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Wine and Food's Living
Legends

Margrit Mondavi, Mike "Miljenko" Grgich,
Cecilia Chiang and Peter Mondavi Sr.

THE COY GOURMAND



Masterpieces of Summer

By Cocoy Ventura
Photography by Tubay Yabut



The Carneros Inn Chefs (L-R) Executive Chef Steven Tevere of The Carneros Inn, Chef de Cuisine of Farm Andrew Budnyj and Boon Fly Café Chef de Cuisine Cody Williams

The colors of summer are here in full bloom as Northern California celebrates its most natural state of being. The grassy green hills have turned as gold as the sun, punctuated by the graduated greens of the gnarly oaks, redwoods, eucalyptus trees and evergreens. The state flowers bloom everywhere in complete abandon. The vineyards of Napa Valley welcome you as they stand ever so neatly row upon row. Summer here is true and fresh with the cold waters of the nearby bay, which make it the most comfortable season compared to the summers of the rest of the world. The emphasis on gardening and farming is now more apparent as it is during summer that once again the farmers' expertise is solely focused on the fertile soil and their bounty. Summer is the time when artists thrive and look to these experts to inspire their masterpieces.

The above mentioned masters ply their trade in The Carneros Inn, a modern farmhouse resort, nestled in between the Sonoma and Napa wine regions. The resort boasts a lengthy pavilion stretching out graciously from the restaurant entrance. An open fireplace and comfortable loungers entice everyone who passes by it to sit down, drink, eat, or simply soak in the property's bucolic countryside charm. The muted color palette creates a tranquil atmosphere; the perfect place for weary travellers to unwind down but at the same time, it dares you to go ahead get out there and experience everything that the Inn has to offer.

THE COY GOURMAND

Chef de Cuisine Andrew Budnyj is at the helm of FARM - Carneros' flagship restaurant. The restaurant's interior is beautifully fresh and airy with high vaulted ceilings, warm lighting and comfortable furnishings which perfectly compliment the flavor profile of the food. FARM is essentially light, modern, interesting, clean, and classic. Every dish exudes Chef Budnyj's passion and every plate is a masterpiece. Even the produce is cultivated by hand in the property's culinary garden, ensuring a high quality dining experience on every level.

"In the summer time, as far as the gardening goes, we take advantage of season. I definitely love [heirloom] tomatoes, padron and heirloom peppers as well as little baby lettuces... We always have beets and carrots." Chef Budnyj expressed.

When one orders a FARM market salad, the plate will be a direct representation of what is currently being grown in the vegetable garden. However, as much as the chefs would like to source everything from their gardens, this is not always possible. Seafood, meat and other items are sourced locally. Budnyj further explained, "I consider the Bay Area as my local. Artichokes from Monterey Bay I consider local as well as north of Santa Rosa to Yuba City and the Sierra foothills. I can source so much here. Our lamb comes from superior farms in Dixon and I use local Petrale Sole from Fort Bragg."

This farm to table approach is attributed to the culture of the valley. The land is essentially agricultural but is juxtaposed with luxury. "I like the small communities and the locals helping out with business that they are part of or not. For example, there's a lady who lives four blocks away who raises chickens and I buy the eggs from her. There is also a winery that has fruit trees from which I get my fruit. Napa is big on that, up valley, down valley, everywhere." Chef Budnyj continues.

"Understanding what grows well in Carneros is very important," says Executive Chef Steven Tevere. "It can be challenging because of the weather. There's no sustained heat in this part of the valley... We're still learning what to grow here. Melons are definitely out of the question." Tevere also touched on the trend towards lighter fare such as king salmon, local halibut and Dixon Lamb for the summer.

As the chefs continued, it was time for me and my photographer to dine. We both opted for the tasting menu with wine pairing. After talking to chefs Steven and Andrew, we clearly had a greater appreciation for the food we sampled. The calibre of the chefs and their team are top notch so never expect less. These are true chefs who created these dishes and this experience through many hours of labour - from the garden to the plate. Their love, passion and respect for their craft is evident in every bite. The chefs of Carneros truly capture the season in every element of their dishes which last me until another summer comes along.

For more information about The Carneros Inn, the FARM Restaurant, their chefs and more, visit them online at www.thecarnerosinn.com. Our special thanks to Executive Chef Steven Tevere, Chef de Cuisine Andrew Budnyj and their culinary team for their warm hospitality. Many thanks as well to Mr. Darren Loveland, FARM General Manager and Ms. Diane Wesley Cope, Director of Sales & Marketing for making this a possibility. ■



(Clockwise) The elegant dining room of The Farm featuring fireplaces, dramatic lighting, and a cathedral ceiling. Chef de Cuisine Cody Williams' Boon Fly House Brined Pork Chops with Applesauce and Citrus-Fennel Infused Extra Virgin Olive Oil. Chef de Cuisine Andrew Budnyj has created an exciting menu that showcases simple, elegant food based on the natural abundance of the Wine Country. Chef Aaron Meneghelli's Crab and Toasted Curry Cake.

Andrew Budnyj's Petrale Sole with Artichokes a la Barigoule



sole

- 24oz. Petrale Sole Filets (4 – six oz fillets)
- 2oz. Clarified Butter
- Salt & Pepper

barigoule

- 3 Tbl. Extra virgin olive oil
- 375 ml. White Wine
- 4 Lg. Artichokes Hearts
- 2 Bunches Baby Round Carrots, Peeled
- 6 oz. Peeled White Pearl Onions
- 1 Bay leaf
- Salt
- 4oz. Butter

tartar sauce

- 1/2cup Mayonnaise
- 3Tbl. Chopped Capers
- 3Tbl. Chopped Gherkins
- 2Tbl. Chopped Parsley
- 1tsp. Minced Shallots
- 1Tbl. Lemon Juice
- 1Tbl. Caper Juice
- Salt & Pepper

Exquisite Edibles

preparation

- In a pot heat olive oil.
- Add white wine and bring to a simmer.
- Cut each artichoke into six pieces. Split carrots in half. Add artichokes, carrots, onions and bay leaf to the pot.
- Put a lid on top and simmer for 15 minutes or until the artichokes are cooked. Take off heat.
- In a sauté pan heat clarified butter. Season sole filets and cook in the sauté pan at medium heat (about four minutes each side).
- When cooked place on serving platter.
- Drain most of the liquid from the artichoke pot and leave only enough to cover the vegetables (You can reserve the remaining liquid for soup, poaching fish or whatever you like).
- Bring vegetables back to a simmer. Slowly stir in the butter and season with salt. Pour vegetables and its liquid over the sole.
- Mix all the ingredients from the tartar sauce together adjust with salt and pepper. Serve on the side.

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