to be a memorable family event.

Friendly, a graduate from Johnson & Wales Culinary School in Rhode Island, may run an upscale resort, yet he rejects the idea that it needs to cater solely to the wealthy. Friendly strives to create a surrounding of culinary and visual excellence not only for hotel guests but for locals and families as well.

One of the primary goals for his culinary team is to create memories for the visiting children. Friendly stresses that he loves working for upscale resorts because it enables him to give families memories worth their hard-earned money.

Six Peaks Grille's most monumental and memorable dish is born out of this kid-friendly philosophy. The im-

pressive 30-oz. Tomahawk steak is wheeled out on a cart, giving children a culinary feast for their eyes while providing more than enough food for half the family.

Six Peaks Grille's Executive Chef Chad Shrewsbury strives to produce a diverse menu with a sustainable theme. Entrees can be ordered either off the “Butchers Block”, a traditional, medium/medium well preparation or the “Chef's Way”, which allows Shrewsbury to have free range in creating culinary masterpieces for a diner willing to take a chance.

In addition to wildly creative dishes, Shrewsbury's preparation involves organic cuisine. Adhering to owner Destination Hotel's new initiative, “Destination Earth”, *Six Peaks Grille* is making a large effort by participating in sustainable fishing – only allowing for 15 percent of the fish pop-



The bar at Suite & Tender

Kobe v. Wagyu

Wagyu simple means Japanese Cow. There are five main breeds of Wagyu in Japan, with the black variety being the most famous. This black Wagyu is most prevalent in the Kobe region, which is where the common name we see today is derived. The Wagyu were selectively bred in Japan over many centuries for their marbling quality. They were historically fed beer as part of their diet and massaged with sake to prevent muscle cramping, due to their lack of exercise space.

American Style Kobe

On menus here in the states, Japanese Wagyu is exceedingly rare. Most restaurants serving Kobe beef are in fact serving Kobe-style beef, produced here in America.

The limited space in Japan and rising demand for beef led to the export of Wagyu cattle to the United States. Wagyu here were cross-bred with American Angus to create an animal better suited for American ranching. The color of Japanese Wagyu is exceedingly white, which turned off American consumers. By cross-breeding with the Angus, American ranchers were able to keep a significant amount of the Wagyu marbling, while maintaining the preferred red color in the meat. Today, this beef is classified as American Style Kobe or American Style Wagyu.

Tradition, continued from Previous Page

ulation to be harvested so they can repopulate and regain volume to pre-farming levels.

Suite & Tender: Customization caters to customer's culinary cravings

Finally, *Suite & Tender* is the pinnacle of the personal dining experience and proves that steak on the menu does not have to mean over done staples. Residing in the posh Se San Diego Hotel, *Suite & Tender* offers a foray into gastro-tourism, which managing partner Kelley Jones explains as "where travelers and diners alike have the chance to create an experience that is completely unique and their own."

Feeling wine? Choose from a sip, taste, and bottomless glass or create your own flight. In the mood for something more exotic, choose from cocktails with items such as cucumber and chili paste or have something prepared tableside based on your tastes that day.

To dive into dramatic surf and turf pairings such as Diver Scallop and Pork Belly, *Suite & Tender* offers a choice of handpicked steak knives from around the globe.

Cigars and Sinatra may be out but straight from the butcher's block still works when combined with local, organic foods and personal touches that can



widen a customer base and prove to create the memories that will keep diners coming back.

Danielle Weisberg writes for NBC News in Washington, DC. She graduated with a BA in American Studies and English from Tufts University. She interned at Boston

Magazine and Rokit Ranch Productions, where she wrote and monitored up-and coming-restaurants and cultural trends.

Recipes from:

Cowboy Star, *Bison Rib Eye*

Six Peaks Grille, *Tomahawk Rib Eye with Huckleberry Sauce*

Suite & Tender

San Diego, CA • www.suiteandtender.com

Cowboy Star Restaurant & Butcher Shop

San Diego, CA • www.thecowboystar.com

Six Peaks Grille

Olympic Valley, CA

www.squawcreek.com/six-peaks-grille.php

Bistro Laurent Tourondel

New American Bistro Cooking

Laurent Tourondel and Michele Scicolone
Wiley, 286 pages \$34.95



With the growing national popularity of his BLT restaurants, Laurent Tourondel has reinvented the bistro for Americans today, combining the welcoming coziness of a traditional French bistro with the à la carte options of an American steakhouse. Featuring 144 recipes and over 50 full-color photographs, the dishes presented in *Bistro Laurent Tourondel* are made accessible with basic techniques and readily available ingredients, guiding the reader with "Chef's Tips" and even wine pairing suggestions along the way. He also provides informative chapters on shopping for the best ingredients, including how to buy and cook a great steak, a glossary of key culinary terms and a comprehensive list of reliable mail-order sources.

Chef Tourondel was named "Restaurateur of the Year 2007" by *Bon Appétit* magazine and is Executive Chef of BLT Restaurant Group, made famous for their establishments BLT Steak, BLT Prime and BLT Burger, which arguably redefined American bistro cooking by creating contemporary versions of classic dishes. Perfected in his successful restaurants, Tourondel's love of American ingredients, the warmth and informality of bistro experiences during his childhood in France and the bold flavors of traditional American steakhouses define his sophisticated, but user-friendly recipes.

WAGYU RIB EYE TOMAHAWK CHOP WITH ROOT VEGETABLE PAVE AND HUCKLEBERRY COMPOTE

(serves 4)

INGREDIENTS

30 oz. Tomahawk Rib Eye

HUCKLEBERRY COMPOTE INGREDIENTS

5 lbs. huckleberries
1 1/2 cups brown sugar
2 lemons (juice)
4 cups red wine

METHOD

Bring huckleberry and red wine to a boil. Add lemon, brown sugar reduce for one hour

PAVE

INGREDIENTS

1 celery root (peeled sliced thin)
4 carrots (peeled sliced thin)
4 parsnips (peeled sliced thin)
1 sweet potato (peeled sliced thin)
3 cups heavy cream
1 tablespoon butter (melted)

METHOD

Toss all vegetables in heavy cream. Arrange in layers of each vegetable on a butter half-sheet pan. Cover with foil, bake at 350°F approx 1 1/2 hours. Place in refrigerator until ready for use.

SHITAKE MUSHROOM POWDER INGREDIENTS

5 lbs. dehydrated mushrooms
Salt & pepper to taste blend until powdered form



Chef Chad Shrewsbury

Six Peaks Grille at Resort at Squaw Creek
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PRIME BUFFALO RIB EYE LOIN WITH ARUGOLA AND VINCOTTO

[Serves 4]

INGREDIENTS

3 lbs. buffalo rib eye loin (or 4-12 oz. rib eye steaks)
 8 oz. arugola
 1 cup Vincotto original
 Extra virgin olive oil
 2 oz. fresh herbs (sage, rosemary and thyme)
 2 cloves of garlic
 1 oz. of butter
 Salt and pepper to taste.

METHOD

Slice rib eye into 4 steaks, marinate with herbs, garlic and a swirl of olive oil. Rest in refrigerator for at least 2 hours or even overnight.

In a pan melt the butter with 2 tablespoons of olive oil. When hot, sear steaks for 2 minutes each side at a time, season with salt

and pepper and keep flipping meat until you reach your preferred temperature! (5 minutes each side for medium rare and about 8 for medium when steaks are 1 inch thick)

While the meat is cooking, put Vincotto in a saucepan and reduce by half over slow heat, season arugola with salt, pepper and olive oil, place in the center of a serving plate.

When meat is done to your liking let rest for 5 minutes off the pan, then slice and place on top of arugola. Add any juices to reduction then drizzle steaks abundantly with Vincotto and extra virgin olive oil and serve.

A little note about Vincotto: Vincotto is a reduction of grape must. The must is the mixture of juice, skin and stems derived by pressing the grapes. In this case instead of starting the fermentation for wine making, the mixture is cooked, then vinegar bacteria is added and additional flavors if a fruit-flavored Vincotto is being produced.

Chef Luciano Pellegrini
 Piero Selvaggio's Valentino
 Las Vegas, NV

COMING TO AMERICA

PIERO SELVAGGIO'S VALENTINO BRINGS CLASSIC ITALIAN FLAVORS TO LAS VEGAS

Rachel M. Sugay

The mood at Valentino is understated and hushed, almost a mirror of its Executive Chef, Luciano Pellegrini. It is in this instance that you realize, perhaps subconsciously, that like any great restaurant, the chef's personality is reflected in every aspect – from, as one might expect, the food and many times even down to the interiors.

The 45 year-old Italian has years of experience under his belt, or rather, toque. He exudes an air of elegance and distinction, with his salt-and-pepper flecked hair being the only telltale sign of his age and years in the industry.

Like any aspiring chef, he learned about food early on – first, from his mother's kitchen and then, at the prestigious San Pellegrino Hotel School, where he enrolled at the tender age of 13. He spent his teenage years attending school and gaining experience at such places like Bar Centrale in Manhattan, where he took on nearly all the kitchen responsibilities.

From army cooking to fine dining

Pellegrini recounts, "When I was 18, I served in the army



Chef Pellegrini

"Don't get starstruck by all the celebrity chefs. No matter what, you have to put in your time. It's not a quick rise to the top. There's no way; it just can't be done. A little humility will go a long way."

— **Chef Luciano Pellegrini**
Valentino Las Vegas

and was posted in the kitchen. This is where I got my first taste of cooking for a large crowd." Not a far cry from the present, as Valentino averages about 400 to 500 covers per night.

By the early-1980s, he was already fairly ensconced in fine-dining establishments in Italy, at restaurants such as Locanda Dell'Angelo and Rimini. Nineteen eighty-five was the year that changed all that and life as he knew it.

At that time, famed chef, Piero Selvaggio, extended an invitation to Pellegrini and another colleague, Paolo Frosio. Work in the States began with food preparation in the kitchen of Valentino, but in the same year, Primi opened and Pellegrini transferred there as pasta chef, and then became head chef in only two short years.

In 1991, another restaurant, Posto, opened in San Fernando Valley, and this time, Pellegrini was firmly at the helm of this establishment as executive chef. It was here where he caught the attention and praise of renowned *Los Angeles Times's* restaurant critic, S. Irene Virbila, who commented that Pellegrini executed "the kind of rustic main courses you might find in the Italian countryside."

Las Vegas: the Land of Opportunity

It was all a smooth ride from there. Another opportunity presented itself several years later with the opening of Valentino in Las Vegas, in May of 1999. This time, not only was he executive chef, he added "partner" to his job description. It's important to note that Pellegrini is Selvaggio's one and only partner, with the rest of the restaurants

wholly-owned by him. "Valentino in Santa Monica has a 35-year legacy, and it's all Piero's; I have nothing to do with that. This one is a newer restaurant, a little more modern and influenced more by what I am and what I do," says Pellegrini. "Piero's Santa Monica is 'all-Piero'; this one is more me, so to speak."

Throughout the years, Valentino, under Chef Pellegrini's leadership, has won numerous awards and accolades, but perhaps the crowning glory would be winning the 2004 Best Chef in the Southwest award from the James Beard Foundation. By the same token, he is quick to downplay this by saying, "By the time I won the award, I was already a partner here and with Giorgio, so it wasn't that I had to prove myself to a potential employer."

You might think that being in the desert can be limiting to most chefs, in terms of obtaining fresh, quality ingredients, but Pellegrini is quick to counter this point of view, saying, "We don't feel that we're at a disadvantage because we're in the desert. We're a huge market that everybody wants to be in right now. We pretty much have everything shipped from L.A.; we have fresh seafood coming in daily from Florida and Maine."

Asked if there was a particular dish that has remained on the menu throughout the years, Pellegrini says, "No," though he is quick to point out, "We are usually able to accommodate requests for pasta dishes," jokingly adding, "So long as it's not the kind of dish that needs to be braised for three to four hours."

He laughingly recounts, "Sometimes, it takes a customer to remind us of how a certain dish was prepared and served. Some customers tell us, 'You used to serve it this way, with this sauce...' and then we remember."

Pellegrini's recipe for success

Not one to rest on his laurels, Pellegrini shares that the menu at Valentino gets a "complete overhaul" every year, although this is on top of the seasonal menu that is introduced every quarter. "We've remodeled the restaurant



three times since we opened. We're trying to keep a fresh look," says Pellegrini, adding, "this is Vegas after all, with its million-dollar restaurants, and you need to keep a new approach."

He sits down with Chef Piero on a weekly basis to discuss, among other things: work, the direction the

business is going and strategy, although he also frequently consults with his sous chefs. "I give them ample space to express themselves, though obviously closely monitored by *moi*, yours truly."

The advice he gives to aspiring chefs? "Don't get starstruck by all the celebrity chefs. No matter what, you have to put in your time. It's not a quick rise to the top. There's no way; it just can't be done," adding, "a little humility will go a long way."

He also stresses, "The mentality has to be there. And the devotion and the patience. It's all about repetition." Pellegrini recounts his earlier days, "I look back at myself – when I was 22-23 and ask, 'Was I a chef?' I had the position, certainly, but I wasn't a chef, but I knew I had the talent, and more importantly, I never let it go to my head. I was always aware of the fact that I was given the opportunity to do something."

And what of cooking advice? Pellegrini likes to keep it clean and simple. "If you have a good ingredient, don't mess with it too much. Too many chefs try and come up with this 'mega-100 ingredients' in one dish." →

NY STEAK TAGLIATA WITH ARUGOLA, TOMATO AND ROASTED GARLIC BALSAMIC VINAIGRETTE

[Serves 4]

- 2 NY steaks (14-16 oz each)
- 1/3 of a cup crushed black pepper
- 8 oz. fresh arugola
- 1 large heirloom tomato
- 1/2 cup extra virgin olive oil
- 1/2 cup balsamic vinegar
- 4 garlic cloves
- 2 Tbl. butter
- coarse sea salt

METHOD

Preheat oven to 450°F.
 Finely chop 1 garlic clove.
 Rub NY steak with chopped garlic, season with sea salt and cover with crushed pepper.
 Melt butter in a skillet; when golden brown put steaks in; sear both sides and put in oven for 10/15 minutes (turn steaks every 5 minutes); remove and let rest for 5 minutes.
 Slice remaining garlic and put in saucepan with olive oil over medium heat. When gold in color, add balsamic. Reduce balsamic by half its volume then blend.
 Wash arugola thoroughly; slice tomato.
 Slice steak about 1/4 of an inch thick.
 Add juices to dressing.



Arrange arugola and tomato on one side of the plate, fan half of steak on each plate and liberally drizzle dressing over everything, sprinkle some extra sea salt and extra virgin olive oil.

Chef Luciano Pellegrini
Piero Selvaggio's Valentino
Las Vegas, NV

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Coming to America, continued from Page 40

He shares that if he had a choice of a last meal it would be roasted quail with polenta and mushroom. It seems that the years have mellowed him out, if only by a bit. He still maintains a tight rein over his kitchen, but perhaps this time with a longer leash. "I've been doing this long enough to realize that not everything goes your way. I've learned to be tolerant and understanding of the situation; that it's not necessary to get bent out of shape. Don't get me wrong, I used to be the other way, but this is something that I've learned; not that it came naturally, it's definitely an acquired skill."

Well, except maybe at home on Sundays, which he spends with his wife and two daughters, "I love to play with my daughters. Sunday is usually family day, where we play Pictionary or something. At home, everybody's competitive, there's lots of yelling and screaming." He also shares that if he wasn't a chef, he would most likely be in a career involving math and computers, admitting that he has actually started exploring social networks like Facebook and



LinkedIn. How much more American can you be?
Rachel M. Sugay is the editor of a weekly tourist magazine in Las Vegas. Prior to her move to Nevada, she was based in Singapore for 11 years, practicing public relations for the travel and tourism industry. She has written for various Pan-Asian publications such as The Manila Standard and Philippine Daily Inquirer.

Piero Selvaggio's Valentino, Las Vegas
The Venetian Resort Hotel Casino
 (702)414-3000

Valentino Menu Highlights

Appetizers

- Hickory Smoked Quails and Asparagus-Beets Salad with Figs Vincotto Dressing
- Domestic Culatello with Ciabatta Bread Chips and Home-Made Burrata
- "Maestri Pastai" Pennoni with Grana Padano and Braised Lamb Ragout
- Spaghetti Bottarga with Fresh Sardines and Arugola

Mains

- Spicy Maine Lobster "Fra Diavolo" Over Black Tagliolini Sautéed with Lobster Meat and Fresh Tomato
- Broiled Fluke Fillet over White Asparagus with Black Truffle E.V.O.O. Emulsion Sweet Potato Gratin
- "Pollo al Mattone," Whole Young Chicken Cooked under a Brick Served with Spinach Risotto
- Braised stuffed Veal Shank with soft Polenta

Desserts

- Whiskey and Marsala Zabajone Semifreddo with Strawberry-Green Tea Sauce
- Crunchy Caramelized Puff Pastry Napoleon with Stracchino Bergamasco, mixed Berries Sorbet
- Chocolate Ravioli Berries and Mint Soup



Sweetbreads Lyonnaise
 recipe on page 45



Above: The dining room at Spruce



Left: Church and State's Roasted Bone Marrow See www.culinarytrends.net for the recipe.

Meat meets moderation

Beef-based appetizers please carnivorous appetites of all sizes

Ali LaRaia

In today's world of diminishing bank accounts and expanding bellies, moderation has been touted as the approachable solution to saving both one's health and one's money. Diners are not only trying to cut back on costs due to tighter budgets, but they are also making an effort to limit their caloric intake, as finances and well-being become primary concerns that drive their dining-out decisions. Over the years, study after study has warned against the excessive consumption of red meat, scaring beef-devoted diners to restrain their cow cravings. Even though extensive research indicates that red meat is the largest contributor of iron and zinc, not to mention the second largest provider of Omega-3, an essential fatty acid that promotes the body's health, people continue to shy away from entrée size portions of beef when going out to eat.

Fortunately, for carnivores who are watching their waistlines and wallets, creative beef appetizers provide an affordable, fulfilling way to satisfy their red meat cravings. Whether it is a perfect preparation of indulgent sweetbreads such as the one offered at San Francisco's Spruce, or an avant-garde appetizer of braised veal cheeks with caramel-dipped dates at Lake Tahoe's Six Peaks Grille, it is clear that meat has jumped into a more sophisticated role in the first course act on menus.

Smaller portions satisfy diners' meat cravings

When dishes of high quality are available at a moderate price point and portion size, the customer is able to experience finely crafted dishes, such as Sous Chef Brent Johnson's attentively monitored 12-month aged Prosciutto at Spruce, without feeling that they have overindulged during their dining experience. The restaurant's Executive Chef and Partner Mark Sullivan admits, "You have to do so many little things to get people through the door." Chef Sullivan goes on to explain that having a classic charcuterie plate with house-cured meats and Spruce's own drying and butchering rooms, displays the restaurant's utmost integrity for their food.

At Suite & Tender, San Diego's newest hot spot that takes a softer, contemporary approach to steakhouse cuisine, James Beard Award-Winner Chef Christopher Lee lets the restaurant's highest quality ingredients shine through simple, but expertly prepared small plates, such as the Kobe carpaccio served with pickled red onion, Reggiano-parmesan cheese and ciabatta croutons, to create an appetizer that is appropriately "plastic-spoon tender" and irresistibly fresh.

High quality ingredients shine in first-course dishes

Travel a few hours north of San Francisco to Six Peaks Grille at The Resort at Squaw Creek in Lake Tahoe, and



KOBE BEEF CARPACCIO

INGREDIENTS

3.5 ounces very thinly sliced raw Hamilton Meats Kobe beef
 1 ounce of Extra virgin olive oil
 1.5 ounces pickled scallions
 2 ounces shaved parmesan cheese
 1 tablespoon each of minced shallots, chives, and tomato
 1 finely chopped micro onion
 1 Ciabatta crouton

METHOD

Lay beef on a 10 inch round plate. Brush a thin layer of olive oil over the beef. Season with salt and pepper to taste. Scatter cheese, scallions, shallots and tomato over the plate. Garnish with micro onions and Ciabatta crouton.

* Produce from Specialty Produce in San Diego.
www.specialtyproduce.com

Chef Billy Boyle
 Suite & Tender, San Diego



Moderation, continued from Previous Page

you will discover that their top notch “American Wagyu Beef” is hand-selected at Broadleaf Farms by the resort’s culinary team. As chef of one of Northern California’s finest dining destinations and the hotel’s most sophisticated dining room, Six Peak Grille Executive Chef Chad Shrewsbury carefully portions his plates while using prized or less common cuts of meat from the finest flavored ingredients, fulfilling his mission to never compromise the food’s quality. He crafts his braised veal cheeks appetizer with caramelized dates and a rosemary jus; a sweet and savory combination that plays on the popular 1950s appetizer of bacon-wrapped dates.

Even with the fine-dining reputation of Squaw Creek Valley’s restaurants, the resort’s Executive Chef

Jason Friendly defines Six Peaks Grille cuisine as inspired “Mountain Food.” Ranging from the innovative braised veal appetizer to the familiar American Wagyu signature burger, Chef Friendly’s and Chef Shrewsbury’s variety of gourmet offerings promise to appeal to the resort’s diverse clientele.

A little creativity goes a long way

At Church & State in Los Angeles, curiosity arises when reading the menu’s first-course description of Moelle de Boeuf, or Roasted Bone Marrow. Diners can’t help but be intrigued by the mysterious components, which is a key to filling the seats and creating a great turnover rate each night. Although sweetbreads, bone marrow and beef carpaccio have been served in restaurants for decades, it has been only recently that traditional meat appetizers prepared with innovative twists have become an undeniable trend, popping up on menus across the country. Executive Chef Walter Manzke notes that “this isn’t an ideal economy for any restaurant, but I do think that having a great chef who is superlatively dedicated to his craft, as well as affordable pricing has helped us begin to build a loyal customer base.” He admits that the dish was a tough sell at first, but with the comfortable price and accessible menu of a classic French bistro, locals have been venturing back to explore all elements of the food.

Appetizers allow sharing

There will always be obstacles in the restaurant business, but Chef Sullivan simply states that “people still want to eat out” and they seem to be “eating differently, in more creative ways, splitting dishes, still having a nice time and enjoying their meal.” A growing trend of ordering various appetizers to split among friends has become prevalent, while the decrease of

entrée orders and check totals has become more visible. In this recession, chefs are making high-end menus more approachable and reaching out to a larger and more versatile clientele with dishes that appeal to adventurous and average eaters alike, winning over diners with mini meals of meat to satisfy their carnivorous cravings.

When an establishment uses meat of the highest quality and develops appetizers that are comprised of perfectly balanced components, such as Spruce’s sweetbreads Lyonnais, Six Peaks Grille’s veal cheeks, Suite & Tender’s Kobe Carpaccio and Church & State’s Moelle de Boeuf, customers are happily satisfied with smaller-sized portions of their favorite protein-filled plates.

In the end, no excellent chef will compromise good flavor; however, when finances are tight, sacrifices must be made, and it is important to recognize that kitchens are up against a challenging task to resourcefully create more from less. Different chefs surely have different definitions of moderation, but more and more, restaurants are realizing that first-rate small plates are not only necessary due to budget cuts and pleasing the financially concerned consumer, but that a little can go a long way in gratifying patrons’ palates.

Ali LaRaia is a food journalist based out of San Francisco. She is a regular contributor to Drink Me Magazine and can be followed regularly on her blog: A Date With Flavor.

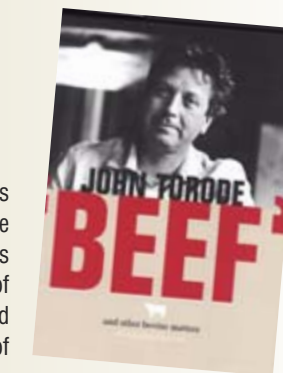


Six Peaks Grill, Olympic Valley, CA
<http://www.squawcreek.com/six-peaks-grille.php>

Suite & Tender, San Diego, CA
www.suiteandtender.com

‘Beef’ and other bovine matters

John Torode
 Taunton Press, 255 pages
 \$34.95



One of England’s biggest star chefs and an irrefutable influential figure on the UK culinary circuit, John Torode is famous from his role as co-presenter and judge of BBC television’s hit show MasterChef and his wildly respected restaurant Smiths of Smithfield – an establishment highly regarded for their beef preparations, appropriately situated in the heart of London’s meat market.

Chef Torode’s undeniable passion for beef shines through in this ingredient-focused book, teaching readers the multitude of methods to cook with beef. In addition, he presents the history and importance of great and rare breeds, butcher’s recommended cuts and how one can achieve true head-to-tail eating.

Recipes are classics from around the world. These include pies, roasts, hamburgers and of course, the epitome of beef – the steak entrée, with dishes gathered from Italian, French and Thai cuisine. Beef truly illuminates the story of beef from farm to table and brings this universal ingredient back into the limelight with John Torode’s superb collection of recipes.

Spruce, San Francisco, CA
 415.931.5100 • www.sprucesf.com

Church & State, Los Angeles, CA
 2134.405.1434 • www.churchandstatebistro.com

Tips on using grass-fed beef from Bill Kurtis Tall Grass Beef Company

Grass fed cattle spend their days grazing on wide-open pastures, gaining weight by eating their natural diet consisting of various types of grasses. This diet produces a much bolder flavor in the beef, which is often described as buttery and even nutty. Because they are not confined to pens in a feedlot, grass-fed cattle spend more of their days on the move, gaining weight less rapidly, producing meat that is lower in saturated fat and cholesterol, as it is leaner than the grain fed variety.

Cook it Low and Slow

Because of the leaner nature, we suggest cooking grass-fed beef at slightly lower temperatures for longer periods of time, as compared to conventionally raised, grain-fed beef. The internal temperature should read between 135-150°F for optimal flavor.

SWEETBREADS LYONNAISE (Photo on page 43)

[Serves 6]

INGREDIENTS [for poaching sweetbreads]

1 lg. lobe natural veal sweetbreads, approximately 1 lb.
 3 cups whole milk
 3 cups ice
 1 qt. green verjus
 1/2 qt. water
 1 lemon, juice and zest peelings
 12 thyme sprigs
 1 carrot, coarsely chopped
 1 stick of celery, coarsely chopped
 1 medium sized yellow onion, coarsely chopped
 2 garlic cloves split in half
 12 black peppercorns
 Salt, to taste

METHOD [for poaching sweetbreads]

Rinse sweetbreads in cold water. Place in a container with the milk and ice and reserve chilled for 12 hours. This is necessary in order to clean the sweetbreads of any impurities. Once soaked, rinse thoroughly in

cold water and reserve chilled.

Place the verjus and water in a saucepot and bring to a simmer; add the onion, carrot, celery, garlic, peppercorns; and simmer for 15 minutes. Turn the heat off; add the thyme sprigs, lemon juice and lemon zest. Season the poaching liquid with salt so that it tastes like seawater. Submerge the sweetbreads in the hot liquid, and let the pot sit over a pilot for 10 minutes. Transfer all contents of the pot to a bowl and reserve in the refrigerator overnight. Cover with plastic wrap once chilled. At this point, the sweetbreads are poached, but are still very rare.

METHOD [for peeling and pressing]

The next morning remove sweetbreads from the liquid. Peel the outside film from sweetbreads, being careful not to pick at every little membrane, or you will be left with only small nuggets. Pat sweetbreads dry with a kitchen towel. Place two very absorbent cloths on a sheet pan and place sweetbreads on top. Cover with two cloths, and then place a sheet pan over top. Place this setup in your refrigerator and weight it down with approximately 5lbs., cans work great. After 6 to 8 hours, the sweetbreads should be nicely pressed.

Chef/Partner Mark Sullivan
 Spruce, San Francisco, CA

SCALLOPS WITH BLOODY MARY ESSENCE

[Serves 2]

INGREDIENTS [scallops]
6 jumbo scallops
Salt & pepper, to taste
Whole butter, as needed to fry
6 yellow tomato slices
6 jumbo caper berries
2 oz. celery heart leaves

INGREDIENTS [sauce]
2 oz. vodka
2 oz. scallops stock
3 oz. Bloody Mary mix
1 oz. whole butter
Salt & pepper, to taste
Extra virgin olive oil for the celery leaves

METHOD

Season the scallops with salt and pepper and pan fry in butter until medium.
Quick sauté the tomatoes and place on plate. Press the celery leaves with olive oil and salt. Place scallops on top.
For sauce, deglaze the pan with vodka, scallop stock and Bloody



Mary mix and reduce. Bind with whole butter and season to taste. Garnish the plate with jumbo caper berries.

Chef Urs Balmer
California's
Universal City, CA



AHI TUNA TARTARE

[Serves 2]

INGREDIENTS [tuna]
7 oz. diced center cut ahi tuna
1/2 diced avocado

1 tsp. each: chopped garlic, shallots and fresh ginger
2 tsp. chopped cilantro

INGREDIENTS [dressing]
1/2 lime (juiced)
2 Tbl. rice vinegar
2 Tbl. mayonnaise
1 Tbl. soy sauce
Cholula Sauce to taste
1 Tbl. sesame oil
Salt & pepper to taste

INGREDIENTS [garnish]
micro greens
4 each pear tomatoes (red and yellow) cut in half
truffle oil

ASSEMBLY

Mix all the ingredients with the dressing and place on the center of the plates in a ring or use a cup to shape.

Garnish with the pear tomatoes and micro greens tossed with white truffle oil and salt.

Chef Urs Balmer
California's
Universal City, CA

AGEDASHI EGGPLANT

[4-6 servings]

INGREDIENTS [eggplant]
2 lb. firm Japanese eggplants
oil for frying
3 Tbl. thinly sliced Tokyo negi (large green onions, can be found in Asian supermarkets)
chopped scallions
bonito flakes
grated ginger
light dashi broth (recipe follows)

INGREDIENTS [broth]
light dashi broth
1 cup prepared Soba sauce (can be found at Asian supermarkets)
1 cup water

METHOD

Combine prepared Soba sauce and water in medium sized pot, bring to boil. Once it boils, remove from heat.

Peel off strips of skin of eggplant, leaving some on in ribbons. Cut off ends of eggplant, slice lengthwise. Cut into 1.5" chunks.

Deep fry eggplant in hot oil (325°F) for 1 minute, until cooked through. Transfer to a bowl. Pour light dashi broth over



the eggplant, and garnish with sliced Tokyo negi, chopped scallions and bonito flakes.
Serve with grated ginger on the side.

Chef Norimasa Okazaki
Tokyo Table
Irvine, CA



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Ravi Fruit Cranberry Raspberry Hibiscus Gelee
Chocolate Genoise
Sri Lankan Black Tea Cream
Cocoa Noel Chocolate Mousse
Pomegranate Ganache
White Pepper Strusel With Mascavado
Sugar
Biscuit Cien

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Favorite Recipes



BUTTER POACHED MAINE LOBSTER, GOLDEN POTATO GNOCCHI, BRAISED LETTUCES

[serves 6]

INGREDIENTS

- 6 ea. - 1 1/4 lb. live Maine lobsters
- 1 lb. sweet butter
- 6 Tbl. shallots, minced
- 6 Tbl. diced tomato (skins and seeds removed)
- 1 bottle white wine
- 1 cup brandy
- 4 cups diced vegetables (equal parts onion, leek, carrot, celery)
- One pinch saffron threads
- 1 Tbl. tomato paste
- 6 sprigs tarragon
- 6 ea. - petit heads butter lettuce, outer leaves discarded and quartered
- 12 basil leaves, torn or snipped into pinky size pieces
- 1 recipe potato gnocchi* (not included here)
- 1/4 cup soft herbs (equal parts parsley, tarragon, chervil, chive)

METHOD

Separate the tails and the claws from the lobster bodies. Reserve the bodies for stock. Bring a large pot of water to a boil over high heat. Add the large lobster claws, cook for 5 minutes. After 1 minute, add the smaller lobster claws. After two minutes, add the tails. Place all of the lobster parts in a bath of ice water to chill immediately after time is up. Crack lobster claws with a mallet or shellfish crackers and extract the meat. Delicately crack open tails, clean thoroughly discarding the dark vein running down the tail, and reserve the meat.

Scrape the gills and lungs from the lobster bodies, cut into quarters and sauté in olive oil over medium heat for 10 minutes. Add the diced vegetable and continue cooking until lightly caramelized. Stir in 1 tablespoon of tomato paste, add the brandy and reduce to a glaze. Add the white wine and let simmer for 45 minutes. Add the tarragon sprigs, a pinch of saffron and allow to simmer for an additional 10 minutes.

Place the lobster bodies in a food processor and pulse for several minutes. Strain through a fine meshed sieve, and reserve.

ASSEMBLY

Make emulsified butter: Add one tablespoon of water to a large

saucepan and place over low heat, whisk in a knob of butter, let it emulsify with the water, repeat the process until one pound of butter is homogeneous. Place the lobster meat into the warm butter. Continue heating on very low heat ensuring the butter hovers around 115°F and never exceed 120°F. Let cook like this for approximately 30 minutes, or until the lobster meat is warmed through.

Sauté shallots, garlic and diced tomato in extra virgin olive oil over medium heat, add 2 cups of lobster stock and allow to simmer for 2 minutes, add the butter lettuce wedges and baste with the hot sauce for 90 seconds or until the lettuce just begins to soften. Turn off the heat, add the torn basil leaves to the pan, season to taste with salt, and reserve for plating.

Simmer the gnocchi for two minutes, or until cooked through, the general rule is to give the gnocchi 20 seconds of additional cooking time once they float. Strain and reserve in a few tablespoons of the emulsified lobster butter.

Divide the braised lettuces and lobster sauce evenly into 6 bowls. Add one lobster tail and two claws to each bowl. Spoon the gnocchi over and around the dish. Garnish with soft herbs.

Chef/Partner Mark Sullivan
Spruce, San Francisco, CA

CACAO NIB PRIME RIB

[serves 6]

INGREDIENTS [marinade]

- 3 Tbl. Choclatique Cacao nibs
- 3 tsp. dried red pepper flakes
- 1 tsp. ground cumin
- 1 tsp. whole-grain mustard
- 1 tsp. molasses (unsulfured)
- 1/2 tsp. chipotle chili powder
- 1/2 tsp. ground allspice
- 1/2 tsp. coarse ground black pepper
- 1 tsp. Choclatique Natura cocoa powder (unsweetened)
- 3 Tbl. golden brown sugar
- 2 Tbl. Kosher salt
- 1 each Standing Rib Roast (3 bone or boneless prime rib)

METHOD

Make the dry marinade by combining all of the spices in the bowl of a food processor and process until the cacao nibs break into small particles (about the size of coarse salt).

Generously cover the meat with the dry marinade and tightly wrap in plastic food film.

Marinate the prime rib overnight in the refrigerator.

Remove the prime rib from the refrigerator about 2 hours before you start cooking to temper it to room temperature. Pre-heat the oven to 325-350°F.



Place the prime rib fat side up in roasting pan fitted with a roasting rack. For medium to rare cook until the internal meat temperature reaches about 125°F (roughly 18-20 minutes a pound). But why gamble, check the temperature with an instant-read thermometer.

Allow the prime rib to sit, loosely covered under a foil tent, for 20-30 minutes before slicing to allow the juices to calm down.

Chef Ed Engoron
Choclatique co-founder/Partner



The Chef's Preference



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MEYER RANCH NATURAL ANGUS TUSCAN SIRLOIN STEAK WITH LEMON-GARLIC ROSEMARY INFUSED OIL & PASTA POMODORO RUSTICA

INGREDIENTS

4 each-Meyer Natural Angus Top Sirloin Steaks / 1 1/2" Thick
 Tuscan Steak Seasoning Rub [see below]
 1 Tbl. Extra-Virgin Olive Oil
 1 1/2 lb. Pasta Pomodoro Rustica [see below]
 Lemon-Garlic Rosemary Oil [see below]

METHOD

Remove the steaks from refrigeration and liberally coat each side of the steak with the Tuscan Steak Seasoning Rub. Heat the Extra-Virgin Olive Oil in a large cast iron skillet on medium-high heat until the oil just begins to start smoking. Place the steaks in the pan and cook approximately 4 minutes. Do not move the steaks during this time to allow a firm crust to develop. Turn the steaks over and cook an additional 4 minutes on medium heat. This will produce a medium rare steak. Remove the steaks from the pan and allow them to rest 2 to 3 minutes prior to serving them. Plate with Pasta Pomodoro Rustica then drizzle the entire dish with Lemon-Garlic Rosemary Oil and serve.

INGREDIENTS [Tuscan Steak Seasoning Rub]

1/4 cup fresh rosemary finely chopped
 1/4 cup Kosher salt
 2 Tbl. fresh cracked black pepper
 1 tsp. red chili flakes
 1 Tbl. dried oregano
 1 Tbl. dried basil
 1 Tbl. fresh garlic/minced

METHOD

In a small bowl, mix all ingredients and reserve for preparing steaks.

INGREDIENTS [lemon-garlic rosemary infused oil]

2 cups Extra-Virgin Olive Oil
 1 tsp. Kosher salt

3 cloves fresh garlic
 6 sprigs fresh rosemary, de-stemmed
 1 Tbl. lemon zest

METHOD

Place all ingredients into a blender. Blend on high for 30 seconds. Pour contents into a small bowl and allow it to steep at room temperature for at least an hour and up to 4 hours. Strain the oil through a fine mesh strainer or cheesecloth. If making the day prior, store in the refrigerator. Allow the oil to come to room temperature before serving.

Pasta Pomodoro Rustica

INGREDIENTS [pasta pomodoro rustica]

5 Tbl. Extra-Virgin Olive Oil
 2 Tbl. fresh garlic, minced
 1 tsp. red chili flakes
 1 1/2 cup cherry tomatoes, washed & quartered
 1/2 cup red onion, julienned
 1 lb. spaghetti, cooked
 Kosher salt & fresh ground black pepper to taste
 1/4 cup fresh basil, washed & roughly chopped
 2 Tbl. fresh lemon zest

METHOD

Add the oil to a medium-high heat sauté pan. Add the garlic, chili flakes, tomatoes and onions. Sauté for a couple of minutes or until the

garlic becomes golden brown. Add the cooked pasta to the dish and toss to combine all ingredients. Taste, then season with salt and pepper. Add basil. Toss again and serve. Top the pasta with the lemon zest at the last second. Enjoy.

Chef Monty Staggs
 Meyer Beef Corporate



SAFFRON AND OLIVE OIL POACHED SNAPPER WITH DAIKON GINGER BROTH, CUCUMBERS AND SPRING SQUASH

INGREDIENTS [fish]

8 oz. filet of snapper (remove skin and save)
 2 cups extra virgin olive oil
 5 threads saffron

INGREDIENTS [broth]

8 oz. leeks (rough chop)
 1 yellow onion (rough chop)
 2 lb. daikon radish (peeled, rough chop)
 1 lb. ginger (rough chop)
 1 cup yuzu juice

INGREDIENTS [vegetables]

1 spring squash (any but spaghetti, cut 1/4 moons, 1/2" thick)
 1 cup extra virgin olive oil
 1 Tbl. Chinese 5 Spice
 3 oz. cucumber (peeled, cut 1/4 moons, 1/2" thick)
 1/2 cup sesame oil
 1/2 cup apple cider vinegar

INGREDIENTS [garnish]

skin of snapper



1/16 oz. micro intensity mix
 2 Tbl. Extra Virgin Olive Oil

METHOD

Toss squash with olive oil and Chinese 5 spice. Place in pan and cook in oven at 400°F for 20 to 30 minutes, until cooked all the way through but still firm. Take cucumber and combine with sesame oil and vinegar. Set aside in refrigerator. Combine all ingredients with 1 gal. water. Add water if needed to

cover all ingredients. Bring to 180 degrees F and reduce by half. Strain. Put olive oil in a pot and bring up to 160 degrees F. Oil should not go past half way up the pot. Add a little more olive oil if needed to cover entire piece of fish. Place saffron in oil. Season fish lightly with salt and pepper. Cook fish to desired temperature. Medium will be 9-11 minutes. Heat up 1 Tbl. of olive oil and fry snapper skin until crispy. Chop roughly. Take remaining oil and toss with chopped skin and micro intensity mix.

ASSEMBLY

To assemble, heat up 1 cup broth and 5 pieces squash. Pour hot broth and squash into shallow bowl. Layer cucumbers on top of squash and place fish on top of cucumbers. Garnish with skin and intensity mix and serve.

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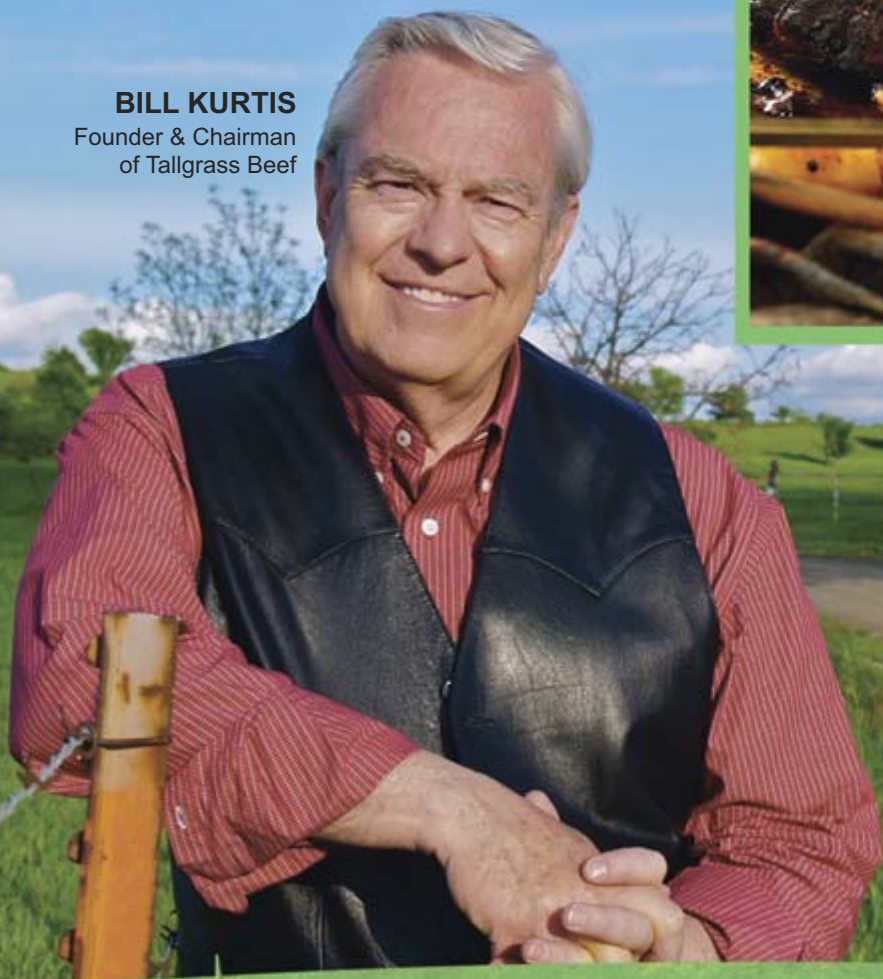
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