

Dining • Dining • Dining • Dining • Dining

More Summer Grilling: Stuffed Flank Steak

By Susie Iventosch



This recipe is available on our web site.

Go to: <http://www.lamorindaweekly.com>

Susie can be reached at

[suziven@hughes.net](mailto:suziven@hughes.net)

Local farmers' markets are in full swing, bringing farm-fresh produce to town. For a satisfying weekend morning, it's tough to beat a stroll through the stalls, visiting vendors and sampling produce along the way. It's a delightful way to load up with goodies for the week – usually more than can comfortably be carried on two arms! (Excavating change, while juggling cherries and berries isn't so easy. How handy it would be

to know how to balance a basket atop the head!) It's also a fine time for bumping into friends and neighbors you rarely see during the week! You may find an organic meat vendor at the market, and what better way to prepare a stuffed flank steak than with locally-grown greens, a little cheese and some sautéed shallots? This recipe has all my favorite flavors, but for those who prefer to use spinach in lieu of arugula, and a different

type of cheese – no problem – you can also have it your way! So, head to the market and fire up the grill. It's summer time! Lamorinda area farmers' markets are held on Saturdays in Orinda and Sundays in Moraga. The Orinda Farmers' Market is held on Saturdays from 9 a.m. to 1 p.m. from May 3 through November 15. The market is located in the Village on Orinda Way just in front of Rite Aid and the Community Center. For more information,

please visit: [http://www.cccfn.org/pages/vendors\\_orinda.htm](http://www.cccfn.org/pages/vendors_orinda.htm) or call (925) 431-8361. The Moraga Farmers' Market runs year-round on Sundays from 9 a.m. to 1 p.m. in the Moraga Center at the intersection of Moraga Way and Moraga Road. For more information please visit: <http://www.cafarmersmkts.com/moraga.html> or call (925) 465-4690.

Ingredients

- 1 two-pound (approximate) beef flank steak
- 1 large or 2 small shallots, minced and sautéed in one or two tablespoons olive oil
- ¼ cup freshly chopped basil (amount after chopping)
- ¼ cup freshly chopped arugula (amount after chopping)
- 1 cup marinated artichoke hearts, drained and chopped
- ½ red bell pepper, seeded and chopped
- ¼ cup sundried tomatoes, drained and chopped
- ¼ cup blue cheese, crumbled
- ¼ cup feta cheese, crumbled

Directions

Lay flank steak on cutting board and pound to between 1/3 and ½-inch thickness with a meat pounder. Set aside. Mix remaining ingredients in a bowl and stir to combine well. Spread filling over flank steak, leaving a 2-inch border without filling at the far long end. Roll steak, beginning from the long side with stuffing next to edge, toward long end with no stuffing at the edge. Tie with kitchen string in three or four places, and if necessary enclose each end by using wooden toothpicks, so that stuffing won't escape. Grill over medium-low heat for approximately 20-24 minutes, total. Grill for six minutes, then turn one-quarter turn, repeating two more times so that all four sides have cooked directly on the grill. This produced a medium-rare doneness to the meat. Cook a little longer per side, if you prefer more well-done meat. Remember, the meat in the center of the pinwheel will take longer to cook through. Remove from grill and slice into ¾ inch slices. Serve hot with grilled veggies and salad!

Saving Money on Good Nutrition

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A combination of partial microwaving and then baking at 350 degrees is one way to cause less formation of HCAs. For more information, check out the National Cancer Institute's website. <http://www.cancer.gov/cancertopics/factsheet/Risk/heterocyclic-amines>

Onward to some recipes for tasty meatless dishes:

Jane's White Bean & Escarole Saute

Good enough to impress company with your meatless meal skills

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 3 Tb olive oil
- 1 15oz jar white beans
- 2 heads escarole, chopped
- 2 cups chicken or vegetable stock
- 2-3 tsp thyme
- 1 tsp salt

Saute garlic, onions and thyme in olive oil til soft; add escarole til wilted. Add rest of ingredients and simmer til escarole is cooked and liquid is absorbed to your liking. *Serves 4*

Turkey Sloppy Joes

Kids love 'em!

- 1 pound ground lean turkey, organic if possible
- 1 medium onion, chopped
- 2 Tb high-heat canola oil
- ¼ – ½ cup organic ketchup
- 1 ½ Tb organic brown sugar
- 2 tsp powdered mustard
- Whole wheat burger buns

Saute onions in canola oil til soft, add ground turkey and break up with a fork while heating. Add rest of ingredients to taste. Serve over burger buns and with a green salad. *Serves 4*

George and Sylvia's Mushroom Nut "Pate"

An appetizer or lunch in itself

Served with vegetables and whole wheat crackers, makes an elegant appetizer.

- 2 Tb olive oil
- 1 lb mushrooms (half white and half portabella is a good combo)
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup slivered almonds
- 2 more Tb olive oil
- ¼ tsp oregano
- ¼ tsp thyme
- dash tabasco sauce
- dash of sweet sherry
- few sprigs parsley for garnish

Saute onions, garlic and then mushrooms in 1 Tb olive oil until liquid evaporates. Add sherry and let it evaporate for a few seconds. Set aside. Coarsely chop almonds in food processor; set 2 Tbs of them aside. Continue chopping rest of almonds drizzling in the 2 Tb of olive oil until well blended. Add other ingredients and blend in processor until pate consistency. Transfer into a bowl, stir in reserved almonds, and sprinkle with chopped parsley. Makes one cup.



Theresa Tsingis, D.C., M.S., owns Lamorinda Nutrition, 89 Davis Road, Orinda. She has over 20 years of experience helping individuals improve their fitness and health. Dr. Tsingis can be reached at [drtsingis@comcast.net](mailto:drtsingis@comcast.net) or (925) 360-2729.

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**Petar's Restaurant & Pub** 925-284-7117

Petar's is open for lunch Monday through Saturday from 11:30 to 4:00 and open for dinner nightly.

Petar's Restaurant is located in the heart of Lafayette at 32 Lafayette Circle.

\* Regular menu only, not valid with daily board specials, early dinner menu or with any other specials or promotions. (soup & salad sides are not considered entrees) - Exp. July 31, 2008 -

LAMORINDA's Restaurants			Squirrel's Coffee Shop			Mucho wraps					
-- updated June 25, 2008 --			998 Moraga Rd, Laf	284-7830	1375-B Moraga Way, Mor	377-1203	Baja Fresh Mexican Grill				
<b>American</b>			290 Village Square, Ori	254-6080	3596 Mt. Diablo Blvd, Laf	283-8740	Celia's Restaurant				
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108	<b>Continental</b>		3666 Mt. Diablo Blvd, Laf	283-8288	El Balazo				
Chow Restaurant	53 Lafayette Cir, Laf	962-2469	Petar's Restaurant	32 Lafayette Cir, Laf	284-7117	3518D Mt. Diablo Blvd, Laf	284-8700	Maya Mexican Grill			
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938	Vino Restaurant	3531 Plaza Way, Laf	284-1330	74 Moraga Way, Ori	258-9049	Numero Uno Taqueria			
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200	Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108	3616 Mt. Diablo Blvd, Laf	299-1333	<b>Pizza</b>			
Ranch House	1012 School St, Mor	376-5127	<b>Hawaiian Grill</b>			3614 Mt. Diablo Blvd, Laf	283-6363	Mountain Mike's Pizza			
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832	Lava Pit	2 Theatre Square, St. 142, Ori	253-1338	504 Center St, Mor	377-6453	Mountain Mike's Pizza			
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234	<b>Indian</b>			1375 Moraga Rd, Mor	376-1515	Pennini's			
<b>BBQ</b>			India Palace	3740 Mt. Diablo Blvd, Laf	284-5700	361 Rheim Blvd, Mor	376-1411	Round Table Pizza			
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133	Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575	3637 Mt. Diablo Blvd, Laf	283-0404	Round Table Pizza			
<b>Burger Joint</b>			<b>Italian</b>			Village Pizza	254-1200	Village Pizza			
Flippers	960 Moraga Rd, Laf	284-1567	Giardino	3406 Mt. Diablo Blvd, Laf	283-3869	19 Orinda Way # Ab, Ori	254-1200	Zamboni's Pizza			
Nation's Giant Hamburgers	400 Park, Mor	376-8888	La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282	1 Camino Sobrante # 4, Ori	254-2800	<b>Sandwiches/Deli</b>			
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888	La Piazza	15 Moraga Way, Ori	253-9191	Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400	Europa Hofbrau Deli & Pub		
<b>Café</b>			Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081	Gourmet Bistro Café	484 Center St, Mor	376-1551	Kasper's Hot Dogs		
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170	Michael's	1375 Moraga Way, Mor	376-4300	Noah's Bagels	103 Moraga Way, Ori	253-0766	Noah's Bagels		
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040	Mondello's	337 Rheim Blvd, Mor	376-2533	Orinda Deli	3518 Mt. Diablo Blvd, Laf	299-0716	Orinda Deli		
Geppetto's cafe	87 Orinda Way, Ori	253-9894	Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500	Subway	396 Park St., Mor	376-2959	Subway		
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816	Postino	3565 Mt. Diablo Blvd, Laf	299-8700	Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627	Subway		
<b>California Cuisine</b>			Ristorante Amoroma	360 Park St, Mor	377-7662	Subway	Theatre Square, Ori	258-0470	<b>Seafood</b>		
Gigi's	1005 Brown St., Laf	962-0882	<b>Japanese</b>			Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100	Singaporean/Malaysian		
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422	Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809	<b>Singaporean/Malaysian</b>	3647 Mt. Diablo Blvd, Laf	299-1653	<b>Steak</b>		
Shelby's	2 Theatre Sq, Ori	254-9687	Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020	Casa Orinda	20 Bryant Way, Ori	254-2981	Tea		
<b>Chinese</b>			Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709	Patesserie Lafayette	71 Lafayette Cir, Laf	283-2226	Tea Party by Appointment		
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809	Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606	Thai	107 Orinda Way, Ori	254-2206	Amarin Thai Cuisine		
Chef Chao Restaurant	343 Rheim Blvd, Mor	376-1740	Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088	Baan Thai	3555 Mt. Diablo Blvd # B, Laf	283-8883	Baon Thai		
China Moon Restaurant	380 Park St, Mor	376-1828	Tamami's Japanese Restaurant	356 Park St, Mor	376-2872	Royal Siam	512 Center St, Mor	377-0420	Royal Siam		
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500	Yu Sushi	19 Moraga Way, Ori	253-8399	Siam Orchid	23 Orinda Way # F, Ori	253-1975	Siam Orchid		
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852	<b>Jazz Dinner Club</b>								
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569	Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807						
Mandarin Flower	581 Moraga Rd, Mor	376-7839	The Orinda House	65 Moraga Way, Ori	258-4445						
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288	<b>Mediterranean</b>								
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020	Alex's	2 Theatre Sq # 105, Ori	254-5290						
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688	Oasis Café	3594 Mt. Diablo Blvd, Laf	299-8822						
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228	Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225						
<b>Coffee Shop</b>			<b>Mexican</b>								
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397	360 Gourmet Burring	3655 Mt. Diablo Blvd, Laf	299-1270						
			El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345						
			El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639						
			La Cocina Mexicana	23 Orinda Way, Ori	258-9987						

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