

FALL 2017 Issue No. 3

edible LA

Sharing the Story of Local Food, Season by Season

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HOLIDAY GIFT GUIDE**
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season's must-haves

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GETTING A SECOND CHANCE AT L.A. KITCHEN

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MALIBU THE BOUNTIFUL



Malibu
the
BOUNTIFUL
Abundance in our Midst

BY CLAUDIA TAYLOR

The day after Labor Day signals an imminent wave of sanity for Malibu locals. In the blink of an eye, the beaches seem to clear, traffic on the highway returns to a normal pace, and that cozy beach town feeling is back. Fall is officially in the air.

Malibu may be famous for its twenty-one miles of pristine coastline, but more recently it has been garnering a reputation as a vital wine region, a haven for organic and biodynamic farming, and a bustling weekend destination for Angelenos everywhere. Locals and visitors alike have seemingly endless opportunities to enjoy Malibu's bounty, from wine tasting to authentic farm-to-table dining, all season long.



MALIBU FARM

Perhaps one of the most picturesque and Instagrammed restaurants in Malibu, this gem is known for celebrating local, seasonal, and organic produce. Chef and owner Helene Henderson started out by crafting wildly popular dinners on her own family farm and has since relocated to the iconic Malibu Pier, operating both the casual Café at the end of the pier as well as a full-service restaurant and bar at the beginning of the pier, both looking out on the sparkling blue Pacific Ocean. Henderson's vegetable-crust pizzas - like the cauliflower crust pizza topped with mozzarella, tomato, and pesto - are legendary and hardly anyone can resist this Swedish-born chef's pancakes.

UPCOMING EVENTS AT MALIBU FARM

October 29

5th Annual Pumpkin Carving & Petting Zoo

November 23

Thanksgiving Dinner on the Pier

December 25

Breakfast with Santa

THORNE FAMILY FARM

Owned by Larry Thorne and his family, Thorne Family Farm is a Malibu institution. Located near Zuma Beach on Bonsall Drive, this is where local chefs and neighbors are known to run into each other while shopping for gorgeous berries, greens, melons, avocados, tomatoes, citrus, eggs, olive oil, and more, and catch up on the latest community scuttlebutt or maybe pick up a new recipe. One sought-after ingredient and cult favorite is Thorne's fermented black garlic, which has a sultry, savory, caramel-like flavor and luscious texture that pairs beautifully with this season's dark leafy greens and roasted vegetables (see the recipe for Black Garlic Vinaigrette, below). Thorne also sells Farmshop breads and pastries, so arrive early to avoid missing out. The farm is in operation through November, open Saturdays from 8am-2pm.

FUN FACT:

zuma is derived from the Chumash language and means abundance



BLACK GARLIC VINAIGRETTE

- 6 cloves black garlic
- ½ cup + 2 tbsp extra-virgin Malibu Olive Co olive oil
- ¼ cup red wine vinegar
- 1 small shallot, minced
- a few sprigs of fresh thyme, roughly chopped
- pinch of cayenne pepper
- sea salt, to taste
- freshly ground black pepper, to taste

Add the shallot and vinegar to a blender and allow to sit for about 5 minutes before adding other ingredients. Blend until emulsified.

SADDLEROCK GARDENS

An immersive dining experience - all in and of the garden - can be found here at **Saddlerock Gardens**. Shane Semler, picking up the mantle of the Semler dynasty, has launched Garden Dinners (tickets available at saddlerockgardens.org) on the property and the Fall Dinner Series will run through the season.

A little over a year ago, Semler, along with garden gurus Ryland Lancaster and beekeeper Eli Lichter-Marck, reclaimed a horse pasture on the family estate, reinvigorated the soil using biodynamic techniques, and built a fully-functioning outdoor kitchen with vintage barn wood.

Diners can bask in the light of the early evening at this utterly bucolic setting of the Semler's sprawling ranch, complete with grazing horses and exotic animals. The innovative and well-paced five-course dinners are served family-style and are prepared in the open kitchen by rotating chefs David Wilcox and Alina Hardin. A recent menu, prepared by Hardin, began with mushroom popcorn with Tajin spice and burnt buttered grapes with *queso*. The dinner included a seared eggplant salad (find the recipe online at ediblela.com), braised pork, a wilted kale salad, and chicken *escabeche* with cauliflower and pickled onions. Each course was, of course, paired with gorgeous wines.

Saddlerock Gardens also offers a **Hike and Harvest**, which begins with a hike through the vineyard and organic gardens where participants have the opportunity to harvest their very own vegetables, learn the history of the estate and the famous Chumash archaeological site, and taste some fantastic wines.



MALIBU WINE SAFARIS

For those less inclined to hike, the wine safari (lasafaris.com) is the perfect way to enjoy a mellow day of wine tasting and an open-air tour of the verdant Saddlerock Ranch estate. Truly magnificent vistas and a chance to see exotic animals that include zebras, camels, bison, and Stanley the giraffe!

SIP MALIBU GRAPES

Nestled in the woods off Kanan Rd, SIP offers unique wine tastings and features a full selection of local, boutique wines in a charming indoor-outdoor setting. A great spot to sip through Malibu wines!



CORNELL WINERY & TASTING ROOM

Tucked into the hills off Mullholland Highway, in a historic landmark building, Cornell offers wine tastings and a unique shop selling wines from all over California, as well as gifts and artwork.



THE RANCH MALIBU

For those seeking a bit of a body tune-up, mental detox, or a chance to feel all the benefits of a plant-based diet, The Ranch Malibu is an exclusive vegan boot-camp that can kickstart or reinforce a healthy lifestyle.

Situated on a former working ranch, three miles from the Pacific Ocean and in the shadow of magnificent Bony Ridge, The Ranch offers an immersive 7 Day Reboot which includes hiking, yoga, meditation, fitness and, yes, napping!

Stay in one of the 18 rustic-yet-refined guest cottages, wake early, spend the days free of cell phones and enjoy nutrient-dense meals with food prepared from the two-acre organic garden.

Chef Ian Bryant works closely with garden manager Geri Miller to highlight each week's harvest. Chef Bryant is currently busy preserving the abundance of late summer tomatoes, kale, and figs by dehydrating them to put into salads and power-packed snacks.

The Ranch also offers weekly cooking classes to enhance the guest's understanding of plant-based nutrition and allows them to make more nutritious food and lifestyle choices after returning home.



LE CAFE DE LA PLAGES

For a sweet ending to the weekend, Le Cafe de la Plage offers exotic, handmade organic ice creams like pineapple basil, rose raspberry lychee, black vanilla with charcoal, and goat cheese with olive oil. Find this charming shop at the Point Dume Plaza where they also serve amazing coffee (try an *affogato* with one of their delicious ice creams) and pastries from Gjusta Bakery and Farmshop. 🍷

A large vertical banner for Four Sisters Ranch. The top half features a blue sky background with the text "VISIT OUR TASTING ROOM" in large, bold, black letters, followed by "IN BEAUTIFUL" in smaller white letters, and "PASO ROBLES Wine Country" in a large, elegant, red serif font. Below the text is a photograph of a lush green vineyard with rows of grapevines stretching into the distance under a clear blue sky. The bottom section of the banner shows four bottles of wine from Four Sisters Ranch: a dark bottle of Cabernet Sauvignon, a dark bottle of Zinfandel, a yellow bottle of Chardonnay, and a light green bottle of Sauvignon Blanc. To the right of the bottles is the Four Sisters Ranch logo, which consists of four vertical bars in purple, blue, green, and red, with the text "FOUR SISTERS RANCH VINEYARDS & WINERY" below it. At the bottom of the banner, the website "FOURSISTERSRANCH.COM" is displayed in white capital letters.