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Make it at Home: Metro Lafayette's Tuna Poke

By Susie Iventosch

This is so exciting! The publisher at the Lamorinda Weekly received a reader request for Metro Lafayette's Ahi tuna poke recipe. Why is that so exciting, you might ask? Well, I was a Bon Appetit subscriber for about 20 years and always loved the "RSVP" section where readers requested recipes from places they'd dined. It was always fun to learn about different restaurants around the country and it was especially nice that chefs were happy to share their recipes. I could just imagine the decadent job of travelling to far-away restaurants to sample their cuisine and convince them to give me their secret recipes. Though this recipe didn't involve exotic travel plans, (too bad Metro is not in Fiji), I must thank Kelly Englehart for her interest in Metro's tuna poke that charged me with the fun task of restaurant recipe procurement.

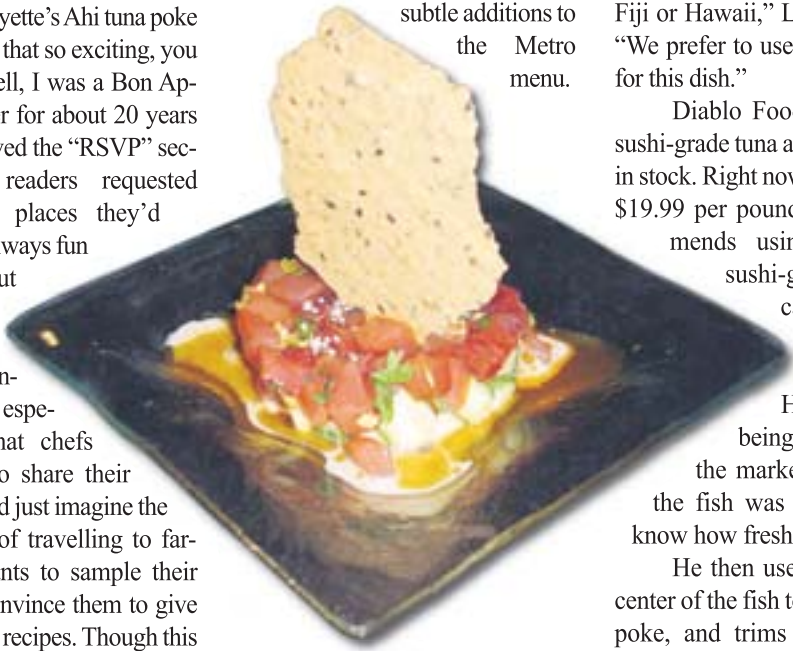
Many of the local restaurants have been terrific in sharing recipes with us, and Metro has come through once again with Englehart's request. Owners Jack and Erika (Pringsheim) Moore were delighted to help us out. Not only did Chef Paul Liao take the time one Friday morning to demonstrate how to make the dish, but he taught me what to look for in fresh tuna, how to carve up the fish, and even how to make the restaurant's signature sesame lavosh that is served with this dish.

Liao was accompanied that morning by the restaurant's new executive chef, Kirk Bruderer, who is returning to his native Lafayette after working with renowned chefs Paul Bertolli at Oliveto, David Kinch at Saratoga's Sent Sovi and Manresa and Thomas Keller at French Laundry in Yountville and Bouchon in Las Vegas. Bruderer also studied overseas, working at Marc Meneau's L'Esperance in France, and Moush-Moush in Lausanne, Switzerland.

"I am happy for the opportunity to bring what I have learned to my home town," Bruderer said.

Though he thoroughly enjoyed his cooking travels, he is glad

to be back in his old stomping grounds and able to cook for the hometown crowd. He is making subtle additions to the Metro menu.



Owner Jack Moore says he and Bruderer share similar backgrounds and standards.

"I look forward to working with someone who shares my passion for this business," he said. "I am confident that Kirk's culinary creations will be greatly enjoyed by Metro's patrons."

Menu additions include Wild King Salmon with Du Puy lentils and tarragon beurre blanc, Duck Leg Confit with mushroom-leek risotto and mustard fruits, and Crispy Braised Veal Breast with Swiss chard and parsnips.

But, one menu item the restaurant has served since it opened is the tuna poke.

"After living in Hawaii for a couple of years, with tuna poke available everywhere, I have never tasted one as delicious as Metro Lafayette's," Englehart remarked. "I order it every time I dine there and even joked to the Metro staff that I'd do dishes for an hour in exchange for the tuna poke recipe! Thank goodness I don't have to since the Lamorinda Weekly did the 'work' for me in acquiring the recipe."

In Hawaii, no gathering would be complete without a serving of poke. Poke literally means "cut piece" or "small piece" in Hawaiian. Poke (pronounced POH-kay) is the Hawaiian version of the Japanese sashimi, but served with mari-

nade and toasted sesame oil. "Our tuna is always flown in fresh the night before from either Fiji or Hawaii," Liao pointed out. "We prefer to use yellow fin tuna for this dish."

Diablo Foods carries fresh sushi-grade tuna and it is normally in stock. Right now, it is selling for \$19.99 per pound. Liao recommends using only fresh, sushi-grade, but he is careful to make sure the fish is truly fresh.

He recommends being bold and asking the market exactly when the fish was caught, so you know how fresh it is.

He then uses only the very center of the fish tenderloin for his poke, and trims out any blood lines, which are the very dark spots in the meat. He also uses what he can from the front part of the fish, because toward the head the meat has greater fat content and is therefore very tender, while the meat toward the tail is more muscular, and a little tougher.

Unless you are a fisherman and catch your own tuna, or have a deep-sea fishing friend who brings you a whole fish for your birthday, chances are you'll just purchase the tenderloin at the market and be done with it. But, just in case you ever find yourself in possession of a whole tuna, you'll now know which sections work best for sashimi, sushi or tuna poke!

To learn more about tuna poke please visit: [http://www.squidoo.com/hawaiian\\_tuna\\_poke](http://www.squidoo.com/hawaiian_tuna_poke)

**METRO LAFAYETTE**  
3524 Mt. Diablo Blvd.  
Lafayette, CA. 94549  
(925) 284-4422  
HOURS: Metro is open seven days a week from 11:00am to 11:00pm Monday - Friday and from 9:00am to 11:00pm on weekends. The bar is open until midnight. Lunch is served daily from 11:00am-3:30pm. Brunch and lunch are served weekends 9:00am-3:30pm. Dinner service begins at 3:30 daily

Metro Lafayette's Ahi Tuna Poke

(Serves 4)

INGREDIENTS

Poke

- 12 ounces sushi-grade Ahi tuna, cut into 1/4-inch cubes
- 1 tablespoon chopped ginger
- 1 tablespoon chopped scallion
- 1 tablespoon chopped cilantro
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 1 teaspoon Sriracha hot chili sauce (be sure to use Tuong Ot Sriracha by Huy Fong Foods available at most grocers)
- 1 whole English cucumber, seeded and cut into 1/4-inch cubes



Photos Susie Iventosch

Ginger Soy Vinaigrette

- 1-inch piece of ginger root, peeled and roughly chopped
- 3 cloves garlic
- 1/2 cup rice wine vinegar
- 1/3 cup soy sauce
- 1 cup canola oil
- 1/3 cup sesame oil



Sesame Crackers

- 1 cup all purpose flour
- 1 egg white
- 1 teaspoon salt
- 1 tablespoon black sesame seeds
- 1 tablespoon white sesame seeds
- 1/2 tablespoon ground coriander seeds
- 1/3 cup sesame oil
- 1/2 cup water

METHOD OF PREPARATION

Ginger soy vinaigrette:

Combine ginger and garlic with rice wine vinegar and soy sauce in a blender. While the blender is running on high speed, drizzle in the combination of canola and sesame oils through the opening of the blender lid until the entire mixture turns into a thick emulsion. The vinaigrette's flavor will improve the second day, so make this a day ahead, if possible.

Sesame Cracker

Combine all ingredients with a whisk. The mixture should have a pancake batter consistency. If the batter is too thin, add more flour; add more water if the batter is too thick. Line a cookie sheet with parchment paper and spread the batter onto the parchment paper into a thin, even layer. Bake the cracker in a preheated 300-degree convection oven on the middle rack. Rotate the cookie sheet every 8 minutes to ensure even cooking. The baking process should take roughly 15-20 minutes depending upon the speed of the oven. When the cracker is done, it should feel dry in the center and should look evenly browned and crispy. Set aside to cool. Note: If you don't have a convection oven, it will take a bit longer to cook.

To assemble the dish:

Place diced tuna in a mixing bowl. In the following order, pour sesame oil onto the tuna and stir. Then add soy sauce and Sriracha and stir. Next add the ginger, scallion and cilantro and mix well. Set aside. In a separate mixing bowl, toss the diced cucumbers with 3 tablespoons of ginger-soy vinaigrette. Place a 4-inch ring mold in the center of each serving plate. First spoon the cucumbers into the ring mold, making an even layer on the bottom. Next place the tuna on top of the cucumbers. Use the back of the spoon to pack the tuna tightly into the ring mold. Insert a piece of sesame cracker into the ring mold, then carefully remove the ring mold from the plate and serve. (Note: Since I don't have 4-inch ring molds, when I served the dish to my dinner guests, I used individual glass bowls, so the layering effect was visible and this worked very well. Metro originally served this dish in martini stems, which would be a very nice touch for the home cook, too!)

Metro suggests pairing this dish with a sparkling rose.

These recipe is available on our web site. Go to: [www.lamorindaweekly.com](http://www.lamorindaweekly.com) Susie can be reached at [suziven@gmail.com](mailto:suziven@gmail.com)

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You can find most of the recipes published in the Lamorinda Weekly on our website

www.lamorindaweekly.com

LAMORINDA's Restaurants updated September 16, 2009

<b>American</b>	Bistro, 3287 Mt. Diablo Blvd, Laf, 283-7108	Lily's House, 3555 Mt. Diablo Blvd #A, Laf, 284-7569	Postino, 3565 Mt. Diablo Blvd, Laf, 299-8700	Pennini's, 1375 Moraga Rd, Mor, 376-1515
	Chow Restaurant, 53 Lafayette Cir, Laf, 962-2469	Mandarin Flower, 581 Moraga Rd, Mor, 376-7839	Ristorante Amoroma, 360 Park St, Mor, 377-7662	Round Table Pizza, 361 Rheem Blvd, Mor, 376-1411
	Quiznos, 3651 Mt. Diablo Blvd, Laf, 962-0200	Panda Express, 3608 Mt. Diablo Blvd, Laf, 962-0288	<b>Japanese</b>	Round Table Pizza, 3637 Mt. Diablo Blvd, Laf, 283-0404
	Ranch House, 1012 School St, Mor, 376-5127	Szechwan Chinese Restaurant, 79 Orinda Way, Ori, 254-2020	Asia Palace Sushi Bar, 1460 B Moraga Rd, Mor, 376-0809	Village Pizza, 19 Orinda Way # Ab, Ori, 254-1200
	Terzetto Cuisine, 1419 Moraga Way, Mor, 376-3832	Uncle Yu's Szechuan, 999 Oak Hill Rd, Laf, 283-1688	Blue Ginko, 3518-A Mt. Diablo Blvd, Laf, 962-9020	Zamboni's Pizza, 1 Camino Sobrante # 4, Ori, 254-2800
	The Cheese Steak Shop, 3455 Mt. Diablo Blvd, Laf, 283-1234	Yan's Restaurant, 3444 Mt. Diablo Blvd, Laf, 284-2228	Fuz, 3707 Mt. Diablo Blvd, Laf, 299-9930	<b>Sandwiches/Deli</b>
<b>BBQ</b>		<b>Coffee Shop</b>	Kane Sushi, 3474 Mt. Diablo Blvd, Laf, 284-9709	Bianca's Deli, 1480 Moraga Rd # A, Mor, 376-4400
Bo's Barbecue, 3422 Mt. Diablo Blvd, Laf, 283-7133		Millie's Kitchen, 1018 Oak Hill Rd #A, Laf, 283-2397	Kirin Sushi, 356 Park Street, Mor, 376-2872	Europa Hofbrau Deli & Pub, 64 Moraga Way, Ori, 254-7202
<b>Burger Joint</b>		Squirrel's Coffee Shop, 998 Moraga Rd, Laf, 284-7830	Niwa Restaurant, 1 Camino Sobrante # 6, Ori, 254-1606	Kasper's Hot Dogs, 103 Moraga Way, Ori, 253-0766
Flippers, 960 Moraga Rd, Laf, 376-8888		Village Inn Café, 204 Village Square, Ori, 254-6080	Serika Restaurant, 2 Theatre Sq # 118, Ori, 254-7088	Noah's Bagels, 3518 Mt. Diablo Blvd, Laf, 299-0716
Nation's Giant Hamburgers, 400 Park, Mor, 254-8888		<b>Continental</b>	Yu Sushi, 19 Moraga Way, Ori, 253-8399	Orinda Deli, 19 F Orinda Way, Ori, 254-1990
Nation's Giant Hamburgers, 76 Moraga Way, Ori, 254-8888		Petar's Restaurant, 32 Lafayette Cir, Laf, 284-7117	<b>Mediterranean</b>	Subway, 396 Park St., Mor, 376-2959
<b>Café</b>		Vino Restaurant, 3531 Plaza Way, Laf, 284-1330	Petra Café, 2 Theatre Sq # 105, Ori, 254-5290	Subway, 3322 Mt. Diablo Blvd #B, Laf, 284-2627
Ferrari- Lucca Delicatessens, 23 Lafayette Cir, Laf, 253-9894		Duck Club Restaurant, 3287 Mt. Diablo Blvd, Laf, 283-7108	Oasis Café, 3594 Mt. Diablo Blvd, Laf, 299-8822	Subway, Theatre Square, Ori, 258-0470
Geppetto's cafe, 87 Orinda Way, Ori, 299-1372		<b>French</b>	Turquoise Mediterranean Grill, 70 Moraga Way, Ori, 253-2004	<b>Seafood</b>
Mamounia Express Cafe, 3732 Mt. Diablo Blvd # 179, Laf, 299-1372		Chevalier Restaurant, 960 Moraga Road, Laf, 385-0793	<b>Mexican</b>	Yankee Pier, 3593 Mt. Diablo Blvd, Laf, 283-4100
Rising Loafer, 3643 Mt. Diablo Blvd Ste B, Laf, 284-8816		Fuz, 3707 Mt. Diablo Blvd, Laf, 299-9930	360 Gourmet Burrito, 3655 Mt. Diablo Blvd, Laf, 299-1270	<b>Singaporean/Malaysian</b>
Susan Foord Catering & Cafe, 965 Mt. View Dr., Laf, 299-2469		<b>Hawaiian Grill</b>	Casa Gourmet Burrito, 3322 Mt. Diablo Blvd, Laf, 284-4415	Kopitiam, 3647 Mt. Diablo Blvd, Laf, 299-1653
<b>California Cuisine</b>		Lava Pit, 2 Theatre Square, St. 142, Ori, 253-1338	El Charro Mexican Dining, 3339 Mt. Diablo Blvd, Laf, 283-2345	<b>Steak</b>
Artisan Bistro, 1005 Brown St., Laf, 962-0882		<b>Indian</b>	El Jaro Mexican Cafe, 3563 Mt. Diablo Blvd, Laf, 283-6639	Casa Orinda, 20 Bryant Way, Ori, 254-2981
Metro Lafayette, 3524 Mt. Diablo Blvd, Laf, 284-4422		Swad Indian Cuisine, 3602 Mt. Diablo Blvd, Laf, 962-9575	La Cocina Mexicana, 23 Orinda Way, Ori, 258-9987	<b>Tea</b>
Shelby's, 2 Theatre Sq, Ori, 254-9687		<b>Italian</b>	Mucho wraps, 1375-B Moraga Way, Mor, 377-1203	Patisserie Lafayette, 71 Lafayette Cir, Laf, 283-2226
<b>Chinese</b>		Giardino, 3406 Mt. Diablo Blvd, Laf, 283-3869	Baja Fresh Mexican Grill, 3596 Mt. Diablo Blvd, Laf, 283-8740	Tea Party by Appointment, 107 Orinda Way, Ori, 254-2206
Asia Palace Restaurant, 1460 B Moraga Rd, Mor, 376-0809		La Finestra Ristorante, 100 Lafayette Cir, #101, Laf, 284-5282	Celia's Restaurant, 3666 Mt. Diablo Blvd, Laf, 283-8288	<b>Thai</b>
Chef Chao Restaurant, 343 Rheem Blvd, Mor, 376-1740		La Piazza, 15 Moraga Way, Ori, 253-9191	El Balazo, 3518D Mt. Diablo Blvd, Laf, 284-8700	Amarin Thai Cuisine, 3555 Mt. Diablo Blvd #B, Laf, 283-8883
China Moon Restaurant, 380 Park St, Mor, 376-1828		Mangia Ristorante Pizzeria, 975 Moraga Rd, Laf, 284-3081	Maya Mexican Grill, 74 Moraga Way, Ori, 258-9049	Baan Thai, 99 Orinda Way, Ori, 253-0989
The Great Wall Restaurant, 3500 Golden Gate Way, Laf, 284-3500		Michael's, 1375 Moraga Way, Mor, 376-4300	Numero Uno Taqueria, 3616 Mt. Diablo Blvd, Laf, 299-1333	Royal Siam, 512 Center Street, Mor, 377-0420
Hsiangs Mandarin Cuisine, 1 Orinda Way # 1, Ori, 253-9852		Mondello's, 337 Rheem Blvd, Mor, 376-2533	<b>Pizza</b>	Siam Orchid, 23 Orinda Way # F, Ori, 253-1975
		Pizza Antica, 3600 Mt. Diablo Blvd, Laf, 299-0500	Mountain Mike's Pizza, 3614 Mt. Diablo Blvd, Laf, 283-6363	<b>Vietnamese</b>
		Pizzeria Amoroma Restaurante, 65 Moraga Way, Ori, 253-7662	Mountain Mike's Pizza, 504 Center St, Mor, 377-6453	Little Hearty Noodle, Pho & Pasta, 578 Center St., Mor, 376-7600

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