

Dining • Dining • Dining • Dining •

Not Your Usual Ham & Eggs

By Susie Iventosch

One chilly evening in December, I had an early dinner with a friend at Chow in Lafayette before heading to the Leshner Center to see "A Christmas Carol." To feel cozier, we sat near the fireplace, and as usual at this particular establishment, I ordered a Cobb salad – not necessarily comfort food, but nevertheless, delicious.

My friend ordered a fried egg sandwich, which is something I would probably never have ordered – off any menu, anywhere – in a hundred lifetimes. I was not at all disappointed with my choice, until her meal arrived and she offered me a bite. Oh my goodness ... this was no ordinary egg sandwich! This one was grilled with gruyere cheese, country ham, sliced tomato and a rosemary-Dijon aioli, and it was fabulous! Though the

restaurant didn't give me the exact recipe, they did divulge all the ingredients that make it so tasty and I've created a rosemary-Dijon aioli by trial and error.

Many aioli recipes call for an enormous quantity of oil, but this one calls for a reduced ratio of oil to other ingredients. And, because many folks are not comfortable using raw eggs, I tried making the aioli by heating the egg yolks and lemon juice together to 160 degrees, which food safety sources say is hot enough to kill any harmful bacteria.

Timrin Chew, a certified oncology nutritionist from Lafayette, said the chances of getting salmonella from eggs is slim, but "it's always good to err on the side of precaution, so the idea of cooking the egg to 160 degrees is a good one."*

In an effort to keep the

eggs from scrambling, I mixed the egg yolks with the lemon juice before heating. The egg mixture started to get thick, but I kept whisking to keep it more liquid. The mixture attains 160 degrees rapidly, so keep a watchful eye on the process.

After cooling, use the egg-lemon mixture in the recipe just as if they were completely raw. The sauce isn't quite as pretty, but it's safe!

On another note, it might be a good idea to save this dish for special occasions. It's clear to see, this one is a big cholesterol offender! Still, don't let it deter you from trying it once or twice ... the yummy flavor is worth going off the diet every once in a while. And, if you don't feel like cooking, head down to Chow and order this sandwich with a draft beer, or a glass of their fresh-pressed apple juice.

Grilled Gruyere Egg Sandwich with Rosemary Dijon Aioli

(Serves 4)

- 8 slices of bread (your favorite, whole wheat, sour dough, etc.)
- 4 slices country ham (I used honey maple ham)
- 1 large tomato, sliced into 8 slices
- ½ cup Gruyere cheese, grated
- 4 eggs, cooked over easy
- 1 recipe Rosemary Dijon aioli (recipe below)

To assemble sandwich, spread rosemary-Dijon aioli on two slices of bread. On four of those slices, place one slice of ham, 2 slices of tomato, 2 tablespoons of grated gruyere, and one egg on top. Cover with second slice of bread. Grill or cook in sauté pan until cheese melts. Serve hot with extra aioli sauce.

Rosemary Dijon aioli

- 1 clove garlic, minced
- 2 egg yolks
- 2 tablespoon fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 teaspoon fresh rosemary, finely minced
- ½ teaspoon white pepper
- ½ teaspoon sea salt
- ¾ cup extra-virgin olive oil (the better the oil, the better the sauce!)
- Dash Tabasco

Whisk eggs yolks and lemon juice together in a small saucepan. Heat over medium-high heat until mixture just reaches 160 degrees on a cooking thermometer. Remove from heat immediately, stir and cool. Add garlic, mustard, rosemary, salt and pepper and place mixture in the bowl of a food processor or blender. With the motor running, slowly add oil in a steady stream and process until thick. Refrigerate until ready to use.



Photo Susie Iventosch

*Egg Safety Center

http://www.eggsafety.org/f_a_q.htm#8

What is an adequate temperature to cook an egg?

Egg white coagulates between 144 and 149°F, egg yolk coagulates between 149 and 158°F and whole eggs between 144 and 158°F. Plain whole eggs without added ingredients are pasteurized but not cooked by bringing them to 140°F and maintaining that temperature for 3 and 1/2 minutes. According to the FDA Food Code, eggs for immediate consumption can be cooked to 145°F for 15 seconds.

If the eggs are to be used in a recipe with other food items, dilute the eggs with liquid or other ingredients, such as milk, or sugar (at least ¼ cup liquid or sugar per egg as in custard) and cook the egg mixture to 160°F, which will destroy harmful bacteria in a few seconds. Adequate cooking brings eggs and other foods to a temperature high enough to destroy bacteria that might be present.



These recipe is available on our web site.

Go to:

www.lamorindaweekly.com

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LAMORINDA's Restaurants

... updated November 26, 2008 ...

Restaurant	Address	Phone	Restaurant	Address	Phone	Restaurant	Address	Phone
American			Village Inn Café	290 Village Square, Ori	254-6080	La Cocina Mexicana	23 Orinda Way, Ori	258-9987
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108	Continental			Mucho wraps	1375-B Moraga Way, Mor	377-1203
Chow Restaurant	53 Lafayette Cir, Laf	962-2469	Petar's Restaurant	32 Lafayette Cir, Laf	284-7117	Baja Fresh Mexican Grill	3596 Mt. Diablo Blvd, Laf	283-8740
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200	Vino Restaurant	3531 Plaza Way, Laf	284-1330	Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288
Ranch House	1012 School St, Mor	376-5127	Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108	El Balazo	3518D Mt. Diablo Blvd, Laf	284-8700
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832	French			Maya Mexican Grill	74 Moraga Way, Ori	258-9049
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234	Chevalier Restaurant	960 Moraga Road, Laf	385-0793	Numero Uno Taqueria	3616 Mt. Diablo Blvd, Laf	299-1333
BBQ			Hawaiian Grill			Pizza		
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133	Lava Pit	2 Theatre Square, St. 142, Ori	253-1338	Mountain Mike's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363
Burger Joint			Indian			Mountain Mike's Pizza	504 Center St, Mor	377-6453
Flippers	960 Moraga Rd, Laf	284-1567	India Palace	3740 Mt. Diablo Blvd, Laf	284-5700	Pennini's	1375 Moraga Rd, Mor	376-1515
Nation's Giant Hamburgers	400 Park, Mor	376-8888	Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575	Round Table Pizza	3637 Mt. Diablo Blvd, Laf	376-1411
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888	Italian			Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-4044
Café			Giardino	3406 Mt. Diablo Blvd, Laf	283-3869	Village Pizza	19 Orinda Way # Ab, Ori	254-1200
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170	Knox Restaurant, Lounge	3576 Mt. Diablo Blvd, Laf	284-5225	Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040	La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282	Sandwiches/Deli		
Geppetto's cafe	87 Orinda Way, Ori	253-9894	La Piazza	15 Moraga Way, Ori	253-9191	Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816	Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081	Europa Hofbrau Deli & Pub	64 Moraga Way, Ori	254-7202
Susan Foord Catering & Cafe	965 Mt. View Drive, Laf	299-2469	Michael's	1375 Moraga Way, Mor	376-4300	Gourmet Bistro Cafe	484 Center St, Mor	376-1551
California Cuisine			Mondello's	337 Rheem Blvd, Mor	376-2533	Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766
Gigi's	1005 Brown St., Laf	962-0882	Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500	Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422	Postino	3565 Mt. Diablo Blvd, Laf	299-8700	Orinda Deli	19 F Orinda Way, Ori	254-1990
Shelby's	2 Theatre Sq, Ori	254-9687	Ristorante Amoroma	360 Park St, Mor	377-7662	Subway	396 Park St, Mor	376-2959
Chinese			Japanese			Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809	Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809	Subway	Theatre Square, Ori	258-0470
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740	Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020	Seafood		
China Moon Restaurant	380 Park St, Mor	376-1828	Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709	Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500	Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606	Singaporean/Malaysian		
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852	Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088	Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569	Tamami's Japanese Restaurant	356 Park St, Mor	376-2872	Steak		
Mandarin Flower	581 Moraga Rd, Mor	376-7839	Yu Sushii	19 Moraga Way, Ori	253-8399	Casa Orinda	20 Bryant Way, Ori	254-2981
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288	Jazz Dinner Club			Tea		
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020	Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807	Patisserie Lafayette	71 Lafayette Cir, Laf	283-2226
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688	The Orinda House	65 Moraga Way, Ori	258-4445	Tea Party by Appointment	107 Orinda Way, Ori	254-2206
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228	Mediterranean			Thai		
Coffee Shop			Petra Café	2 Theatre Sq # 105, Ori	254-5290	Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397	Oasis Café	3594 Mt. Diablo Blvd, Laf	299-8822	Baan Thai	99 Orinda Way, Ori	253-0989
Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830	Turquoise Mediterranean Grill	70 Moraga Way, Ori	253-2004	Royal Siam	512 Center Street, 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, Pho & Pasta	578 Center Street, Mor	376-7600
			El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639			

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