



Issue 1.2 • July 2005

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## NOW OPEN SUNDAYS!

### **Big Night at Region Every Tuesday:**

Set menu, three courses,  
\$31.00 per person



Chef Michael Stebner with Morse High Principal Rocio Weiss

## Puttin' Down Roots

When we opened this restaurant 19 months ago, we chose the name Region because we wanted to instill a sense of place and to give recognition to the bounty of food that is grown here in San Diego County.

Region was founded on the idea that the best food is that which is grown close to home—in this climate, in this season. We do not rely on a major, national industrial food supplier to unload an 18-wheel truck at our doorstep. Instead, we believe in cultivating relationships with local farmers and producers. We drive to farms, shop at farmers' markets, and visit meat markets and bakeries. Of course, this means a little more work on our part. But it is worth it. For not only do we get incredibly fresh vegetables harvested from the earth that morning but, more importantly, we know the people who are growing our food.

By buying locally, we are making a commitment to this community and putting down roots in this place we call home. In conversations with our customers and suppliers, we are forming bonds and learning to rely on each other for help and inspiration. Our involvement with Morse High School grew out of one of these conversations.

At Morse, 150 students are taking part in a garden-based interdisciplinary program called Terra Nova, which will teach environmental science, culinary arts and nutrition through an on-site organic garden that the students are wholly responsible for designing and maintaining. To put it simply, they will learn what it takes to feed themselves and others.

By being involved in all aspects of cultivating the garden and preparing, serving and eating the food, Terra Nova students will awaken their senses and learn the transformative values

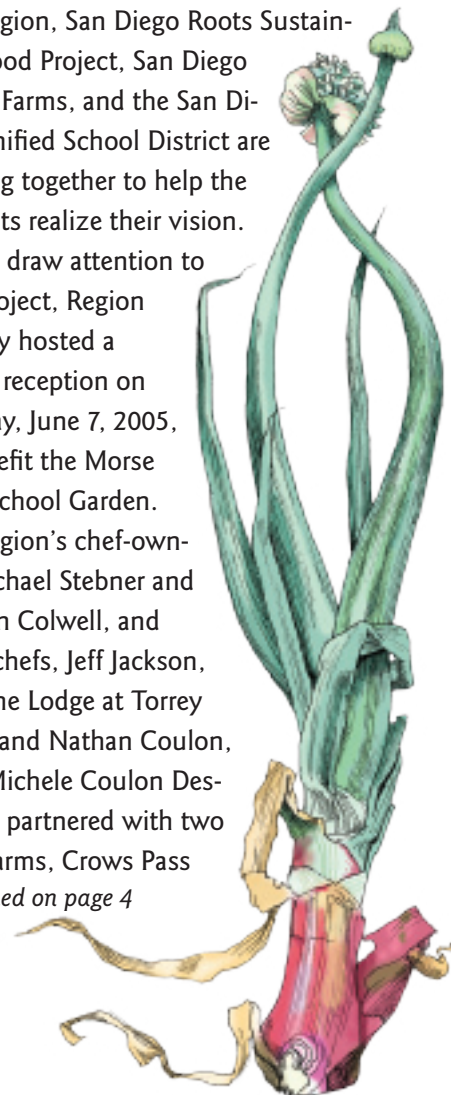
of nourishment, community, and stewardship of the land.

Initially, the cafeteria staff and students in the culinary arts program will use produce grown in the garden to prepare fresh, wholesome, and delicious food for student and staff lunches. Longer term, the project envisions expanding into an afterschool and summer youth entrepreneurial garden program that will teach teenagers about creating sustainable local economies around the growing and selling of fresh, organic food.

Region, San Diego Roots Sustainable Food Project, San Diego Urban Farms, and the San Diego Unified School District are working together to help the students realize their vision.

To draw attention to this project, Region proudly hosted a dinner reception on Tuesday, June 7, 2005, to benefit the Morse High School Garden.

Region's chef-owners Michael Stebner and Allyson Colwell, and guest chefs, Jeff Jackson, from the Lodge at Torrey Pines, and Nathan Coulon, from Michele Coulon Desertier, partnered with two local farms, Crows Pass  
*continued on page 4*



# Recipes



## Yogurt Sorbet

**makes 1 quart, enough for 4-8 servings  
about 45 minutes preparation time**

2 c. organic whole milk yogurt (e.g., Straus)  
2 c. cream  
1/2 c. sugar

Combine all ingredients in a bowl and mix well. Make sure mixture is well-chilled, then pour into ice cream maker and follow manufacturer's directions (photo 1, left).

The amount of time varies with each ice cream machine, but should be around 30 minutes for most home machines. If using a frozen canister-style maker (such as Donvier), pour mixture into frozen canister, insert paddle and stir once every 2-3 minutes.

Halfway through the freezing, after about 15-20 minutes, the mixture will look very grainy (photo 2). This is normal. But gradually it will smooth out and reach the consistency of frozen custard (photo 3). Be careful that you do not overmix the sorbet or it will turn to frozen butter and be unusable. Chef Michael initially made this recipe with all yogurt but found he did not like its grainy texture. The addition of the cream makes the sorbet much smoother.

Remove sorbet from machine and serve with fresh fruit or crostata (photo, bottom right).

The sorbet is best when eaten right away, but can also be stored in the freezer up to several hours. Any remaining sorbet left in the freezer overnight will turn rock hard. However, the sorbet can be melted and then refrozen again. Place the sorbet in the refrigerator overnight to thaw and then freeze it again in the ice cream machine just before serving.

### Variations:

**Vanilla:** add 2 tsp. vanilla extract or the seeds scraped from two whole vanilla beans.

**Fruit:** add 1 c. fresh fruit or fruit puree, such as strawberry, blueberry or raspberry.

**Note:** If using fruit puree, add it to the sorbet in the final minute of freezing so that it becomes well incorporated. If making sorbet with whole fruit, fold in after removing the sorbet from the ice cream maker.



## Cherry Crostata

**makes one 9-inch tart;  
3 hours prep time**

### Pastry Dough:

2 1/2 c. all-purpose unbleached flour  
2 T. sugar  
1/2 lb. (2 sticks) cold butter  
2 T. water

### Filling:

2 c. cherries, pitted and halved  
zest from one orange  
3/4 c. sugar  
1/2 tsp. cinnamon  
2 tsp. cornstarch

To make the pastry dough, mix the flour and sugar together in a large bowl or on a countertop (photo 4, left). Slice the butter and work it into the flour mixture. Do not overwork.

Add the water one teaspoon at a time and mix well. Knead the dough until it holds together (photo 5). Water makes the dough easier to work with and hold together better. The less water you use, the flakier the dough, but also the crumblier and harder it is to work with. Shape into a round, flat disc (photo 6), cover, and chill for 1-2 hours, or overnight.

Using a rolling pin on a floured surface, roll out dough to 1/4-inch thickness. Transfer dough to a baking sheet. Preheat oven to 375°.

For the filling, mix all the ingredients together in a bowl. Pour cherry mixture in center of pastry dough, leaving 2-3 inches around the edge (photo 7). Fold up dough around the fruit, crimping the dough together to form a rim (photo 8).

Bake in a 375° oven for 45 minutes, or until pastry is golden brown. Serve with ice cream or yogurt sorbet.



# Dinner Menu

Saturday June 18, 2005 • Menu changes daily

## Antipasti Course

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- Vegetable Soup \$6.75
- Strawberries, Greens, Walnuts, Balsamic \$7.50
- Organic Greens, Sherry Vinegar \$5.00
- Homemade Parmigiano-Crusted Cotechino \$6.50
- Toasted Country Bread with House Pâté \$5.00
- Homemade Sausage, Bruschetta \$6.50

## Pasta Course

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- Pesto Lasagna \$7.75
- Egg Noodles, Ground Walnuts, Brown Butter, Parsley \$7.75

## Meat & Fish

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- Wood-Grilled Beef Sirloin, Shallot Confit, Vinegar \$21.50
- Pork Porterhouse, Poblano Chili Relish \$21.25
- Soft Shell Crabs, Artichokes, Sage, Mustard \$22.50
- King Salmon, Butter, Capers, Lemon \$21.50
- Leg of Lamb, Red Plums, Rosemary \$21.00

## Vegetables & Sides

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- Potatoes Lyonnaise \$6.75
- Mushroom Risotto \$7.25
- Braised Yellow Beans \$6.75
- Zucchini, Eggplant, Shallots, Pinenuts \$6.50
- Oven-Baked Tomatoes, Parmigiano \$6.50

## Trust the Chefs

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- Our Choices for You
- Four Courses \$45.00
- Wine Pairing Available \$35.00

## Cheeses

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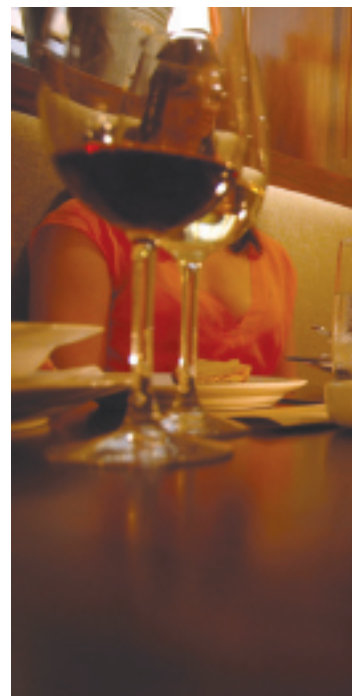
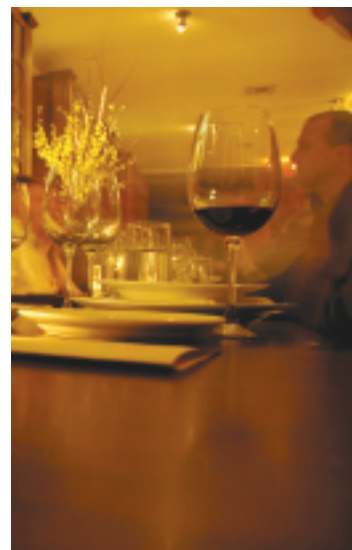
- Bleu D'auvergne, France, Cow's Milk Served with Dates & Cashews \$6.75
- La Tur, Italy, Triple Cream, Goat & Cow's Milk, Fennel Salad \$6.75
- Two Cheese Plate \$10.75

## Desserts

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- Chocolate Pudding \$6.75
- Orange Cake with Orange Caramel & Cream \$6.75
- Yogurt Panna Cotta with Sliced Strawberries \$6.75
- Italian Doughnuts \$6.75

Our Cooks: Michael, Ally, Aaron & Bryan





Farm Fresh Cuisine

3671 Fifth Avenue  
San Diego, California 92103

### Morse Garden (continued from page 1)

Farm and La Milpa Organica, to prepare fresh, seasonal food for more than 150 guests in attendance.

Four ninth-grade students from Morse High School, Leslie Muñoz, Darren Welch, Lietha Pinckney, and Diego Valencia, eloquently presented their vision for an organic school garden that could feed them and their community.

Through direct donations and items purchased through a silent auction, the event raised



money that will go directly to the school garden for the purchase of items such as wheelbarrows, pruning shears,

and wood stakes.

Thanks to those who joined us for an evening of delicious food, wine, and conversation in support of the Morse High School Garden Project. Together we are strengthening the local food system and helping the next generation of

farmers, food lovers, and chefs put down roots.

### About San Diego ROOTS

San Diego Roots is a network of citizens, farmers, chefs, gardeners, teachers, and students working to encourage the growth and consumption of regional food. From farm to table,

ROOTS works toward a more ecologically sound, economically viable, and socially just food system in San Diego.

San Diego Roots Sustainable Food Project is a project of the Back Country Land Trust, a 501(c)3 nonprofit organization working to preserve rural

lands in San Diego County. All donations for this project are tax-deductible. Contact us at [roots@sandiegoroots.org](mailto:roots@sandiegoroots.org) or visit our website: [www.sandiegoroots.org](http://www.sandiegoroots.org).



### CONTACT US

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**New:** Sunday Night Dinners!  
**Open Tuesday-Sunday**  
Dinner 6 to 10 pm