

Lamb Tagine from Iraila Mediterranean Rustica

1 leg of lamb de-boned, cleaned and in 1/2 inch cubes	2 T. toasted cumin seed
2 diced onions	1 T. toasted coriander seed
salt and pepper	3/4 T. toasted caraway seed
minced garlic	1 T. ground ginger
olive oil	1 T ground cinnamon
4 carrots, peeled cut in thick julienne	1/2 c. water
1/2 red cabbage, shredded	6 T. lemon juice
2 bunches cilantro, roughly minced	1/4 c. almonds, finely minced
	3/4 c. roughly chopped almonds
	3/4 c. chopped dates

It's best to start with a good ol' black iron skillet. Heat it, adding oil just to coat bottom less than 1/4". Add a layer of lamb, sprinkle with salt and pepper and 1 to 2 t. garlic. Sear lamb on all sides. Continue in small batches and remove lamb to deep baking pan (obviously a true ceramic tagine would be ideal). Don't overcrowd. If lots of liquid starts appearing remove lamb to another dish.

Toast cumin, coriander, and caraway in another pan, which should be very hot before you add seeds. Let the seeds pop around the pan, shaking it to turn.

Remove seeds and grind them, preferably in a mortar and pestle. Sprinkle ground seeds over meat in baking pan. Top with 3/4 of the cabbage, carrots and cilantro, reserving remainder for garnish.

Add more oil to iron skillet and sauté onions until golden brown. Place in baking pan and sprinkle with ginger and cinnamon. Add water and mix. Cover with parchment and foil. Bake for 30-40 minutes or until lamb is tender, taking care not to overcook or the lamb will dry out. If there is too much liquid you can strain it, reduce on high heat, and return it to the pan with lamb.

Add all almonds, lemon juice, and dates (the finely ground almond will act to thicken the remaining juices). Stir. Top with remaining cabbage, carrot and cilantro mix and serve.



Mark and Kenne at Iraila

beer, microbrews, full bar. Delivery. Take-out. Some LG. Wheelchair accessible. Dining room 11:30 am-midnight, daily. Delivery 11:30 am-midnight Su-Th, 11:30 am-2 am F-Sa. MC/V/AE/D. \$-\$\$\$.

★ Best Take-out, Third Place

LOK YAUN

2360 W. 11th Ave. 345-7448. Serving lunch, dinner: Cantonese, chicken, beef, teriyaki steak, shrimp, vegetarian dishes; no MSG on request. Wine, beer. Take-out. 11 am-10 pm M-Th, 11 am-11 pm F, noon-11 pm Sa, noon-10 pm Su. V/MC. \$-\$\$.

LOTUS GARDEN VEGETARIAN RESTAURANT

See Vegetarian

LOUIE'S VILLAGE

947 Franklin Blvd. 343-4480. Serving lunch, dinner: Authentic Chinese cuisine. All fresh ingredients. Take-out. 11 am-10:30 pm M-Th, 11 am-11 pm F, noon-11 pm Sa, 11:30-10 pm Su. \$-\$\$.

MAPLE GARDEN

1275 Alder St. 683-8128. Serving lunch, dinner: Mandarin, Szechwan, Cantonese. Lunch menu changes daily; Mandarin chicken, shrimp chow fun, variety of Chinese meals. Reservations for large groups. Take-out. 11 am-10 pm M-Th, 11 am-11 pm F, 11 am-10 pm Sa-Su. MC/V/AE/D. \$.

★ Best Chinese, Third Place

OCEAN SKY

1601 Chambers St. 342-4848. Serving lunch, dinner: Szechwan, Hunan; extensive menu; vegetarian entrees. Wine,

beer. Reservations for 6+. Take-out. 11 am-9:30 pm M-Th (closed Tu), 11 am-10:30 pm F, noon-10:30 pm Sa, noon-9:30 pm Su. MC/V/D. \$-\$\$.

★ Best Chinese, Second Place

QUAN'S ORIENTAL RESTAURANT

94 West Broadway. 683-3388. Serving lunch and dinner: Cantonese, Szechuan, Hunan and Mandarin specialties, including vegetarian entrees. Eugene's healthiest authentic Chinese cuisine. Canola oil only for cooking and no added MSG. Beer and wine. Banquet facilities available. Reservations for parties of more than 8. Take-out. 11 am-9:30 pm M-Th, 11 am-10 pm F, 11:30 am-10 pm Sa-Su. V/MC/DC, no personal checks. \$\$.

SHANGHAI RESTAURANT

1950 B. Echo Hollow Rd. 344-6028. Serving lunch, dinner: Mandarin, Szechwan, vegetarian entrees. Wine, beer. Reservations for larger parties. Take-out. 11:30 am-9 pm M-Th, 11:30 am-10 pm F, noon-10 pm Sa, noon-9 pm Su. MC/V. \$\$.

SPRING GARDEN

215 Main St. Springfield. 747-0338. Serving lunch, dinner: Cantonese, Mandarin, American; vegetarian entrees. Service bar. Reservations for 8+. Separate smoking room. Take-out. Some OG. Wheelchair accessible. 11:30 am-10:30 pm M-Th, 11:30 am-11 pm F, 4-11 pm Sa, noon-10:30 pm Su. MC/V/AE. \$-\$\$.

TOM'S TEA HOUSE

788 W. 7th Ave. 343-8805.

Chinese Hunan-Szechwan cooking. Everything made from scratch. Hot and spicy. Vegetarian entrees. Dim Sum. Beer. Take-out. 4:30-8 pm W-Su. \$.

TWIN DRAGONS

919 River Rd. 688-5481. Serving lunch, dinner: Cantonese, Szechwan, Chinese, American; vegetarian entrees, salads. Reservations for 8+. Take-out. 11 am-9:30 pm Tu-Th, 11 am-10:30 pm F, noon-10:30 pm Sa, noon-9:30 pm Su. MC/V. \$-\$\$.

YAN GAR YUEN

1945 River Rd. 688-9229. Serving lunch, dinner: Mandarin, Cantonese. Delivery. Smoking area. Take-out. 11 am-10:30 pm, daily. MC/V. \$-\$\$.

Coffeehouses

ALLANN BROS. BEANERY COFFEEHOUSE

152 W. Fifth Ave. 342-3378. 2465 Hilyard St. 344-0221. Allann Bros. coffee and espresso drinks, iced coolers, pastries, fresh deli and panini sandwiches, whole bean coffees, and loose leaf teas. Eat in or take-out. Wheelchair accessible. Fifth St. hours: 6 am-11 pm M-Sa, 7 am-11 pm Su. Hilyard hours: 6 am-9 pm M-Th, 6 am-10 pm F-Sa, 7 am-9 pm Su. MC/V/D. \$.

★ Best Coffee, Third Place

BARRY'S ESPRESSO BAKERY & DELI

57 W. 29th St. 343-6444. 804 E. 12th Ave. 343-1141.

Serving great New York-style pastries, rolls, bialys, knish and quiche, etc. Sandwiches on our bread, soups and Torrefazione coffees. Take-out. Wheelchair accessible. 29th. 6:30 am-5 pm M-F, 6:30 am-5 pm Sa and 7:30 am-5 pm Su. Campus summer hours: 6:30 am-7 pm M-F, 8 am-5 pm Sa. No cards at 29th St.; take checks. \$.

★ Best Deli, Third Place

CAFÉ ON THE ALLEY

See Cafés

CAFÉ PARADISO

115 W. Broadway. 484-9933. cafe@paradiso.com. Gourmet coffee, espresso. Light breakfast menu: Delicious soups, salads, sandwiches, desserts and baked treats. Full bar, microbrews, wines, wireless internet access. All ages. Outdoor seating available. Take-out. Some OG/LG. Wheelchair accessible. 8:30 am-11 pm M-Th, 8:30 am-12 am F, 10 am-midnight Sa, 10 am-5 pm Su. MC/V. \$.

ESPRESSO ROMA

825 E. 13th Ave. 484-0878. Muffins, croissants, espresso. Take-out. 6 am-9:30 pm M-F, 7 am-8:30 pm Sa-Su. No cards. \$.

FULL CITY COFFEE ROASTERS

295 East 13th Ave. 465-9270. 842 Pearl St. 344-0475. Coffeehouse for adults. Premium coffees by the cup and pound. Some OG/LG. Wheelchair accessible. Pearl St.: 5:30 am-6 pm M-F, 6:30 am-6 pm Sa, 7 am-5 pm,

Su. 13th Ave.: 6 am-6 pm M-Th, 6 am-6 pm F, 7 am-6 pm Sa, 7 am-5 pm Su. Some cards. \$.

★ Best Coffee

JAMOCHA'S ESPRESSO CAFÉ

1840 Chambers St. 345-3407. Featuring organic Café Mam coffee, fresh pastries, granitas, desserts, hot and cold drinks. Drive-through service, indoor and outdoor seating. 6 am-7 pm M-F, 7 am-7 pm Sa & Su. All major cards. \$.

LIQUID BEAN ESPRESSO & BAKERY

995 Tyinn #1. 334-5131. Serving lunch: Espresso drinks, seven kinds of quiche, sandwiches, soup, vegetarian entrees. Take-out. 5 am-5 pm M-F, 9 am-2 pm Sa. \$.

NEW ODYSSEY JUICE & JAVA

1004 Willamette St. 484-7411. Serving breakfast and lunch: Fresh, made-to-order smoothies, twice-baked potatoes, soups, salads, sandwiches, quiche, summer menu with raw food entrees. Café Mam espresso, all organic coffees and juices. Take out. Some OG/LG. Wheelchair accessible. 7:30 am-6 pm M-F, 9 am-5 pm Sa, 10-5 pm Su. All major cards. \$.

PERUGINO

767 Willamette. 687-9102. A genuine Italian coffeehouse serving espresso drinks and European pastries. Plus a wine and beer bar specializing in Mediterranean wines and ports and European beers, set against the background of an Italian ceramics gallery. Some OG/LG. Wheelchair accessible. 6:30 am-10 pm M-W, 6:30 am-midnight Th & F, 8 am-midnight Sa, 9:30 am-10 pm Su. All major cards. \$-.

SERRANO'S ESPRESSO & COFFEE

1591 Willamette St. 485-4181. Serving coffee, milkshakes, ice cream, candy, smoothies and granitas. 6:45 am-6:30 pm M-F, 7 am-6 pm Sa, 8 am-2 pm Su. No cards. \$.

THEO'S COFFEEHOUSE AT THE STRAND

199 W. 8th Ave. 344-6491. Serving Full City coffee and espresso, pastries, chocolates. 6 am-9 pm M-F, 9 am-9 pm Sa. V/MC/D. \$.

U LOUNGE CAFÉ

121 Commons Dr. 988-1978. Finally! A warm, classy coffee lounge with free wireless Internet and international flavors. Fully stocked espresso bar, specialty shakes, bakery bites, and scrumptious desserts. Bring a book, relax on a leather couch, listen to smooth music or socialize with friends. Outside patio, flat screen TVs, entertainment. Home away from home hospitality providing travel tips, planning and guided trips. 7 am - 9 pm daily. MC/V. \$.

Continental

ADAM'S PLACE

30 E. Broadway. 344-6948. adamsplacereastaurant.com. Fresh grilled seafood, meat and poultry, creative salads, vegetarian entrees, daily specials. Northwest, European and Asian influences. Seasonal menu changes. Full bar including wine (Wine Spectator Award of Excellence) and microbrews. Outdoor seating available. Banquet facilities also available. OG/LG. Wheelchair accessible. Mahogany Room open 4:30 pm daily serving drinks and hors d'oeuvres. Dinner 5-10

pm Tu-Sa, 5-1 am F-Sa. Reservations recommended. MC/V/AE. \$\$-\$\$\$\$.

★ Best Middle Eastern, Third Place

★ Best Northwest, Third Place

CAFÉ SHEILAGH

616 E. Main St. Cottage Grove. (541) 942-5510.

Formerly Sheilagh's Gourmet of downtown Eugene (Oregon Country Fair & Saturday Market), Café Sheilagh in Cottage Grove serves gourmet breakfast, lunch and dinner; organic coffee and espresso; fine wine and beer. Wheelchair accessible. 9:30 am-3 pm Tu, 8 am-3 pm Wed, 8 am-8 pm Th-Sa, 8 am-4 pm (Brunch), 4 pm-7 pm (Dinner) Su. MC, V, DC/. \$-\$\$\$\$.

CHANTERELLE

207 E. Fifth Ave. (Fifth St. Pearl Bldg.). 484-4065. Serving dinner: Seafood, abalone in season, veal, lamb, beef, poultry and wild game. Wine, beer, full bar. Reservations. Intimate dining, seating 48. Full service bar from 5 pm. Some OG/LG. Wheelchair accessible. 5:10 pm Tu-Sa. MC/V/AE/DC. \$\$\$-\$\$\$\$.

LUNA

See Mediterranean

PACIFIC GRILL

205 Coburg Rd. (in Red Lion Hotel). 342-5201. Full service restaurant serving continental and American cuisine. LG. Wheelchair accessible. 6 am-2 pm & 5 pm-9 pm M-Th, 6 am-10 pm F-Su. Misty's Lounge open daily. All cards. \$-\$\$.

WILLIE'S ON 7TH STREET

388 W. 7th Ave. 485-0601. Serving dinner: Seafood, veal, beef, chicken, lamb, pastas, vegetarian entrees, desserts. Domestic and imported wines, beer, full bar. Take-out. Wheelchair accessible. Dinner 5-9 pm M-Th, 5-10 pm F-Sa. All cards. \$\$\$-\$\$\$\$.

Delis

BARRY'S ESPRESSO BAKERY & DELI

See Coffeehouses

CITYVIEW DELI

45 E. 8th Ave. 242-3536. Offering a relaxing ambiance, with sandwiches made on fresh baguettes. Also panini, homemade soups and pastries. Beignets made to order. Wheelchair accessible. 8 am-3 pm M-F, 8 am-3 pm Sa. MC/V/AE. \$.

CONTINENTAL DELICATESSEN

1133 Willamette St. 344-7002. Serving breakfast, lunch: Continental breakfast: Scones, breakfast burritos, omelettes, bagels. Lunch: Variety deli and specialty sandwiches, fresh soups and chowders, chili, salads, vegetarian dishes. Fresh-baked bread and pastries. Espresso drinks. Free ice cream with lunch. Neighborhood delivery. Take-out. 7:30 am-5 pm M-F. No cards. \$.

CORNUCOPIA

See Cafés

DAILY BAGEL

4770 Village Plaza Loop. 431-5700. Serving breakfast, brunch and lunch: Bagels, breakfast and deli sandwiches, pastries and desserts. Smoothies, vegetarian entrees, salads, soups, gourmet coffee. Low-carb options. Some LG. Wheelchair accessible. 6 am-3:30 pm M-F, 7 am-4 pm Sa, 8 am-4 pm Su. V/MC. \$.

Abundance

NATURAL FOODS

24th & Hilyard
343-9142

Fresh, Whole, Organic Deli

- Green & Prepared Salad Bar
- Soups, Salads, Hot Buffet
- Wholesome Baked Treats
- Raw Food Dishes

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the heart
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CORVALLIS

500 SW 2nd Street
2541 NW Monroe Street
948 NW Circle Blvd.

EUGENE

2465 Hilyard Street
152 West 5th Street