

Dining • Dining • Dining • Dining • Dining •

Metro Lafayette

By Susie Iventosch



Chef Jason Low in the kitchen at Metro Lafayette Photo Susie Iventosch

The other day I had the good fortune to dine at Metro Lafayette for lunch with my daughter and a good friend of ours. Even though it was rather hot outside, we enjoyed dining out on the patio under the umbrella. Our waiter was perfectly pleasant and accommodating and the food was exceptional.

My daughter and I both ordered the panzanella salad, which may seem a bit odd, since we ran the same salad in the last issue of Lamorinda Weekly, but the dish came so highly recommended by our waiter we just couldn't resist. And am I ever glad ... it was marvelous, made with beautiful heirloom tomatoes, homemade croissants and fresh mozzarella.

Metro has an interesting menu that changes every day, so you can be surprised each time you arrive. And the owners have chosen to work with two co-chefs, so there is never a lapse when one chef is on vacation.

The restaurant is owned by Jack Moore and his wife, Erika Pringsheim-Moore. According to Erika, Jack has been in the restaurant business for 30 years, so he's the expert in the family! The Moores opened Metro Lafayette in June of last year, and have really enjoyed the experience so far.

"We are very excited about the high quality of food that our

chefs Jason and Paul are offering, using local ingredients like Moraga heirloom tomatoes, Brentwood corn and peaches and Petaluma poultry," Jack said. "This is the perfect time of year to enjoy the fall harvest in our garden patio, where we grow some of the herbs used in our dishes."

The day we dined at Metro, Chef Jason Low was on duty and he willingly offered to share a recipe with us.

"Our Brentwood organic golden corn soup with lemon parsley pesto is a dish that readers can easily replicate at home," Jason noted.

We tried this at home and it's quite easy to prepare and delicious with the lemon and parsley. The lemon presents a unique flavor, different from any other corn soup I've ever tasted.

There were many other dishes that made my mouth water, not the least of which was the chocolate peanut butter cake with peanut butter frosting and candied peanuts. The cake is made with Valhrona chocolate and the candied peanuts are really a homemade peanut brittle, crushed into pieces.

From the looks of the intriguing menu, these two young chefs are having a lot of fun in the kitchen. My friend ordered the Niçoise salad made with wild tuna confit, and we seriously considered

the spicy raw tuna poke. But the trio of sandwiches that called to me included grilled brie and apricot marmalade, crab salad, and croquet monsieur made with dry-cured ham and gruyere Mornay sauce. And these were just on the lunch menu.

Dinner that night featured Dungeness crab cakes with avocado, cucumber and smoked tomato vinaigrette, Liberty Farm duck breast with crispy polenta, watercress and cherry gastrique, Misoyaki black cod with scallion rice cake and tempura mushrooms, and a pan-roasted chicken panzanella salad, to mention just a few.

While he doesn't look a day over 22, Jason Low is already in his second career. He grew up in Walnut Creek and graduated from Northgate High School before heading off to U.C. Davis for a degree in Economics. After working in financial services at Charles Schwab for a few years, he discovered his dream career was to be a chef. So he made a few adjustments and took a couple of cooking courses before diving right into the kitchen.

"You crawl before you can walk, and I did just that when I got into this field," Jason said. "Most of my training has been on the job. This is my second career, so I thought, Jason, you're going to sink or swim."

From the outside looking in, it looks like he's floated straight to the top!

His enthusiasm is contagious and, though I haven't met his co-chef Paul, I imagine they bounce ideas off one another all of the time. In fact, I learned that Paul was in financial services in his first career, too!

"It's fun when I get so excited about a dish," Jason said. "I think we've hit a winner with our new zeppole ricotta fritters we're about to introduce. They are going to be amazing, served with fruit compote."

Zeppole fritters are a fried dough dessert originating in Greece. I plan on stopping by to pop one or two in my mouth as soon as possible!

Metro Lafayette's Brentwood Organic Corn Soup (serves 4)



Brentwood organic golden corn soup with lemon parsley pesto

Photo Chef Jason Low

- 8 ears yellow or white corn
- 8 tablespoons butter
- 1 yellow onion, roughly chopped
- 1-2 teaspoons salt (depending on the sweetness of the corn, use more or less to taste)
- ½ cup cream

Husk the corn and remove corn hairs. Trim the corn kernels off the cob. Set aside. Put cobs in a large pot and just cover with water. Bring to boil and simmer for 10 minutes. Remove cobs and reserve corn stock.

Melt butter, then add onions and salt. Stir to mix. Cover and cook over low heat for 15 minutes or until the onions are soft. Add corn kernels and corn stock to cover. Bring to boil and simmer for 5 minutes.

Blend mixture carefully, as hot liquids may spray, and strain using a ladle to push through sieve. Add cream. Salt to taste. If soup is too thick, add more corn stock. Serve drizzled with Lemon-Parsley Pesto, as below.

Lemon-Parsley Pesto
One bunch Italian parsley
Juice of one lemon
½ cup extra virgin olive oil
½ cup half canola oil
Salt to taste

Blend all ingredients together in blender. Add salt to taste.

Lafayette Metro is open for dinner every night, lunch Monday through Friday, and brunch on Saturday and Sunday.
Hours:
Mon-Fri 11 a.m. to 11 p.m.
Bar open until midnight
Sat and Sun 9 a.m. to 11 p.m. (brunch on Sat and Sun)
Metro Lafayette
3524 Mt. Diablo Blvd., Lafayette
www.metrolafayette.com
925.284-4422



This recipe is available on our web site. Go to: www.lamorindaweekly.com

Susie can be reached at suziven@gmail.com

Early Bird Dinner 5-6pm

\$9.95

Pork Schnitzel
OR
Blackened Salmon
OR
Fish & Chips
OR
Lemon Chicken

TERZETTO CUISINE Cafe

1419 Moraga Way, Moraga Shopping Center
925-376-3832 - www.terzettocuisine.com
Mon: 7am - 2pm; Tues-Sun: 7am - 8:30pm

CHEVALIER RESTAURANT

Live music

6:30-10:00pm
Wednesday evenings

Open 7 nights a week 5pm-10pm
960 MORAGA ROAD
LAFAYETTE
www.chevalierrestaurant.com
925-385-0793

Free Entree Special

Get a free entree with the purchase of another entree of equal or greater value. (Maximum value is \$8.95 lunch & \$14.95 dinner.)*

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. Oct. 15, 2008 -

LAMORINDA's Restaurants
... updated August 6, 2008 ...

American		
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108
Chow Restaurant	53 Lafayette Cir, Laf	962-2469
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200
Ranch House	1012 School St, Mor	376-5127
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234
BBQ		
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133
Burger Joint		
Flippers	960 Moraga Rd, Laf	284-1567
Nation's Giant Hamburgers	400 Park, Mor	376-8888
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888
Cafe		
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040
Geppetto's cafe	87 Orinda Way, Ori	253-9894
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816
Susan Food Catering & Cafe	965 Mt. View Drive, Laf	299-2469
California Cuisine		
Gigi's	1005 Brown St., Laf	962-0882
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422
Shelby's	2 Theatre Sq, Ori	254-9687
Chinese		
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740
China Moon Restaurant	380 Park St, Mor	376-1828
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569
Mandarin Flower	581 Moraga Rd, Mor	376-7839
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228
Coffee Shop		
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397

Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830	La Cocina Mexicana	23 Orinda Way, Ori	258-9987
Village Inn Cafe	290 Village Square, Ori	254-6080	Mucho wraps	1375-B Moraga Way, Mor	377-1203
Continental			Baja Fresh Mexican Grill	3596 Mt. Diablo Blvd, Laf	283-8740
Petar's Restaurant	32 Lafayette Cir, Laf	284-7117	Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288
Vino Restaurant	3531 Plaza Way, Laf	284-1330	El Balazo	3518 Mt. Diablo Blvd, Laf	284-8700
Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108	Maya Mexican Grill	74 Moraga Way, Ori	258-9049
French			Numero Uno Taqueria	3616 Mt. Diablo Blvd, Laf	299-1333
Chevalier Restaurant	960 Moraga Road, Laf	385-0793	Pizza		
Hawaiian Grill			Mountain Mike's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363
Lava Pit	2 Theatre Square, St. 142, Ori	253-1338	Mountain Mike's Pizza	504 Center St, Mor	377-6453
Indian			Pennini's	1375 Moraga Rd, Mor	376-1515
India Palace	3740 Mt. Diablo Blvd, Laf	284-5700	Round Table Pizza	361 Rheem Blvd, Mor	376-1411
Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575	Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-4004
Italian			Village Pizza	19 Orinda Way # Ab, Ori	254-1200
Giardino	3406 Mt. Diablo Blvd, Laf	283-3869	Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282	Sandwiches/Deli		
La Piazza	15 Moraga Way, Ori	253-9191	Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081	Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202
Michael's	1375 Moraga Way, Mor	376-4300	Gourmet Bistro Cafe	484 Center St, Mor	376-1551
Mondello's	337 Rheem Blvd, Mor	376-2533	Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766
Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500	Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716
Postino	3565 Mt. Diablo Blvd, Laf	299-8700	Orinda Deli	19 F Orinda Way, Ori	254-1990
Ristorante Amoroma	360 Park St, Mor	377-7662	Subway	396 Park St, Mor	376-2959
Japanese			Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627
Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809	Subway	Theatre Square, Ori	258-0470
Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020	Seafood		
Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709	Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100
Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606	Singaporean/Malaysian		
Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088	Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
Tamami's Japanese Restaurant	356 Park St, Mor	376-2872	Steak		
Yu Sushi	19 Moraga Way, Ori	253-8399	Casa Orinda	20 Bryant Way, Ori	254-2981
Jazz Dinner Club			Tea		
Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807	Patesserie Lafayette	71 Lafayette Cir, Laf	283-2226
The Orinda House	65 Moraga Way, Ori	258-4445	Tea Party by Appointment	107 Orinda Way, Ori	254-2206
Mediterranean			Thai		
Alex's	2 Theatre Sq # 105, Ori	254-5290	Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883
Oasis Cafe	3594 Mt. Diablo Blvd, Laf	299-8822	Baan Thai	99 Orinda Way, Ori	253-0989
Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225	Royal Siam	512 Center St, Mor	377-0420
Mexican			Siam Orchid	23 Orinda Way # F, Ori	253-1975
360 Gourmet Burrito	3655 Mt. Diablo Blvd, Laf	299-1270	Vietnamese		
El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345	Little Hearty Noodle	578 Center Street, Mor	276-7600
El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639			

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