

DINING OUT SPRING 2009

True Food Kitchen {602.774.3488; foxrc.net}

The new True Food Kitchen at the Biltmore Fashion Park in Phoenix is founded on the principles and lifestyle approach of Dr. Andrew Weil, best-selling author and celebrated proponent of integrative medicine. In developing the menu with Dr. Weil, Executive Chef Michael Stebner has worked to create a tasty menu with wide appeal that incorporates high-nutrient ingredients—whole grains, healthy fats, fresh and organic fruits and vegetables, and whole soy foods. “We’re not a health food restaurant,” Stebner explains. “We focus on taste. We spend time finding good, fresh, and clean ingredients and try not to screw them up.” The restaurant’s Green Restaurant Association membership is reflected in the décor, which features low voltage LED lighting, low VOC paint, beautiful white oak butcher block tables and counter tops, reclaimed wood floors, and low-use water fixtures.



True Food Kitchen

Sushi Roku {480.970.2121; sushiroku.com}

Innovative Dining Group (IDG) brings the fifth location of its popular Los Angeles sushi house to the new W Hotel, Scottsdale. Designed by Dodd Mitchell of DMB & Associates, Sushi Roku restaurants are known for their sleek interiors. The Scottsdale dining room features large boulders and teak and black slate throughout to give it a natural Japanese feel. “In Arizona, we want to continue to cater to our clientele by offering guests great food, but in the right atmosphere, with the right lighting and the right music—something we refer to as ‘experience dining.’” IDG partner Lee Maen explains. Sushi Roku has a great variety of hot and cold sakes and specialty, Asian-themed martinis—even their own microbrew, Red Sun. With fresh ingredients flown in daily, their truly creative sushi menu is certain to please.



Sushi Roku

—Openings by Andy Hume

THINGSTODO

Wine and Booty

Let’s lower the lights and turn up the heat! Weekends all year long the **Kokopelli Winery** (kokopellivinery.com) spins out feisty bistro fare and \$7 wine tastings to the tune of hot Latin rhythms and some serious Salsa dancing. Liquid courage comes in handy here as the talent is a little intimidating.

Feeling Artsy?

Local artists and art-lovers will flock to the Scottsdale Museum of Contemporary Art on March 12 for the latest installment of **SMoCA Nights** (smoca.org). The theme for this highly anticipated after-hours event is “Valley Fever” and will feature cutting-edge live music, DJs, high fashion, and, of course, plenty of art. Organizers are promising an exclusive preview of performance art vignettes from the upcoming Valley Fever Arts Festival and Phoenix Fringe Festival. Should be a full night of great music, edgy fashion, and art appreciation.

Calling All Culinarians

Prepare your tastebuds people. The 31st annual **Scottsdale Culinary Festival** (scottsdaleculinaryfestival.org) hits town April 14-19. The longest running festival of its kind in the United States is set to accommodate more than 40,000 hungry festival-goers with a staggering array of cooking demonstrations, wine tastings, and dinners, giving each guest a closer look—and taste—of some of the top chefs in the country.

Yee-Haw!

Every bronco-bustlin’ buckaroo will be in Scottsdale March 19-22 for the 19th annual **Festival of the West** (festivalofthewest.com). This year promises to leave you happily tipping your 10-gallon hat somewhere between *City Slickers* and *Young Guns*. We’re talkin’ a music jamboree, cowboy poetry, a Western film festival, a mountain man rendezvous—oh, and did we mention the chuck wagon cook-off? Sharpen those spurs and cowboy up.

Hit the Market

Can’t make it through the weekend without some of McClendon’s outrageously pure honey and honeycomb? Or is it Fistiki Farm’s Class-A pistachios that you’re craving? No worries, for the **Phoenix Public Market** (downtownphoenixpublicmarket.com) is now open Wednesdays after work. Beat rush hour and go in search of local produce, cheeses, farm-fresh eggs, baked goods, and pre-made dinner options like brats and enchiladas.