

Out & About

Dining in & Around Sacramento: New Restaurant Review & Cake Recipe!



There's a brand new restaurant poised to please the palates of **Sacramento** diners!

October 29th marked the opening of **Paul Martin's American Bistro**, located in Roseville at Stone Point/Rocky Ridge & Eureka Road. The restaurant was founded by **Brian Bennett** and Executive Chef **Peter Serantoni**, and is financially backed by **Paul Fleming** of **P.F. Chang's China Bistro**. Head Chef is **Scott Rose** (previously employed by the **Paragary Restaurant Group**).

The concept of the restaurant's cuisine is elegant, yet simple preparation of seasonal and mostly local ingredients. Imagine if the subjects of *American Gothic* decided to fashion themselves modern clothing and jump out of their painting to spend a night on the town. (They'd also decide to wear a smile for the night.) I think the couple would select a bistro like **Paul Martin's**.

The dishes presented at this eatery are a perfect blend of bucolic and contemporary. Some current menu items include Cedar Plank Salmon baked with shallots and bacon, sauteed spinach, crimini mushroom jus (\$17.95), a mesquite-grilled Tuna, with tomato-olive salsa and green & yellow beans (\$21.95), and a

The Dish

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Mushroom Burger prepared with crimini, portobello, and shiitake mushrooms, and served with pesto aioli and onion marmalade (\$12.95). Dessert selections include a Devil's Food Cake with Vanilla Whipped Cream and Sour Cherries (\$6.75), and a Banana Cream Pie with chocolate, bananas, and fresh whipped cream (\$5.75).

There are approximately 50 wines by the glass, (mostly California wines produced by many small artisan and organic vintners who uphold sustainable practices). Artisan domestic beers and some local distilled spirits are also available. Upholding their fresh and seasonal theme, there are house-made infusions available at the bar.

The interior is evocative of an urban loft design and accented with soft lighting, exposed brick walls and a liberal use of wooden and leather furnishings.

The waitstaff are very hospitable (lots of smiles and eye contact), knowledgeable (answer questions regarding menu ingredients), and aim to please any request. They are obviously happy and excited to serve their customers food they have tasted before and



Cedar Plank Salmon baked with shallots and bacon.

find delicious. They also are likely to recommend their favorite dishes, (which can be very helpful when there is so much to choose from). This was even the case when I asked the valet what he liked best on my way out of the restaurant that evening. He smiled and replied, "Definitely the Short Ribs!" (On the menu as braised, with mashed potatoes, horseradish cream and beef jus.)

If you haven't made it into **Paul Martin's**, you can book a table at **opentable.com** or call the restaurant at **(916) 783-3600**. They are open for lunch on Sun-Sat, 11am-3pm, and for dinner Sun-Thurs 3pm-10pm, Fri & Sat from 3pm-11pm. To see a wine list and full menu you can go to their website at **www.paulmartinsamericanbistro.com**.

"The Dish" highlights food and culinary items of particular interest to seniors, or have a rich historical significance.

Bacardi Pineapple Cake with White Chocolate & Caramel Buttercream

Butter Cake:

1 cup all-purpose flour, sifted
1 cup graham cracker crumbs
1 tablespoon baking powder
1 teaspoon salt
1/2 cup butter, softened
1 1/4 cups sugar
2 eggs
1/2 cup Bacardi Rum
1/4 cup milk
1 teaspoon vanilla

Pineapple Filling:

1/2 c. sugar
1 tbsp. cornstarch, 1 tbsp. butter
1 1/2 c. crushed pineapple
(drain but reserve the juice for later use), Dash salt.

Pineapple Rum Syrup:

1/4 cup Bacardi rum
1/4 cup hazelnut or vanilla syrup
1/4 pineapple juice

Buttercream Frosting Base:

1/2 cup vegetable shortening

1/2 cup butter, softened
1 tsp Vanilla or Almond Extract
3 cups confectioners' sugar
2 Tbs heavy cream or milk
1 cup white chocolate pieces

Caramel:

1 cup brown sugar (packed)
1/2 cup butter
1/8 cup milk
2 tsp vanilla
1 cup powdered sugar



A Spirited Cake for the Holidays!

Procedure:

To prepare the Butter Cake: Mix flour, graham crumbs, baking powder, and salt; set aside. Cream sugar and butter in a large mixing bowl, beating until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Add half of the flour mixture then half of the milk & rum. Add vanilla. Mix until blended; add remaining flour, milk and rum, and beat until smooth. The batter will be thick. Spread batter in two greased and floured 8-inch layer cake pans. Bake at 350° for 25-35 minutes, or until cake springs back when lightly touched near center.

For the Pineapple Filling: Combine 1/2 c. sugar, 1 tbsp. cornstarch, 1 tbsp. butter, 1 1/2 c. drained, crushed pineapple (reserve the juice

for later use), Dash salt. Combine ingredients, cook stirring constantly until thick and clear. Cool before using.

For the Pineapple Rum Syrup: 1/4 cup Bacardi rum, 1/4 cup hazelnut or vanilla syrup, 1/4 pineapple juice (reserved from filling). Combine all ingredients in a measuring cup and set aside.

For the Caramel Sauce: Melt butter and brown sugar and boil for 2 mins, then add the milk. Let the mixture come to a boil again and then stir in vanilla. Let sit until room temp. Stir in powdered sugar.

For the Buttercream Frosting Base: Melt the white chocolate pieces in double boiler or microwave until completely smooth. Set aside. Combine butter and shortening in a mixer and

then add sugar alternately with the cream and rum and vanilla. Stir in the salt, then add the melted white chocolate. Add the caramel mixture to the buttercream and mix well.

To assemble the cake, split the layers with a serrated knife and brush them liberally with the pineapple rum syrup by using a pastry or BBQ basting brush. Begin with bottom layer and then top with 1/3 of the pineapple filling. Then add the next layer and repeat the syrup brushing and then the filling addition. Continue this process with the remaining later and then frost with the White Chocolate Caramel Buttercream Frosting. Garnish with melted white chocolate and buttercream twirls. Serves 10-12.

Original Recipe by Kristy DeVaney, 2007