

—Dining In and Out—

Fresh, Elegant, and Worth the Eight Mile Drive



Carmichael may not be known as Sacramento's center for haute cuisine but there are several restaurants in the area which are worthy of note. "La Perla" Bistro (the name means 'the pearl') is one of those and is well worth the drive.

As you may know, my husband and I are unable to get out for dinner—for lack of a little thing called "kindercare." We substitute going out for lunch. This time we wound up in Carmichael. When we entered the restaurant, we were quickly greeted and seated by one of the partial owners—the friendly Evan Selby. We started perusing the menu and the first thing that jumped out at us was the fact that Executive Chef Chris Jackson uses all the current vegetables for the meals from local farmers markets. (This is important for us to know they support the local farmers and businesses). The second for us was the elegant simplicity of the menu at hand. It had a little bit of everything for the palate but not to be overwhelmed by too many choices; which I

suppose is exactly what a Bistro should be.

The home-made bread arrived, and as we savored the flavors of the rosemary bread and butter we ordered as a starter. Our first selections were the Heirloom Tomato Soup with roasted corn salsa and fresh basil and the Heirloom Tomato Salad created from house-made warm mozzarella, basil pesto, pine nuts, and Affiorato olive oil. To have a refreshingly sweet tomato soup, especially in the midst of summer, was a wonderful light twist on a family favorite. The salad was the perfect compliment; the tomatoes were, indeed, farm fresh—hardy but delicate—but perfectly accompanied by the in-house mozzarella. The salad was so perfectly seasoned that I ate more than my share, to the point that I was afraid the next course would arrive and I wouldn't be able to find room in my stomach for anything else.

A light portion of the Freshly Ground Lamb-and-Pork Meatballs arrived at our table next with notes of roasted garlic. On the side were savory stewed peppers and onions which were accompanied by slices of toasted French baguettes.

For an all organic twist on a beef hamburger, I decided to try the "Painted Hills All Natural Burger." It turned out to be a man-sized burger, layered with house-made bacon, shaved red onion, and crispy buttermilk onion rings, all topped with BBQ sauce, Tillamook Cheddar, and sliced tomato. On the side—lettuce fries.

With our stomachs filled to capacity, we decided to definitely return in the near future.

"La Perla" Bistro offers more than lunch and dinner; they have complimentary wine tasting Thursday nights, club nights on Fridays and Saturdays, and a fabulous Sunday Brunch (call for specific times). I also learned they are a full fledged catering company—from hosting local school and community events to elaborate corporate-style evenings, receptions and special occasion dinners. They've got specific packages just for you. For restaurant and catering information contact PrestigeEvents24-7.com.

"La Perla" Bistro is located at 6530 Fair Oaks (on the left, just south of Robertson) in Carmichael; mention that you heard about them from Sharon at Orangevale Country Journal!

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Rancho Cordova Hires New City Clerk

Rancho Cordova, CA—Mindy Cuppy has been named City Clerk for the City of Rancho Cordova. She will lead the City Clerk's staff in coordinating and preparing City Council meeting agendas and minutes and will be in charge of record keeping of all official municipal documents. As the City's Chief Elections Official, she will plan and conduct City elections. Cuppy has been Rancho Cordova's administrative support supervisor for the last 10 months. Other past employment includes being executive assistant to the President and human resources coordinator at Heald College in Roseville and Rancho Cordova. She was the start-up office

manager for both TMC Communications and XO Communications. She received an A.A. degree from Sierra College in Rocklin and a B.A. degree in politics from the University of California, Santa Cruz. She is a graduate of Bella Vista High School. Cuppy, her husband, Jon; and their three children are residents of Orangevale. She is the daughter of long-time Orangevale residents, Dan and Penny Hall. "I look forward to the challenges of being City Clerk for an innovative and thriving city and I look forward to using my communication and organizational skills," Cuppy commented.

THE MAINE RECYCLING



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THE MAINE RECYCLING

Pow Wow Days Apple Pie Contest 1st Place Apple Pie Recipe

Crust; 9in. two crust pie.

2/3 cup plus 2 Tblsp. Shortening

2 cups flour

1 teasp. Salt

4-5 Tblsp. cold water

Cut shortening into flour and salt until particles are the size of small peas. Sprinkle in water, one tablespoon at a time until mixture is moist. Gather pastry into a ball, divide in half. Lightly flour cloth covered board, flatten one half of pastry with rolling pin. Invert into pie plate. Add apple mixture into pie. Repeat rolling other half of pastry. Add apple mixture below and cover with remaining rolled crust. Cut slits in top of pie and flute edges and sprinkle with sugar and cinnamon. Cover edge with foil and bake at 425 for 40-50 minutes. Uncover pie for last 15 minutes of baking.

Filling; ¾ cup sugar

¼ cup flour

½ teasp. Nutmeg

Pinch of salt

6 cups sliced, peeled tart apples

2 Tblsp. Butter

Heat oven to 425 degrees, mix sugar, flour, nutmeg, cinnamon and salt. Stir in apples. Turn into pie crust. Dot with butter. Cover apple mixture with other half of pastry and follow crust directions mentioned above.

Congratulations to Renee Morgan who won \$100.00 for her award winning apple pie recipe from the Pow Wow Days Apple Pie Contest. Special thanks goes out to Patti Bartholomew, from Casa Roble High School for this enthusiastic contest and Vision Funding for their generous prize money. Second place winner who won \$50.00 went to Michelle Lange and third place went to Jenna Barron who won \$25.00 for her entry.

Submit your favorite recipe to foodeitor@orangevalejournal.com

