

# Food & Beverage <sup>TM</sup> INTERNATIONAL

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Chef Recipes

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**WILD MUSHROOMS**  
and **CulinArte'**

Eryngii Mushrooms on Crispy  
Polenta with Wilted Spinach,  
Honey Balsamic Demi and  
Pomegranate Seeds  
by Executive Chef John Kane  
Sauce by CulinArte'



# Surya ~ Alive with Indian Sunlight

by Bonnie Carroll

The room is alive with sophisticated color, and so is the food. Sheel Joshi, who spent over fifteen years with Gaylord of India, has opened an airy, colorful and inviting restaurant at 8048 W. 3rd Street in Los Angeles, with the assistance of his lovely partner Sapna. This attractive duo also provide a menu which is equally creative and colorful. Skylights fill the room with sunlight during the day, and an intricate lighting system transforms the spacious dining room into the perfect rendezvous spot for a memorable dinner.

This is the most comfortable Indian restaurant I have ever dined in, and according to Sheel it was his wish to create an Indian restaurant that featured fusion food selections, to be enjoyed with Jazz. "I like Jazz, and wanted a change from the traditional sitar music people associate with Indian dining."

The food items are simply delicious and beautifully presented, but are also amazingly light. Many times after enjoying an Indian meal I could barely get up from the table I felt so full, however, this is not the case at Surya. "Our food items represent a fusion of many of my mother's recipes, she is Italian, and traditional Indian dishes that are from my father's family. The cuisine is light and the spices are used skillfully to create specific flavors that compliment the dishes that precede and follow" said Joshi.

Among the items that my guest and I especially enjoyed were an assortment of *samosas* and *pakorras*, *vegetarian hors d'oeuvres*; *New Zealand lamb marinated in rosemary, ginger and spices*; *spinach stuffed paratha*, wonderful whole wheat with spinach and herbs; *chicken vindaloo* served with potatoes in a hot spicy sauce; *Channa Masala*, beautifully presented garbonzo beans in a blend of spices; *vegetable biriyani*, a saffron flavored basmati rice with vegetables and nuts and I also loved the *raita*, yogurt and cucumber salad and the signature dessert of *bread pudding and spumoni ice cream* surrounded by caramel sun rays, a recipe of Joshi's mother.

Indian food has been a favorite of mine since I discovered it in London in the mid-seventies, and I found the fusion recipes that Joshi presents an inspired transgression from the stereotypical faire one might expect, even the *mango lassi* was the most unique I've ever tasted.

If you crave a more modern experience of the unforgettable tastes of India, treat yourself to dinner at Surya with Sheel and Sapna. For reservations call 323-653-5151. 🍷



From Top to Bottom, New Zealand Lamb Marinated in Rosemary, Ginger & Spices, Chana Marsala (Garbonzo Bean Salad), Sheel and Sapna Joshi, right, assortment of Vegetarian Samosas & Pakoras, left, Surya's Signature Dessert, Bread Pudding with Spumoni Ice Cream



## THE REGENT LAS VEGAS . . . THE ULTIMATE OASIS

by Bonnie Carroll

What I feel compelled to say about Las Vegas is *Who Moved My Cheese?* If Bugsy Siegal made a return trip today he would probably be saying the same thing. From the 1970's to present day, Las Vegas is almost unrecognizable. The panoramic view atop the Stratosphere moves from the Tour Eiffel in Paris to Luxor on the Nile to the Empire State Building in New York. But, the big pay-off for all this change is the exciting services and conventions being offered at the many new hotel properties arriving on the scene, as well as the milieu of distinctive gastronomic variations prepared and presented by culinary stars on and off the strip.

The Regent Las Vegas is one of a number of luxurious new hotels that now grace the Las Vegas community. The Regent property offers guests casino, spa, golf, and complete privacy in an elegant tranquil setting. Located just a short shuttle or limo ride from the action on the strip, the sprawling resort is surrounded by some of the best golf courses in the nation. The rooms are beautifully and thoughtfully appointed with every amenity. The hotel room service staff are efficient and courteous. The room service menu is brimming with delectable late night goodies to enjoy in bed over the latest hot new movie release.

The resort restaurants are many, and include an authentic Irish Pub named J.C. Wooloughan, that features real Irish fare, including salmon and scallops boxty and Auntie Maura's sticky toffee pudding. There is also a wonderful Hamada of Japan with a great sushi bar, and a huge restaurant that seats 600 people called The Upstairs Market, where an astonishing brunch is served. Literally, all the fresh seafood you can eat is attractively displayed, along with everything else edible under the sun!

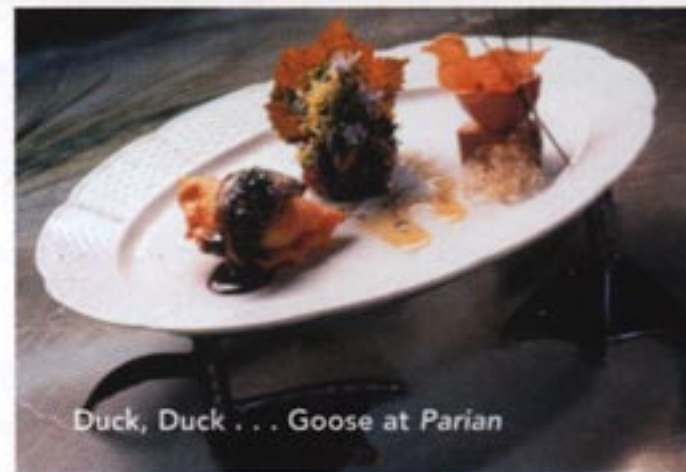
The new restaurant **PARIAN** is a resplendent formal dining room, beautifully appointed in rich wood and European fabrics; a venue of understated elegance where nothing was left to chance. **Executive Chef David Sacco** worked closely with the designer on every facet of the room, and flew to Italy and France to hand select the china and stemware for use in the spectacular room.

Dining at Parian is a very pleasurable culinary experience. The food, ambiance and service are unrivaled, due to Chef Sacco's specialized training with Chef Jean Banchet and his extensive experience with various outstanding hotels. Menu items include *Duck, Duck...Goose, trio of Hudson Valley foie gras; lobster BBQ duck chow mein; potato tots; casquette of lemon thyme chicken with vegetable spatzel and garlic confit and creamed Yukon potato broth.* (See Parian recipes on [fbworld.com](http://fbworld.com)).

The hotel features a full gym, with state-of-the-art equipment, and a relaxing outdoor pool where cabanas are available for use daily. What an unexpected treat it was to spend an entire morning being pampered in **Aquae Sulis**, the ultimate oasis in Las Vegas. The Spa is renowned for treatments such as *Siddha Abhyanga*, an ancient ritual enjoyed by royalty in India, and *color therapy*, they were both quite amazing. First a photo was taken of my aura (energy colors that encircle the body), and then the therapist selected to put the color blue in my hydro-therapy tub (blue is



Las Vegas Skyline



Duck, Duck . . . Goose at Parian

Executive Chef  
David SaccoLeft, At Aquae Sulis being transformed  
Right, Beautiful stemware at Parian

credited with increasing concentration and spiritualism). Music is piped into a cavitasonic relaxation room, transforming it into a temple dedicated to the art of relieving stress. Following my treatment, another photo taken showed a much lighter energy flow and brighter colors. The culmination of this enlightening adventure is a superb hot oil and herb massage. The spa staff serve wonderful Elixir tea and tonic drinks. These healthy cocktails are individually prepared for guests waiting in the lounge between treatments. **Aquae Sulis** is a magical spot to escape and recover from too much late night excitement.

The Casino at the hotel is a **Swiss Casino** and although it is attached to the resort, it is completely non-intrusive. This is a hotel with a casino . . . not a casino with a hotel, which I personally enjoyed very much. I also found a restaurant located near the hotel called Nevada Nickis that was a scrumptious culinary diversion. It is one of the Nickis Restaurant chain, where the steaks are perfect and the lobster is sweet.

Like everything else in Las Vegas, the airport has also changed for the better. Traveling in and out on the *Star Wars* style trains is a lot smoother, but I must admit that I miss the taped welcome messages from Sammy Davis and Ol' Blue Eyes that I used to hear on my way to the baggage claim. This is a city that has grown up to accommodate the needs and varied taste of visitors, large and small, from around the world. *Viva Las Vegas*...especially the ultimate oasis at the Regent Las Vegas!