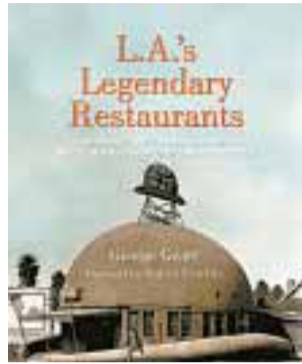


What's Happening

Main events

Cuisine for Kids: 6 to 8 p.m. Thursday at Boys & Girls Clubs of Oceanside, 401 Country Club Lane, Oceanside. The second annual fundraiser features food, wine and beer vendors and dancing. Ages 18 and up. \$40. Proceeds support scholarships for families in need. bit.ly/2kkAokm

Taco Fights V Championship Round: 7 to 9 p.m. Thursday at The Blind Burro, 639 J St., San Diego. Winning chefs from the three previous rounds of competition go head-to-head for the championship title, Best Taco. Free admission. theblindburro.com



Author visit: Renowned chef George Geary will be signing and talking about his book, "L.A.'s Legendary Restaurants," at 7:30 p.m. Thursday at Warwick's, 7812 Girard Ave., La Jolla. Geary is the author of nine cookbooks and is currently the featured chef on the "San Diego Living" television show on the CW Network. Free admission. Only books purchased from Warwick's will be signed. (858) 454-0347.

Big Easy Bites & Booze Tour: 1 to 5 p.m. Saturday in the Gaslamp Quarter, downtown San Diego. Take a self-guided tasting of Mardi Gras-inspired bites and sips at 20 participating locations. \$25 advance, \$30 day of event. sdmardigras.com

Seafood, Wine and Friends: 6 to 10 p.m. Saturday at The Rose Wine Bar, 2219 30th St., San Diego. Wine Not?, the L.A.-based event and lifestyle unit of Bon Appétit — wine editor Marissa A. Ross and event producer Evan Enderle — come to San Diego to celebrate hometown winemaking and sustainable eating. The event will feature demonstrations by the fishermen who caught the night's sustainable fish as well as music, visuals and antics provided by the Wine Not? team. \$25. Space is limited. Tickets: bit.ly/2kLNNau

Wine tastings

San Diego Wine & Beer Co.: "Cabernet Sauvignon," 11 a.m. to 4 p.m. Saturday at 7080 Miramar Road, Suite 100, San Diego. \$15. (858) 586-9463.

The Wineseller & Brasserie: "Simplemente Vino: A Walk-Around Tasting," featuring wines of the Iberian Peninsula: Spain and Portugal. 3:30 to 5:30 p.m. Saturday at 9550 Waples St., Sorrento Mesa. \$30; \$24 wine club members. Reservations: (858) 450-9557.

Submit events to our calendar at least 14 days before desired publication date to foodevents@sduniontribune.com.

RECIPE OF THE WEEK

CHEF RICHARDI SHARES SPICY GUMBO

BY CHRIS ROSS

Mardi Gras is a great excuse for making a big pot of gumbo, and this spicy version starts with a rich, dark roux. The recipe is courtesy of Josh Richardi, executive chef at Masters Kitchen and

Cocktail in Oceanside.

Richardi hails from Florida, but he's been in San Diego for years, starting as a line cook at Pacifica del Mar and more recently chef de cuisine at Roppongi. A version of this gumbo will be on the menu for Mardi Gras on Feb. 28 at Masters Kitchen and Cocktail;

chef Richardi says it will include crawfish along with shrimp and sausage.

Masters Kitchen and Cocktail is located a few blocks from the beach in Oceanside; www.mastersoceanside.com or (760) 231-6278.

chris.ross@sduniontribune.com • (619) 293-1295

Spicy Gumbo With Shrimp and Andouille Sausage

Makes 8-10 servings

FOR ROUX:

½ cup high heat oil, such as canola, corn or vegetable

½ cup all-purpose flour

FOR GUMBO:

1 medium onion, diced

2 bell peppers (the chef uses ½ of each: red, green, yellow and orange), diced

3 stalks celery, diced

6 cloves garlic, minced

8 ounces andouille sausage, sliced (see note)

3 bay leaves

2 tablespoons cajun seasoning (or use more or less to taste)

2 tablespoons Tabasco sauce (or use more or less to taste)

1 tablespoon cayenne (optional; omit if you prefer it mild)

4 cups low-sodium chicken broth

1 (14.5-ounce) can stewed tomatoes and juices, diced

1½ pounds raw shrimp

1 cup okra

2 teaspoons fresh thyme

2 teaspoons chopped basil

2 teaspoons chopped oregano

2 teaspoons gumbo filé (ground spice mix)

To serve: sliced scallions and white rice or quinoa

Maked the roux: Heat the oil in a large dutch oven or a heavy-bottomed pot over medium-high heat. Whisk in the flour until combined and smooth. Switch to a wooden spoon and continuously stir for 15-22 minutes or until the roux darkens to just past a deep peanut butter color. Do not let the roux burn (if you smell it burning, you will need to throw it out, clean the pot, and start over).

Once the roux reaches that deep rich brown color, stir in the onions, bell peppers and celery and continue to cook, stirring as needed so the vegetables don't stick. Cook for about 8-10 minutes or until the veggies soften. Add the garlic, sliced sausage and bay leaves. Continue to cook for an additional 1-2 minutes until the garlic is fragrant.

Add the Cajun seasoning, Tabasco

sauce and cayenne (if using) along with the chicken broth and stewed tomatoes and bring to a high simmer before lowering the heat to medium-low, covering and simmering for 15-20 minutes.

Add the shrimp and okra to the gumbo, give it a stir and allow to continue to simmer for an additional 10-15 minutes or until the shrimp is opaque and the veggies have softened. Taste

and season with salt and pepper as desired. Add the fresh herbs and the gumbo filé and stir. Remove bay leaves before serving.

Serve warm with white rice or quinoa, with sliced scallions on top.

Note: Chef Richardi recommends Tip Top Meats in Carlsbad as a source for andouille sausage but says if you can't find it, you can substitute any spicy sausage.



COURTESY PHOTO

COD

FROM E1 don't always have time to head to the fish counter. So, frozen fish is my plan B. I stock up on some classics like Alaskan cod and wild salmon that you can usually cook straight from frozen — just add a few minutes to your cooking time.

Poaching is a perfect cooking method for those frozen fillets because it takes merely minutes and leaves your fish an open canvas to showcase whatever other ingredients you might have on hand. Flavor the water with some acid and herbs (like lemon juice and fresh thyme branches) or even just a bit of white wine and some dried herbs will work in a Tuesday-night pinch.

Keep the water at a bare simmer — it should be active like club soda, not like a rolling boil. And then make a quick relish to top your fish and give it some freshness and excitement.

Today's recipe stars papaya because it's widely available this time of year, even peeled and cubed, if you want to pay an extra dollar or two. Papaya is full of vitamins and fiber, and raw papaya has enzymes that are celebrated for helping in digestion. But feel free to swap out for another fruit (even canned peaches work) if you prefer — the tangy lime and apple cider vinegar will marry most fruit beautifully with the fish, no advanced planning required.

D'Arabian, who writes for The Associated Press, is a Food Network star and author of the cookbook, "Supermarket Healthy." She lives in Coronado.

Poached Cod With Raw Papaya Relish

Makes 4 servings

¼ cup white wine

3 cups water

1 teaspoon dried thyme

¼ teaspoon salt

4 fillets of cod (about 4-5 ounces each)

FOR THE RELISH:

1¼ cups papaya, cut into small cubes

2 tablespoons apple cider vinegar

2 tablespoons lime juice

½ cup chopped tomatoes

2 green onions, chopped

2 tablespoons flat-leafed parsley or cilantro, chopped

2 teaspoons extra virgin olive oil

¼ teaspoon salt

½ teaspoon pepper

In a deep skillet, bring wine, water, thyme and salt to a bare simmer (it should look like bubbly club soda). Place the cod in the water and keep at a bare simmer and allow to cook until fish is cooked through, about 4 minutes for an average piece of fish. Remove the fish, and keep on a warm plate.

While the fish is cooking, stir together the relish ingredients in a small bowl. Spoon the relish on top of each piece of cooked fish, allowing the heat of the fish to bring out the relish flavors.

Per serving: 179 calories; 31 calories from fat; 3 g fat (1 g saturated; 0 g trans fats); 61 mg cholesterol; 302 mg sodium; 8 g carbohydrate; 1 g fiber; 5 g sugar; 26 g protein.

WINE OF THE WEEK

LA JOLLA URBAN WINERY POURS ON THE QUALITY

BY MICHELE PARENTE

I'll admit that when I first heard about LJ Crafted Wines, in La Jolla, its premise sounded like a gimmick: Wine made almost entirely outside of San Diego flows directly from barrels that use a newfangled way to keep the juice fresh.

I'll also admit that after visiting the airy, hip Bird Rock urban winery's tasting room and trying 10 of LJ Crafted's 15 single varietals, I was more impressed with the polished quality of the wines than how they got into my glass.

Sure, co-owner Lowell Jooste, a South African with a notable wine pedigree in his native country, has developed an innovative wine-preservation system. His Wine Steward (patent pending in the U.S. and the European Union) allows wine to be served essentially like a beer tap. Available for purchase in a liter glass growler — 1,000 ml, versus a standard bottle's 750 ml — the wine tastes as fresh when the barrel is full as when it's almost empty.

But in the end, what counts to wine lovers is how good the wine tastes, right? And from the crisp, citrusy Napa sauvignon blanc to the aromatic, tropical fruitiness of the Alexander Valley viognier, the bright cherry elegance of the Russian River pinot noir to the rich, juicy, Napa petit verdot, LJ Crafted Wines crafts some terrific wine.

Credit goes to the grapes, sourced from a multitude of fine Northern California vineyards, and to winemaker Alison Green. With more than 40 years in the business and a student

of the famed André Tchelistcheff — a demigod of winemaking in California — Green's LJ Crafted wines are a master class in varietal purity and deliciousness.

Three of the wines (the 2013 cab, 2015 pinot and 2015 zinfandel) recently captured gold medals at a wine judging, competing as the first barrel-to-growler submissions. In wine competitions, all judges get is what's in the glass, and with LJ Crafted wines, they got quality, not gimmicks.

5621 La Jolla Blvd., La Jolla. (858) 551-8890 or ljcraftedwines.com. Glasses at the tasting room range from \$8 to \$15; growlers from \$24 to \$40.

michele.parenthe@sduniontribune.com Twitter: @sdeditgirl



LA JOLLA CRAFTED WINES

Well-made wine comes straight from the barrel into a growler at LJ Crafted Wines in the Bird Rock section of La Jolla.

They'll call you the "neighbor with the amazing kitchen."



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