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FALL 2018

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Chef Spotlight

Kevin Templeton
barleymash, The Smoking Gun and Spill the Beans

Executive Chef Kevin Templeton's easygoing demeanor belies the many roles he plays for his growing family of restaurants. And as if running three establishments wasn't enough, he volunteers regularly at Olivewood Gardens (see Giving Back article on page 42).

When we sat down one afternoon at barleymash, in the middle of the summer's ComicCon season, you can tell that Chef Kevin was passionate about his work for Olivewood Gardens with the ultimate goal of helping drive sustainability and food waste reduction in San Diego's food industry. He hopes that San Diego will soon make it mandatory for restaurants to compost food scraps. His own methods make collection of food scraps look easy, as the back of barleymash's kitchen has buckets of food scraps placed throughout, and he then collects it for weekly delivery to Olivewood Gardens.

"We move roughly 700 – 800 pounds a week," said Chef Kevin. "Aside from composting, we try to reuse the meats as best we can before tossing as scrap. For instance, the main dish might be a beautiful pork belly but we aren't able to use the ends. We'll top our Iron Fries with the best pieces of pork. We believe everything you take should be given back tenfold."


You may not think of a beer and bourbon establishment to be able to incorporate a farm-to-table outlook in the menu, but the team at barleymash purchases sustainable agriculture with seafood fished properly to protect the ocean. The meat and chicken is sourced and they only purchase products that are natural and cruelty-free. "We don't mess around here," said Chef Kevin. "We might not be able to use all of the bones or parts of fish, but we work with our seafood company to freeze the would-be waste and turn it into a nutrient-rich cat food. How cool is that?"



He adds that "There are other chefs out there who are as passionate as I am – if not more so. One of the pioneers in my book is my good friend and Executive Chef Matt Gordon of Urban Solace. He lives, eats and breathes for this."

"It may be complex, but composting is necessary," he said. "One of my favorite days of the week is going out and visiting the farm to drop off our scraps. Walking around, breathing in the clean air and casting my eyes over the beautiful vegetation – that's a big part of being a chef. Appreciating where your food comes from."

Visit one of Templeton's venues, and while enjoying duck empanadas, roasted corn and green chili chowder, and a San Diego sandwich, appreciate that the chef cares enough to provide farm fresh, local ingredients. With all the love it takes to nurture our farm's produce, they deserve to be served fresh to your plate.

barleymash.com at 600 5th & Market, thesmokingguns.com and spillthebeanssd.com at 555 Market St. 

EAT Soups On



San Diego's Fall weather doesn't conjure up scenes like the east coast, but it can get a little nippy. That's reason enough to enjoy a warm, hearty bowl of soup! Here's a few that'll bring comfort to your tum-tums.

Pacific Beach Fish Shop & Point Loma Fish Shop With the abundance of fresh fish available in San Diego, the two Fish Shops offer a stew with assorted fresh fish simmered in a house-made tomato broth, and a classic clam chowder with andouille sausage that can be savored in a warm bread bowl. thefishshoppb.com and thefishshoppointloma.com

Del Sur Mexican Cantina Located in South Park, this authentic Mexican restaurant, with a healthy twist serves a Chicken Tortilla Soup chock-full of shredded chicken, cotija cheese, corn, avocado and poblano crema, combined in a thick pasilla-tomato base topped with crispy thin tortilla strips for the perfect crunch. delsurmexicancantina.com

Tajima Regarded as the best spot in San Diego for ramen, with multiple locations, they offer traditional Japanese ramen bowls. The Tonkotsu soup, which serves as a base for all their ramen (except for the vegan) takes up to 12 hours to cook and results in a rich, creamy broth. Add meats and veggies and you've got the perfect meal! tajimasandiego.com

ROY'S RESTAURANT - COSTA VERDE

Dining-Restaurant
8670 Genesee Ave
San Diego, California 92122
(858) 455-1616

M-Th 11a-10p; F, Sa 11a-11p; Su 11a-9p

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Roy's promises to make for one of the most unique fine dining experiences available. Nowhere else will you find Roy's Classic Hawaiian Martini, Yamaguchi Sushi, Misoyaki Butterfish and Chocolate Soufflé all at the same table. So escape to paradise and experience the world's finest cuisine deliciously wrapped in a Hawaiian state of mind. Come get a taste of the islands.

www.royrestaurant.com

GEORGE'S AT THE COVE

Dining-Restaurant
1250 Prospect Street,
La Jolla, California 92037
(858) 454-4244

Call for hours

"Considered the region's best rooftop dining"

George's at the Cove is a renowned three-level dining destination located in the heart of La Jolla overlooking the Pacific Ocean and northern coastline. Considered the region's best rooftop dining, the popular George's Ocean Terrace - complete with a newly expanded and elevated bar - offers casual al fresco fare for lunch and dinner that is perfectly complemented by sweeping ocean views.

www.georgesthecove.com

FARMER'S BOTTEGA

Dining-Restaurant
860 West Washington Street,
San Diego, California 92103
(619) 458-9929

M-Th 8a-3p, 4:30-10p; F, Sa 8a-3p, 4:30-10:30p;

"Farm To Table Dining"

Farmer's Bottega is a charming eatery nestled in the trendy Mission Hills of San Diego. It's the newest addition to Owner and Executive Chef Alberto Morreale's repertoire of delectable establishments, which also include the Fig Tree Café in Hillcrest and Liberty Station. Chef Morreale has been around, bringing his culinary skills to restaurants all across San Diego, but Farmer's Bottega is his greatest masterpiece.

www.farmersbottega.com

MANHATTAN OF LA JOLLA

Dining-Restaurant
7766 Fay Avenue
San Diego, California 92037
(858) 459-0700

Call for hours

"Transports you to the best of New York City"

Located inside the Empress Hotel, on Fay Avenue, Manhattan of La Jolla is a casual, elegant setting where you would expect to see Old Blue Eyes or Danny Ocean romancing a beautiful woman while she sips her martini over dinner. With Italian charm, Manhattan offers Academy Award winning entrées voted Best of the Best from the American Academy of Restaurant and Hospitality Sciences.

manhattanoflajolla.com

BARLEYMASH

Dining-Bar & Grill
600 5th Ave.
San Diego, California 92101
(619) 255-7373

M-F 11:30-2a; Sa, Su 10-2a

"Located in Heart of the Gaslamp District"

A fun, high-energy downtown restaurant and bar that celebrates the richness of American culture through its appetizing and progressive bar fare. Both the restaurant philosophy and menu offerings draw heavily from two barroom staples: beer and bourbon. The name, in fact, refers to the typical grain mixture used in the brewing and distillation process of both beer and bourbon.

www.barleymash.com

NINE-TEN RESTAURANT AND BAR

Dining-Restaurant
910 Prospect Street
La Jolla, California 92037
858.964.5400

Call for hours

"Innovative cuisine using fresh local produce"

An ongoing commitment to innovative cuisine using only the freshest local produce makes NINE-TEN a must visit for culinary aficionados. This intimate restaurant, led by award-winning Chef Jason Knibb (a 2011 Iron Chef America Challenger and 2010 Rising Star Chef winner) and Pastry Chef Jose Alonzo III, offers the perfect combination of sophistication and casual elegance.

www.nine-ten.com

**PACIFIC BEACH**

5119 Cass Street
San Diego, CA 92109
858.274.2233

LIBERTY STATION

2400 Historic Decatur Rd, Ste 103
San Diego, CA 92106
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figtreeeatery.com

www.travelhost.com

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333 West Harbor Drive
San Diego, CA 92101
TEL (619) 239-7697

Thirsty for Beer

San Diego's Brew Scene

We're sure we don't have to twist your arms too much to get you to sample local San Diego beers. The area's reputation as a craft beer capital with over 150 breweries, and a gazillion brew pubs and tasting rooms throughout the county, make the region one lip-smacking adventure. There's no way we can thoroughly discuss every venue, so here's a six-pack of our faves.

barleymash

Located in the Gaslamp District, barleymash is an iconic restaurant and bar with both a philosophy and menu offerings that draw heavily from beer. They offer many local brews such as Mission Brewery Blonde, a Kölsch-style, and Thorn Street Rock the Pale, a crispy and refreshingly light pale ale. Many of the delicious eats at barleymash also incorporate beer, including the popular barley flatbreads made daily from scratch using local beer and fresh ingredients. barleymash.com



Duck Dive

Only steps from the sand in PB, The Duck Dive is an ideal place to sip on a chilled beer while taking in the fall San Diego weather. Grab a seat on the patio for some people watching and check out the bar's local beer selection. Stone Brewing Stone IPA, Latitude 33 Brewing Co.'s Honey Hips Strong Blonde and Modern Times Blazing World are just a sampling of the many brews on the menu. The Duck Dive also features a local beer of the week. theduckdive.com



Mavericks Beach Club

Pacific Beach's newest and most exciting multi-level entertainment complex, Mavericks Beach Club, has quickly become a favorite spot for locals and tourists alike. With both indoor and outdoor seating and five separate bars, there are plenty of options for enjoying a cold beer. The beach bar also offers a Mavericks Six Pack, where you can choose any six beer cans to be served in a signature Mavericks cooler. This ensures your beer is kept frosty while you move around from the Cornhole games to the upstairs DJ. You also get a bonus can on the house! Mavericks offers many San Diego local beers, such as the Duck Foot Contender IPA and Ballast Point Sculpin. maverickssd.com

Pacific Beach Alehouse


Nestled in Pacific Beach's iconic coastal setting, Pacific Beach AleHouse delivers a plethora of brews suited to all palates, including those brewed in house. Wander up to their second-story Sky Bar and delight in a frosty pint of their popular house-brewed Grand Ave. IPA, characterized by its caramel and pale malt body, or if stouts are more up your alley, indulge in their Nitro Coffee Oatmeal Stout, a robust blend of coffee notes balanced by the presence of oatmeal and the complexity and mouth feel of a nitrogen gas blend. pbalehouse.com

Pure Project

Bottle and can limited releases are scheduled monthly and allot-

ments are given by getting your hand stamped starting at 8:00am. You can also come visit the tasting room for tastes and pours of such flavors as Gypsy, Blueberry Magic, and Maplesaurus Rex. The beers are globally sourced and locally brewed onsite. Pure Project regularly gives back to the community to such organizations as 1% for the Planet, San Diego Coastkeeper, and the Surfrider Foundation. purebrewing.org

Resident Brewing

Resident Brewer Robert Masterson oversees the making of award winning brews "for the love of the beer." Flavors include Perky Blonde, Vacation Coconut IPA, Golden Kiss Saison, and the Gaslamp. Their beers are also served at Resident Brewing's sister Social Syndicate venues: Bootlegger, The Local, The Local Pacific Beach, OB Surf Lodge, The Rabbit Hole, and Wonderland. residentbrewing.com, socialsyndicate.com 

If you drink responsibly and would rather not drive to all the thirst-quenching San Diego breweries, then there's the option of taking a tour with San Diego Beer Wine Spirits Tours. They offer three kinds of beer tasting tours: chauffeured, walking, and trolley. We like the trolley tour as it's "green," and we travel using the comfort and convenience of the local Trolley while exploring Downtown. Great for singles, couples and groups, the tour visits four breweries for a total of 16 different beers! And you can easily take more than one tour since they partner with 30 different micro and commercial breweries, providing a different experience each time. During the tour, guests receive a behind-the-scenes look into the beer making process and a light lunch with their craft beer tastings. sandiegobeerwinespiritstour.com, \$88 per person.