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**Correction**, issue date 08/05/09:  
In Mikaela's Artichoke Risotto, I mentioned how to add the broth, however missed the broth in the ingredient list. The recipe calls for 3 ¼ cups of chicken broth.

## Summer Fruit Crisp with Vanilla Bean Ice Cream

By Susie Iventosch



Lauren Hoover Photo provided

Have you ever tried a wheat-free, dairy-free recipe only to discover it tastes like a cardboard copy of real food, lacking the key attributes of flavor and texture? If so, Lauren Hoover has just the cookbook for you. No Wheat, No Dairy, No Problem is a revolutionary cookbook filled with 150 tested recipes, which, in addition to being wheat and dairy-free, use only unrefined sugars, so diabetics can enjoy them too.

"No Wheat No Dairy No Problem aims to help everyone with food sensitivities or allergies, diabetes and autism," Hoover pointed out. "However, it is for anyone who desires to eat and cook healthy. It is also great for people who need to eat heart healthy diets, since the main flour used is oat flour."

Hoover, a graduate of the California Culinary Academy and St. Mary's College of Moraga, wrote this book so people with limited diets and food issues won't unnecessarily be deprived of the recipes and foods they've grown to love ... like ice cream!

"I suffered stomach aches and congestion my whole life, until I was finally diagnosed with a dairy allergy at the age of 35," she said. "As a pastry chef, I was overexposed to wheat, which resulted in wheat allergy, too."

Prior to her diagnosis, Hoover had grown weary of her daily discomfort and thought "it can't be normal to feel like this all the time." So she made a concerted effort to find out what was wrong with her. Her research pointed to a possible wheat allergy, and as a result she omitted wheat from her diet, which made her feel better, but still not great. Then she met with an internist who ordered blood work that revealed a dairy allergy. Within six weeks of cutting out dairy and wheat, Hoover had a new lease on life.

"The stomach aches and congestion went away and I had more energy than ever before," she explained. "But the foods I was able to eat on my new regime often tasted like cardboard. So I started converting old favorites into new edibles for me."

Hoover also says that many children who actually have wheat allergies have been misdiagnosed with autism.

"The autism community is making great strides

with this kind of diet," she said. "There have been cases where autism symptoms have vanished after being on a wheat-free, dairy-free diet."

With a new-found mission to help as many people in the world as possible, this classically-trained chef who honed her culinary skills in many famous kitchens (La Folie, Hyatt and Marriot resorts, Fairmont Hotel, Bally's Hotel and Casino and Wentle Brothers Winery, to name a few) decided to write a cookbook at the urging of her good friends.

For the past seven years, that is exactly what she set out to do, working weekends and nights on the book, which was just published in July.

"Through this cookbook, people on limited diets due to allergies can now enjoy many of the foods they know and love," she said. "Actually, anyone can try these recipes and appreciate that eating and cooking healthy can be delicious!"

Alisa Fleming of GoDairyFree.org said, "Lauren Hoover applied her expertise and own experience to create this cookbook filled with tantalizing recipes. Her use of natural ingredients and [her] unwillingness to sacrifice an ounce of flavor has resulted in this delicious compilation of Southern comfort food, elegant entertaining and seductive desserts that will make you forget what isn't inside!"

In the book, Hoover offers tips for what to look for on labels to determine dairy and wheat content, helpful hints about safety and sanitation, and resources for where to find more information about food allergies and how to combat them. No Wheat No Dairy No Problem offers suggestions of how to eat healthier in general and the recipes call for commonly found ingredients.

"It was very important to me to use healthy, familiar and readily available ingredients in my recipes for No Wheat No Dairy No Problem" Hoover said "In realizing that not everyone has a health food store or specialty shop near their home, I added recipes for the main ingredients including: almond milk and oat flour in case people cannot find the ingredients they can make them."

This recipe for Summer Fruit Crisp is timely with all of the beautiful ripe stone fruits at the farmers' markets. We made this dish last weekend with peaches, plums and nectarines and it turned out beautifully!

To learn more about food allergies, or to purchase a copy of No Wheat No Dairy No Problem, please visit [www.NoWheatNoDairyNoProblem.com](http://www.NoWheatNoDairyNoProblem.com)

### INFO BOX

Agave nectar, a natural extract from the cactus plant with minimal processing, has a low glycemic index (eliminated the highs and lows associated with refined sugar) and tolerated by most diabetics.

There has been a lot of confusion about oats not being gluten-free. The oats are actually gluten free, but most are contaminated with gluten in the manufacturing process. Now there are companies such as Bob's Red Mill, ([www.gluten-free.org](http://www.gluten-free.org)) that have gluten free oats available.

### Summer Fruit Crisp

I look forward to summer fruits all year long. Who doesn't like warm fruit with a crumbly topping with vanilla ice cream?

Yields: 1 (9x12) pan or 2 quart round soufflé dish-serves 6-10 people

### INGREDIENTS

#### Filling

- 3 pounds of stone fruit (nectarines, peaches, apricots, plums), 1 inch slices
- ½ cup agave nectar
- 1 teaspoon real vanilla extract
- zest and juice of 1 lemon
- 1 teaspoon tapioca starch or 2 tablespoons oat or barley flour

#### Topping

- 1 cup oat or barley flour, sifted
- ½ cup date sugar or maple sugar or sucanat (I substituted organic turbinado raw cane sugar)
- 1 stick vegan Earth Balance, cold or frozen and diced
- zest of one lemon
- 1 teaspoon vanilla powder, optional
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon ground cinnamon
- ½ cup chopped nuts (walnuts, pecans, almonds)
- ½ cup old fashioned rolled oats (not quick cooking)



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Please see page 21 for the ice cream recipe.

### DIRECTIONS

Preheat oven to 350 degrees. Wash lemons and fruit with vegetable wash. Do you know how many people have handled that fruit? Trust me, you don't want to know...just wash it and rinse well with cold water! Slice fruit and put in a large bowl and add the rest of the filling ingredients to the fruit, stir well. Place fruit mixture into a 9x12 glass baking dish or a 2-quart round soufflé dish or something equivalent-it can be a different shape, but the same size. Set fruit aside.

For the topping, place all ingredients into a food processor with the "S" blade (Sabatier chopping blade) and pulse until it is crumbly and the size of cherries. This can also be done with a pastry cutter in a bowl. Pour evenly over fruit and bake for approximately 30 minutes or until the topping is golden brown and fruit is bubbling. Cool for one hour.

\*Can prepare crisp ahead of time and freeze to bake at a later time. If frozen, increase baking time to approximately 1 hour.



Lauren's peachy-pear crisp Photo Susie Iventosch

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## Back to School Night

Saturday August 29<sup>th</sup>  
5:30 to 8:30 pm

**10% Donation to MEF:**  
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Mon: 7am - 2pm; Tues-Sun: 7am - 8:30pm

LAMORINDA's Restaurants		updated July 8, 2009	
<b>American</b>		Hsiangs Mandarin Cuisine, 1 Orinda Way # 1, Ori,	253-9852
Bistro, 3287 Mt. Diablo Blvd, Laf,	283-7108	Lily's House, 3555 Mt. Diablo Blvd #A, Laf,	284-7569
Chow Restaurant, 53 Lafayette Cir, Laf,	962-2469	Mandarin Flower, 581 Moraga Rd, Mor,	376-7839
Quiznos, 3651 Mt. Diablo Blvd, Laf,	962-0200	Panda Express, 3608 Mt. Diablo Blvd, Laf,	962-0288
Ranch House, 1012 School St, Mor,	376-5127	Szechwan Chinese Restaurant, 79 Orinda Way, Ori,	254-2020
Terzetto Cuisine, 1419 Moraga Way, Mor,	376-3832	Uncle Yu's Szechuan, 999 Oak Hill Rd, Laf,	283-1688
The Cheese Steak Shop, 3455 Mt. Diablo Blvd, Laf,	283-1234	Yan's Restaurant, 3444 Mt. Diablo Blvd, Laf,	284-2228
<b>BBQ</b>		<b>Coffee Shop</b>	
Bo's Barbecue, 3422 Mt. Diablo Blvd, Laf,	283-7133	Millie's Kitchen, 1018 Oak Hill Rd #A, Laf,	283-2397
<b>Burger Joint</b>		Squirrel's Coffee Shop, 998 Moraga Rd, Laf,	284-7830
Flippers, 960 Moraga Rd, Laf,	284-1567	Village Inn Café, 204 Village Square, Ori,	254-6080
Nation's Giant Hamburgers, 400 Park, Mor,	376-8888	<b>Continental</b>	
Nation's Giant Hamburgers, 76 Moraga Way, Ori,	254-8888	Petar's Restaurant, 32 Lafayette Cir, Laf,	284-7117
<b>Café</b>		Vino Restaurant, 3531 Plaza Way, Laf,	284-1330
Ferrari-Lucca Delicatessens, 23 Lafayette Cir, Laf,	299-8040	Duck Club Restaurant, 3287 Mt. Diablo Blvd, Laf,	283-7108
Geppetto's cafe, 87 Orinda Way, Ori,	253-9894	<b>French</b>	
Mamounia Express Cafe, 3732 Mt. Diablo Blvd #179, Laf,	299-1372	Chevalier Restaurant, 960 Moraga Road, Laf,	385-0793
Rising Loafer, 3643 Mt. Diablo Blvd Ste B, Laf,	284-8816	<b>Hawaiian Grill</b>	
Susan Foord Catering & Cafe, 965 Mt. View Dr., Laf,	299-2469	Lava Pit, 2 Theatre Square, St. 142, Ori,	253-1338
<b>California Cuisine</b>		<b>Indian</b>	
Artisan Bistro, 1005 Brown St., Laf,	962-0882	Swad Indian Cuisine, 3602 Mt. Diablo Blvd, Laf,	962-9575
Metro Lafayette, 3524 Mt. Diablo Blvd, Laf,	284-4422	<b>Italian</b>	
Shelby's, 2 Theatre Sq, Ori,	254-9687	Giardino, 3406 Mt. Diablo Blvd, Laf,	283-3869
<b>Chinese</b>		Knox Restaurant, Lounge, 3576 Mt. Diablo Blvd, Laf,	284-5225
Asia Palace Restaurant, 1460 B Moraga Rd, Mor,	376-0809	La Finestra Ristorante, 100 Lafayette Cir, #101, Laf,	284-5282
Chef Chao Restaurant, 343 Rheem Blvd, Mor,	376-1740	La Piazza, 15 Moraga Way, Ori,	253-9191
China Moon Restaurant, 380 Park St, Mor,	376-1828	Mangia Ristorante Pizzeria, 975 Moraga Rd, Laf,	284-3081
The Great Wall Restaurant, 3500 Golden Gate Way, Laf,	284-3500	Michael's, 1375 Moraga Way, Mor,	376-4300
		Mondello's, 337 Rheem Blvd, Mor,	376-2533
		Pizza Antica, 3600 Mt. Diablo Blvd, Laf,	299-0500
		Pizzeria Amoroma Restaurant, 65 Moraga Way, Ori,	253-7662
		Postino, 3565 Mt. Diablo Blvd, Laf,	299-8700
		Ristorante Amoroma, 360 Park St, Mor,	377-7662
		<b>Japanese</b>	
		Asia Palace Sushi Bar, 1460 B Moraga Rd, Mor,	376-0809
		Blue Ginko, 3518-A Mt. Diablo Blvd, Laf,	962-9020
		Kane Sushi, 3474 Mt. Diablo Blvd, Laf,	284-9709
		Kirin Sushi, 356 Park Street, Mor,	376-2872
		Niwa Restaurant, 1 Camino Sobrante # 6, Ori,	254-1606
		Serika Restaurant, 2 Theatre Sq # 118, Ori,	254-7088
		Yu Sushi, 19 Moraga Way, Ori,	253-8399
		<b>Mediterranean</b>	
		Petra Café, 2 Theatre Sq # 105, Ori,	254-5290
		Oasis Café, 3594 Mt. Diablo Blvd, Laf,	299-8822
		Turquoise Mediterranean Grill, 70 Moraga Way, Ori,	253-2004
		<b>Mexican</b>	
		360 Gourmet Burrito, 3655 Mt. Diablo Blvd, Laf,	299-1270
		Casa Gourmet Burrito, 3322 Mt. Diablo Blvd, Laf,	284-4415
		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
		Mucho wraps, 1375-B Moraga Way, Mor,	377-1203
		Baja Fresh Mexican Grill, 3596 Mt. Diablo Blvd, Laf,	283-8740
		Celia's Restaurant, 3666 Mt. Diablo Blvd, Laf,	283-8288
		El Balazo, 3518D Mt. Diablo Blvd, Laf,	284-8700
		Maya Mexican Grill, 74 Moraga Way, Ori,	258-9049
		Numero Uno Taqueria, 3616 Mt. Diablo Blvd, Laf,	299-1333
		<b>Pizza</b>	
		Mountain Mike's Pizza, 3614 Mt. Diablo Blvd, Laf,	283-6363
		Mountain Mike's Pizza, 504 Center St, Mor,	377-6453
		Pennini's, 1375 Moraga Rd, Mor,	376-1515
		Round Table Pizza, 361 Rheem Blvd, Mor,	376-1411
		Round Table Pizza, 3637 Mt. Diablo Blvd, Laf,	283-0404
		Village Pizza, 19 Orinda Way # Ab, Ori,	254-1200
		Zamboni's Pizza, 1 Camino Sobrante # 4, Ori,	254-2800
		<b>Sandwiches/Deli</b>	
		Bianca's Deli, 1480 Moraga Rd # A, Mor,	376-4400
		Europa Hofbrau Deli & Pub, 64 Moraga Way, Ori,	254-7202
		Kasper's Hot Dogs, 103 Moraga Way, Ori,	253-0766
		Noah's Bagels, 3518 Mt. Diablo Blvd, Laf,	299-0716
		Orinda Deli, 19 F Orinda Way, Ori,	254-1990
		Subway, 396 Park St., Mor,	376-2959
		Subway, 3322 Mt. Diablo Blvd #B, Laf,	284-2627
		Subway, Theatre Square, Ori,	258-0470
		<b>Seafood</b>	
		Yankee Pier, 3593 Mt. Diablo Blvd, Laf,	283-4100
		<b>Singaporean/Malaysian</b>	
		Kopitiam, 3647 Mt. Diablo Blvd, Laf,	299-1653
		<b>Steak</b>	
		Casa Orinda, 20 Bryant Way, Ori,	254-2981
		<b>Tea</b>	
		Patesserie Lafayette, 71 Lafayette Cir, Laf,	283-2226
		Tea Party by Appointment, 107 Orinda Way, Ori,	254-2206
		<b>Thai</b>	
		Amarin Thai Cuisine, 3555 Mt. Diablo Blvd #B, Laf,	283-8883
		Baan Thai, 99 Orinda Way, Ori,	253-0989
		Royal Siam, 512 Center Street, Mor,	377-0420
		Siam Orchid, 23 Orinda Way # F, Ori,	253-1975
		<b>Vietnamese</b>	
		Little Hearty Noodle, Pho & Pasta, 578 Center St., Mor,	376-7600

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