

to be missed ◆

High School, 300 Moraga Road. The event is ideal for the beginning triathlete as well as the more advanced competitor. The swim is a challenging 400 meter sprint, followed by a 22 K bike ride out to Canyon, and culminating with a 5 K run. New youth divisions have been added this year. For more information and route details go to www.moragatri.com, or call (925) 888-7035. Registration is open.

Free Monthly E-Waste Recycling by Neighborhood Computers and 5A Rent A Space Every 1st Saturday of the month. Next Date: March 5th. Location: 5A Rent A Space plaza in Moraga. Time: 10am - 2pm.

Fulbright Hosts Needed. A special group of 40 Fulbright women from the countries of Thailand, Burma, Laos, Cambodia, Indonesia, Singapore, the Philippines, and Malaysia and will be on the campus of Saint Mary's College from March 30 - April 2. Although the scholars have been studying at U.S. universities for the past 2 - 6 years, many of them have never stayed in an American home. Please consider sharing your home with 1 or 2 of the Fulbright students for 3 nights. For those of you interested in learning more about the great intercultural sharing opportunity, please contact Susan Miller Reid, Director, Center for International Programs at Saint Mary's, at (925) 631-4316 or by email: smiller@stmmarys-ca.edu.

The 3rd annual Moraga Classic Car Show sponsored by the Moraga Chamber of Commerce and 5A Rent A Space will be held Saturday May 14 from 11am-4pm in the Rheem Center. Please register your classic car by visiting moragachamber.org or visit 5A Rent A Space at 455 Moraga Rd. Suite F. For more information please call (925) 247-4629.

Help for GERD-Is it Only Heartburn? A FREE health program. Dr. Saeed Zamani, Gastroenterologist and John Muir Medical providers will hold a panel discuss regarding the causes of GERD, symptoms to watch for, and treatment options including lifestyle changes and surgery. March 5, 8-11:30am, St. John Vianney Church, Mullen Commons Vista Room, 1650 Ygnacio Valley Road, Walnut Creek. Information: (925) 947-4447.

CLUBS

The general meeting of the OML branch of AAUW will meet at 9:30am on March 15 at the Serbian Cultural Center, 1700 School St. Moraga. This meeting will be unique because we will have a panel representing women born in Africa who currently live in the US, or who were born in this country and have traveled or worked extensively in the huge and diverse African continent, who will discuss all of its challenges in this 21st century.

Sons in Retirement Lamorinda Branch 171 meets the first Wednesday monthly at Holy Trinity Culture Center 1700 School St. Moraga. Social hour 11am, lunch 12pm. The after lunch speaker will be Scott B Denison who has been the General Manager for the Leshner Center for the last 20 years. He is also the Managing Director of the Center Repertory Company and over the years has directed numerous productions. He will speak on Creating an Art Center. For membership information, call Larry at (925)631-9528.

Montelindo Club general meeting on Friday, March 18 will feature K. Ruby Blume, founder of The Institute of Urban Homesteading in Oakland, presenting "Put a Bee in Your Bonnet- an Introduction to Backyard Beekeeping." Orinda Community Church, 10 Irwin Way, Orinda. Refreshments at 9am., meeting at 9:30, and speaker at 10:30. The meeting is free and welcomes guests and new members. website: www.montelindogarden.com, email contact: montelindogarden@aol.com.

Moraga Garden Club will meet Thursday, March 17 at 9:30am. Join us for a special presentation by Shelagh Fritz, on the historical gardens of Alcatraz. As project director of the Garden Conservancy, Fritz has returned "the Rock" to its federal penitentiary period when the staff and prisoners actively gardened and it was abloom with lovely flowers. The club meets at Holy Trinity Cultural Center, 1700 School St., Moraga. Membership: Linda (925) 376-2809.

Lafayette Garden Club meets 9:30am, second Thursdays monthly at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. Program for March 10: Gary Bogue, "Gardening with Wildlife, Garden Friends and Not-Friends". Contact: peter-sonb4@aol.com.

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KIRIN SUSHI
 Japanese Restaurant



356 Park Street, Moraga
 (next to Rheem Theatre)
376-2872
 Tuesday-Sunday Lunch & Dinner
 www.kirinsushi.us

Avocado Risotto? Seriously!

By Susie Iventosch

Traveling is really a fun hobby for a lot of reasons. You get to see new faces and places, learn about different cultures, and try all sorts of exciting new foods! Even travel within the United States offers so many new experiences. Two weeks ago, I was visiting San Antonio, Texas for the very first time, and I discovered that it is a foodie mecca! Right along the river walk, there must be a thousand different restaurants, bars, ice cream shops, and every kind of margarita imaginable.

One of the local traditions is table-side guacamole, where the waiter makes it on a side cart right at the table, using fresh squeezed oranges and lemons as key ingredients along with avocado, garlic, sea salt, cilantro and tomatoes. All of these things were fun and delicious, but the most interesting dish I tried was a grilled chicken breast served over a bed of avocado risotto, topped with rosemary-thyme-balsamic reduction sauce. I had never before heard of using avocados in risotto, and it was fabulous.

When I set about making my own version, I decided to give it a distinctly south-of-the-border flair, and included *roasted jalapenos, cilantro and a blue goat cheese. This was wonderful served with grilled salmon, but chicken would be great too! If you don't like blue goat cheese, then use regular blue cheese, or **Cotija cheese.



*To roast jalapeno, trim off stem, seed and cut into quarters. Brush with olive oil and season with sea salt. Roast at 400° for about 10, or until starting to brown. This process takes much of the heat out of the pepper, and leaves just the good flavor with a little kick!
 **Cotija [Ko-tee-hah], dry grating cheese similar to Parmesan. The aged version is referred to as "anejo." Both are used crumbled or grated. Source: <http://www.gourmetsleuth.com/Dictionary/C/Cotija-cheese-5788.aspx>.

Avocado Risotto with Grilled Salmon and Roasted Jalapeno Peppers

(Serves 4-6)

INGREDIENTS

- Salmon
- 4-6 salmon filets, seasoned and grilled to desired doneness
- Risotto
- 2-3 tablespoons canola or olive oil
- 3 green onions, finely chopped
- 2 shallots, finely chopped
- 1-2 cloves garlic, minced
- 1½ cups Arborio rice
- 2 medium tomatoes, coarsely chopped
- 1 avocado, pitted and coarsely chopped
- 1/3 cup minced fresh cilantro
- ½ cup white wine
- 3 cups chicken broth
- ¼ cup blue goat cheese or Cotija cheese
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon white pepper
- Garnish
- 1-2 large jalapenos, seeded, and *roasted and sliced into long strips (can also chop roasted jalapeno and add right into risotto)
- 1 avocado, thinly sliced
- Fresh cilantro sprigs
- ¼ cup blue goat cheese or Cotija cheese

DIRECTIONS

Using two pots, heat chicken broth in one and in the other heat oil over medium heat and add garlic, shallots and green onions. Cook until onions are translucent and then add the Arborio rice and cook until just shiny and slightly browned, stirring all the while.
 Stir in the white wine and cook over medium heat until the wine is absorbed. Then add one cup of broth and cook until broth is absorbed, stirring often. Repeat adding a second cup of broth. When this cup is absorbed, add diced tomatoes and diced avocados and stir into risotto, before adding final cup of broth. Stir until all broth is absorbed and then stir in the cheese.
 Serve with a grilled salmon filet or chicken breast, and garnish with roasted jalapeno strips, slices of avocado and a sprinkling of crumbled blue goat cheese or Cotija cheese and a cilantro sprig.

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziven@gmail.com.

www.lamorindaweekly.com

For your convenience:



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