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# Welcome to Region

Welcome to the first issue of the Region newsletter, the first in a series of monthly letters from our house to yours.

We opened Region one year ago with the idea of creating a neighborhood restaurant, a place where you see the same faces week in and week out, a place where you can feel comfortable. We thought this newsletter would be a way for you to get to know us a little bit better.

In the coming months, we hope to answer questions you may have, tell you a bit about who we are and what kind of food we cook. And for anyone who has ever wanted to know what goes on behind the scenes, we will take you back into the kitchen and show you how it is done and what it takes to run a restaurant.

It's hard to describe what we do in one word--regional, sustainable, artisanal. Our goal is to define the food of this region, pure and simple. The food that we serve is the food

of southern California, not fish tacos, but southern California comfort food.

We have no "secret" spice or sauce or technique that we use to flavor the food. In fact, we put more effort into getting our food than selling it. When we get perfect carrots, broccoli, turnips, we want to do as little to them as possible to ensure that they taste the way they were meant to taste. The carrot you eat here tastes so good because it was still alive this morning. It has never been processed or frozen. All of our produce comes from local growers and farmers' markets. We believe that when we eat what comes out of our own backyard, not only does it taste better, but it is better, both for us and the community.

Welcome to the neighborhood. Let us know what you think. If you have any questions or comments, please feel free to write us at [news@regionrestaurant.com](mailto:news@regionrestaurant.com). Thanks!

## Upcoming Event

### Valentine's Day Dinner Monday, February 14

Crostini & Aperitivi

**Appetizer** Choice of:

Roasted Mushroom, Scallop  
Risotto, or Squash Soup

**Main Course** Choice of:

Beef Tenderloin, Sustainable  
Salmon, or Chicken

**Dessert** Choice of:

Lemon Panna Cotta or  
Chocolate Cream Cake

Chocolates & Cookies for  
Everyone!

\$55 per person + tax & tip



# Recipes

## Egg Noodles

(adapted from Paul Bertolli's *Cooking By Hand*)

**makes 8 appetizer portions, or 4 entrée size;  
2 hours prep time; 1 hour active**

10 oz. all purpose flour (about 1 1/2 c.)  
8 1/2 oz. egg yolks (about 14 large eggs)  
1 T. water

Note: measurements given both in weight, which is more accurate, and standard measure.

Measure flour and place on a clean countertop, making a well in the center. Mix egg yolks with a fork, then pour into the well. Stir the egg mixture and gradually incorporate the flour, working from the center toward the edges until nearly all the flour is moistened. Then work the dough with your hands until you have used up almost all of the flour and the dough can be shaped into a ball. Clean hands and work surface, discarding excess flour and unincorporated bits of dough.

Knead the ball of dough for 5 minutes to develop the gluten. Add more flour if needed. Dough should be smooth, firm and not too sticky. Wrap the dough in plastic wrap and let it rest in the refrigerator for about an hour.

Remove plastic wrap and cut the dough into 4 portions. With your fingers, flatten one portion in a flat rectangle, adding more flour, if needed, to keep it from sticking (see photos 1 & 2, at left).

Run flattened dough through a pasta machine with rollers on the widest setting. Fold the dough into thirds (photo 3), and run the dough through the machine again on the same setting. Add flour, fold into thirds, and run through again. Try to keep the dough straight and rectangular to ensure noodles of similar size and shape.

Now turn the knob on the pasta machine to the next (smaller) setting and feed the dough through again. Add flour, if needed, and run through the next setting. Keep repeating this process until you have gone through 6 settings (photo 4). The dough must be rolled very thin because it will absorb a lot of water when it cooks.

Lay the flattened sheet, which should now be several feet long, out on the countertop (photo 5). Cut sheet into sections according to how long you want noodles to be. Make sure dough is dry enough so that it doesn't stick together when folded, adding flour if necessary (photos 6 & 7). Roll up dough lengthwise and slice into narrow strips. Unroll cut noodles, toss with flour, and let dry briefly on a baking sheet before cooking (photo 8).



To cook, fill a large (12 qt.) pot with water, salt well (2 T.), and bring to a rolling boil. Add pasta, cook 1-2 minutes. Remove noodles from pot and drain well. Fresh noodles cook very quickly, be careful not to overcook them. Noodles should still be somewhat chewy (al dente), not completely soft, as they will continue to cook while draining.

Serve immediately (while still hot) with ragu, below, or simply with butter and cheese.

Note: Uncooked noodles may be frozen in airtight container for up to one week. To cook, add frozen noodles to boiling water (no thawing necessary) and cook an additional 1-2 minutes.

## Ragu

**makes 4 c., enough for 2 noodle recipes (left)  
1 hour prep time**

2 T. butter  
2 leeks, rinsed well and sliced very thinly  
1 lg. torpedo onion, sliced very thinly  
1 lb. butternut squash, peeled, quartered lengthwise, and sliced 1/8" thick (about 3 c.)  
1/2 c. dried porcini mushrooms, hand crushed  
3/4 bottle red wine (fruity, avoid cabernet or anything with high oak or acidity)  
2 c. reduced, browned chicken or veal stock

Place butter in a large casserole pot on medium-high heat. Add leeks and onions and sweat them until they start to brown. Add squash and mushrooms and sweat another 3-4 minutes, stirring.

Add wine and cook down, stirring occasionally, until alcohol has evaporated and mixture is almost like a glaze (15-20 minutes). Add stock. If not using stock that has already been reduced, reduce heat to medium and cook down, until much of the liquid has evaporated. Squash will be softened but not mushy. Ragu should be thick enough so that it will cling to cooked pasta.

Note: this recipe makes enough ragu for 2 noodle recipes (left). Remaining ragu can be stored in an airtight container and refrigerated for up to 4 days (or frozen).

To serve, heat 2c. ragu in large casserole pot at medium heat. Add hot, drained pasta to the pot with a couple of pats of butter (if desired), season with salt and pepper, and mix thoroughly. Top individual portions with shaved pecorino cheese and serve hot.

# Dinner Menu

January 6, 2005 • Menu changes daily

## Appetizers

- Chicken & Cabbage Soup \$6.75
- Treviso, Orange, Hazelnuts, Goat Cheese, Balsamic \$7.50
- Bruschetta, Pickled Onions, Salami, Olives \$7.75
- Prosciutto di Parma, Dates, Fennel Parmigiano \$9.75
- Mussels, Chiles, Garlic, Olive Oil \$8.50
- Farm Greens \$5.00
- Citrus Risotto \$8.75
- Farfalle, Squash, Apples, Pine nuts \$8.75

## Entrées

- Rack of Lamb, Braised Cabbage, Parsnips \$24.50
- Organic Chicken Under a Brick, Horseradish Potatoes, Broccoli, Leeks \$19.50
- Scallops, Cauliflower, Romanesque, Raisins, Capers \$22.50
- Sustainable Salmon, Lentils, Homemade Bacon, Celery \$22.50
- Braised Veal Cheeks, Polenta, Vegetables, Pecorino \$22.50

## Desserts

- Fuji Apple Crostata, Vanilla Ice Cream \$6.75
- Chocolate Crema, Coffee Granita, Sour Whip \$6.75
- Lemon Mascarpone, Clementine, Rosemary Honey \$6.75
- Orange Cake, Vin Santo, Organic Egg Zabaglione \$6.75
- Citrus Sorbet \$5.00
- Cheeses \$10.75
  - Sauternes au Fourme, Cow's Milk from France
  - P'tit Basque, Sheep's Milk from France
  - Serra de Estrella, Sheep's Milk from Portugal

Trust the Chefs: Our choices for the entire table  
*Four Courses \$45.00; Wine pairing, additional \$30.00*

*Our Cooks: Michael, Ally, Josh, Aaron and Bryan*





Pure and Simple Cuisine

3671 Fifth Avenue  
San Diego, California 92103

## Region supports ALOFT and Slow Food

Region strongly supports local farmers and producers. We buy locally and we know all of the people that we buy from. Without them, we would not be able to offer the high quality food that we cook for you. Quite simply, without local farmers, Region would not exist.

We are proud to be affiliated with two other organizations who share our mission and are working toward a local, sustainable food supply.

One group that we have worked with since its inception is ALOFT, A Local Organic Farmland Trust. ALOFT, in partnership with the Back Country Land Trust, works to protect organic farmland from development in San Diego County. ALOFT's current projects include farming, thanks to the generosity of local landowners who have donated the use of their land, and partnering with a local high school to develop a school garden and food curriculum. For more information, visit the ALOFT website: [www.bclt.org/ALOFT](http://www.bclt.org/ALOFT).

Slow Food started as a grassroots movement in response to the proposed

building of a McDonalds at the foot of the Spanish Steps in Rome, Italy. Italians concerned about the industrialization of their

native foods rallied together to celebrate traditional ways of eating that were the opposite of fast food, hence, Slow Food.

Slow Food's mission is to protect taste, culture and the environment as universal social values. In the last 18 years, the movement has grown to include 65,000 members in 45 countries. Although the movement worldwide shares the same passion for authentic culinary traditions, the

organization reflects the individual culture of each member country. According to Slow Food USA: "people have responded to the growing movement, because they have become tired of buying the same things, eating the same foods and living the same lives."

The San Diego convivium ([www.slowfoodsandiego.org](http://www.slowfoodsandiego.org)) meets monthly to visit local farms, wineries, and restaurants and to share food around the table. Join them to discover and celebrate our region's unique culinary flavors.



ALOFT  
A Local Organic Farmland Trust



Slow Food USA®

### CONTACT US

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### Open Tuesday-Saturday

Lunch 11:30 am to 2 pm  
(Wednesday-Friday)

Dinner 6 to 10 pm  
(Tuesday-Saturday)