

Fare for Foodies at Paul Martin's American Bistro

In the 1984 book, "The Foodie Handbook", authors Paul Levy and Ann Barr remark that our relationship with food has become at least as complicated as the other major relationships in our lives, marked by a host of emotions and hidden meanings. The authors point out that we have lost "the simple love of food, that simple rush of joy when you taste something truly delicious." In defining the term "foodie" they go on to challenge us, "The first step to becoming a real foodie is to learn to love food again. Do you have it in you?"

At Paul Martin's American Bistro, the simple love of food is evident in every dish that is prepared. True "foodies" can rest assured that the purest flavors of the hand-selected and freshest local foods will be the superstars of every plate. The Bistros, with locations in El Segundo and Roseville, are committed to their philosophy of "Eat organic. Believe in sustainable. Buy local. Love fresh." The food is simply prepared because each of the ingredients used is so outstanding, and heavy-handed cooking methods would spoil the integrity of those ingredients.

Take fresh sweet potatoes, roasted and then grilled with a little maple-bourbon glaze to enhance their natural sweetness. Paul Martin's Roseville chef, Josh Korn, says, "The flavor is amazing." The sweet potatoes cozy up to marinated skirt steak and fresh arugula, and Korn continues, "The potatoes, with a bit of your steak and some peppery arugula - the combination of those three flavors and textures together is what makes it amazing."

Knowing how to enhance the flavors of foods is a specialty at Paul Martin's American Bistros, and ensuring that the ingredients are the best available is what makes these restaurants stand out. The restaurants buy from local farmers who work hard to maintain the integrity of their produce - growing more for quality than quantity. Fresh produce is delivered and prepared in house every day, truly exemplifying the farm to table concept. Menus change with the seasons, emphasizing the freshest and most readily available produce.

Foodies looking for the freshest fish and prime meats are also in luck at Paul Martin's American Bistros. There are generally three to four fish selections on the menu, based on what is in season, whether it is Steelhead Salmon from the Columbia River in Washington state; fresh, wild Mexican prawns, Alaskan halibut or grilled Mahi-Mahi. What foodie wouldn't love Cedar Plank Salmon roasted with seasoned olive oil, Heirloom Organic's bloomdale spinach, and roasted red potatoes? Beef is supplied by Meyer Natural Angus, raised in humane conditions with no hormones or antibiotics. Lamb from Superior Farms in CA is also raised naturally.

If learning to love food again is the first step to becoming a foodie, it's time to simplify and regain the ability to recognize the true flavors of fresh, natural foods. Foods that are grown, raised and prepared with integrity are key to rediscovering what makes each ingredient special in its own right. That is what true foodies long to celebrate with each bite.

About the Author

"Eat organic. Believe in sustainable. Buy local. Love fresh" is the mantra of top California restaurant, Paul Martin's American Bistro. As much as possible, that's what Paul Martin's aims to deliver, and at accessible prices, with plates priced mostly between \$10 and \$22. At the heart of all great food is fresh, local, peak of the season ingredients. Paul Martin's aims to take diners back to the farm with meat raised in a humane and wholesome way, locally sourced organic produce, the best of both wild and farmed fish, artisan cheeses and cured meats from small local purveyors. The rich and varied menu also encourages sampling and sharing, with an assortment of small plates, a seafood platter with the freshest oysters, shrimp and crab; and over 50 wines offered by the glass. This El Segundo/Roseville restaurant's focus on local, sustainable and organic extends to the bar, which features seasonal fruit-infused vodkas made in house, an interesting array of local craft beers and a wine list that offers more than 80 bottles of mostly California wines. From the kitchen to the dining room, Paul Martin's emphasizes the little things that set a gold standard for hospitality and Sacramento/Los Angeles fine dining.

Let Paul Martin's American Bistro cater your next event or special occasion. From classic elegance to rustic sophistication, we'll customize a menu to suit your tastes and occasion.