



PHOTO BY VANESSA SALVIA

Moroccan-Spiced Sausage with Couscous, Carrots and Peas

FROM CHEVIOT HILL LAMB, AVAILABLE FROM EUGENELOCALFOODS.COM

Cheviot Hill farm sells organic and grass-fed lamb so that you can follow this recipe and make your own sausage, or you can purchase the already prepared Moroccan-spiced sausage. The purchased sausage will come prepared as links, and can be used as is or removed from the casings for versatility. This recipe highlights the slightly sweet sausage formed into patties and paired with the season's best fresh vegetables.

Moroccan-spiced sausage: (recipe for the dish follows)
 4 lbs. lean ground lamb
 medium head garlic, cloves trimmed, smashed, chopped and lightly browned
 3 large shallots, chopped and lightly browned
 1/4 c. currants, chopped
 1 c. blueberry-pomegranate juice
 1 tsp. smoked paprika
 1/2 T. cinnamon
 2 T. grainy mustard
 juice and grated zest of 2 oranges
 2 T. fresh rosemary, chopped
 4 T. sea salt, 1 T. separated
 2 T. whole cumin seed
 1 T. whole fennel seed
 (Toast cumin and fennel seed over high heat until smoky, then grind with 1 T. of the sea salt with a mortar and pestle.)

Mix all ingredients in large bowl by hand, or with the paddle attachment of a mixer.

For the dish: (Serves 4)
 1 1/2 pounds Moroccan-spiced lamb sausage
 4 T. light olive oil, 1 T. separated
 8 slender young carrots, scrubbed and trimmed, halved
 2 c. fresh peas
 1 leek, trimmed and chopped
 2 small crookneck squash, chopped
 3 c. prepared couscous
 mint leaf for garnish

Remove 1 and 1/2 pounds of sausage from casing and shape into 8, 2-inch patties, 1/2-inch thick. Fry in skillet in olive oil, over medium heat, about 5 minutes per side.

Meanwhile, steam the carrots and peas together, about 3 minutes. Saute leek and squash in olive oil. Mix the leeks and squash with the couscous, and the peas if you prefer, or serve the peas and carrots separately. Place the patties alongside the couscous, and top with a little of the gravy from the pan. Garnish with mint if desired.

Burgers

CLODFELTER'S PUB

1501 NW Monroe Ave., Corvallis. 758-4452.
 Serving breakfast, lunch and dinner, homemade soups daily, TVs, full bar, sports pub. Late night menu served from 9 pm-midnight. 10 am-1 am M-W, 10 am-2 am Th-Sa, 10 am-midnight Su. V/MC/AE/D. \$.

JAMIE'S GREAT HAMBURGERS

1999 NW Circle Blvd., Corvallis. 758-7402.
 Burgers, fries, sandwiches, soft drinks and shakes. 11 am-8 pm Su-Th, 11 am-9 pm F & Sa. V/ MC/D/AE. \$.

Cafes

BACKSTAGE BAKERY & CAFÉ

See Bakeries

CAFÉ ORION

510 E. Main St., Cottage Grove. 541-942-7383
 Serving breakfast, lunch, dinner: An alternative café designed to bring culture and entertainment to Cottage Grove. Wifi, Xbox 360 on the projector, live music and computer work stations. Vegetarian options. Some OG/LG. Cash only. \$.

COZMO CAFÉ

510 E. Main St., Cottage Grove.

LOCAL BOYZ HAWAIIAN CAFÉ

1425 NW Monroe Ave., Corvallis. 754-5338.
 Aloha-style plate lunches, served in three different sizes, with steamed rice and macaroni salad or steamed veggies. Wheelchair accessible. LG. 11 am-8 pm M-F, 12 pm-7 pm Sa. V/MC/Debit. \$-\$\$.

NEW MORNING BAKERY

219 SW 2nd St., Corvallis. 754-0181.
 Corvallis landmark for 25 years. Now serving fine wine and microbrews, Italian espresso bar. International specialties from scratch with all-natural fresh ingredients. Soups, salads, sandwiches, Italian breads, pastries, cookies and desserts. Catering and wedding cakes available. Wheelchair accessible. Some OG/LG. 7 am-9 pm M-Th, 7 am-10:30 pm F & Sa, 8 am-8 pm Su. V/MC. \$.

PITA PIT

1425 NW Monroe, Corvallis. 738-PITA.
 Serving lunch and dinner: pitas stuffed with falafel, baba ghanouj, gyros, roast beef, chicken and a variety of other selections. Choose your own toppings and sauce. Delivery. 11 am-3 am M-W, 11 am-4 am Th-Sa, noon-2 am Su. \$.

QUIZNO'S CLASSIC SUBS

1573 SW 53rd St., Corvallis. 752-1600, fax 752-2316.
 700 NE Circle Blvd., Ste 103, Corvallis. 753-7827, fax 753-6769.

Serving lunch and dinner: Sub sandwiches, fresh soups and salads made daily. Vegetarian entrées, catering available. Delivery now available: \$8 minimum order, \$2 delivery fee. Order online at www.quiznos.com or phone it in. LG. 10 am-9 pm M-Sa, 10 am-8 pm Su. All major cards. \$.

SUNNYSIDE UP, INC.

116 NW 3rd St., Corvallis. 758-3353.
 Organic coffee, loose leaf teas, soup, salads, sandwiches, wraps, baked goodies, all-day breakfast with organic eggs. Eclectic menu. Wheelchair accessible. Some OG/LG. 6 am-7 pm daily. MC/V. \$.

TOGO'S GREAT SANDWICHES

2317 NW 9th St., Corvallis. 753-1444.
 Hot and cold sandwiches, soups and salads. Wheelchair accessible. 10 am-10 pm daily. MC/V/AE/D. \$.

UNIVERSITY HERO

211 SW 5th St., Corvallis. 754-7827.
 2307 NW Kings Blvd., Corvallis. 758-1070.
 Serving specialty sandwiches on fresh sub rolls, made from scratch daily, along with fresh made soups, salads and baked goods including the giant cookie, cheese bread and pizza sticks. Also now offering Healthy Kids' Meals. Wheelchair accessible. LG. 10 am-8 pm M-Sa, 11 am-8 pm Su. V/MC. \$.

YOGURT HILL

943 NW Kings Blvd., Corvallis. 758-3337.
 Frozen yogurt, ice cream, sandwiches, light lunch and dinner menu. 11 am-9 pm M-F, 11 am-7 pm Sa, closed Su. \$.

Chinese

BLUE SKY CHINESE RESTAURANT

1585 SW 53rd St., Corvallis. 752-7528.
 Serving lunch and dinner, lunch specials daily. Wheelchair accessible. 11:30 am-9:30 pm M-Th, 11:30 am-10 pm F-Sa, noon-9:30 pm Su. AE/MC/V/DC. \$-\$\$.

CHINA BLUE RESTAURANT

2307 NW 9th St., Corvallis. 757-8088.
 Serving breakfast and lunch. 8 am-10 pm M-F, 4 pm-10 pm Sa. V/MC. \$-\$\$.

CHINA DELIGHT

325 NW 2nd St., Corvallis. 753-7373.
 Serving lunch and dinner, specializing in Szechwan, Mandarin, traditional Chinese and vegetarian cuisine. Some OG. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. All major cards. \$\$.

JADE GARDEN

503 SW 3rd St., Corvallis. 752-7455.
 Lunch, dinner, orders to go, banquet facilities, lounge. 11 am-9:30 pm Su-Th, 11 am-10:30 pm F & Sa. V/MC. \$\$.

KIM HOA'S KITCHEN

1875 NW Circle Blvd., Corvallis. 754-9751.
 Serving lunch and dinner. 11 am-9 pm M-F. V/MC. \$.

KING TIN

1857 NW 9th St., Corvallis. 752-1722.
 Serving lunch and dinner. 11 am-9:30 pm daily. V/ MC. \$.

PANDA EXPRESS

Oregon State University, Corvallis. 737-6888.
 Serving lunch and dinner, Chinese cuisine for students and those on the go. 10 am-8 pm M-F, 11 am-7 pm Sa & Su. No cards. \$.

PING'S GARDEN

1209 9th Ave., Albany. 967-7367.
 Serving lunch and dinner. 11 am-10 pm daily. V/ MC. \$-\$\$.

Coffeehouses

BEANERY, THE

948 NW Circle Blvd., Corvallis. 754-5916.
 2541 NW Monroe Ave., Corvallis. 757-0828.
 500 SW 2nd, Corvallis. 753-7442.
 Serving Aliann Bros coffee and espresso, deli and grilled panini sandwiches, fresh entrées, pastries and desserts. Whole bean coffee, loose leaf premium tea, coffee/tea accessories. "Joe Box" coffee/tea to go. Catering available. Wheelchair accessible. Circle Blvd.: 6 am-6 pm M-F, 7 am-6 pm Sa, 8 am-5 pm Su. Monroe St.: 6 am-5:30 pm M-F, 7 am-2 pm Sa, 8 am-2 pm Su. 2nd St.: 6 am-11 pm daily. All major cards. \$.

INTERZONE

1563 NW Monroe, Corvallis. 754-5965.
 Fresh pastries every morning, all-vegetarian soups, casseroles, vegan options. All-natural Monin Syrups, organic coffee and dairy. Serving breakfast weekends, huevos rancheros, tofu scrambles, omelettes and breakfast burritos. OG/ LG. 7 am-10 pm M-F, 8 am-10 pm Sa & Su summer hours, open until midnight during the school year. MC/V. \$.

MAPLETON CAFFEINATION STATION

10786 Hwy. 126, Mapleton. 541-268-1995.
 A walk-in coffee shop selling organic coffee and espresso from Café Mam. House-made baked goods are made with only natural and fresh ingredients, and no hydrogenated oils. House roasted, ground and triple-filtered chai. Free wi-fi; covered deck overlooks the Siuslaw. Some OG. 7 am-6 pm Th-M, 7 am-noon Tu. MC/V/D.

TRAILHEAD COFFEEHOUSE

47406 Hwy. 58, Oakridge. 541-782-2223.
 Serving breakfast, lunch, dinner: scrambles, crepes, sandwiches, wraps, burgers, pasta and more. Outdoor seating and free wi-fi.

Continental

CAFÉ SHEILAGH

1043 Hwy. 99 N, Cottage Grove. 541-942-5510
 Offering gourmet breakfast and lunch with cocktail, wine and beer service. Pastries and organic coffee. Brunch menu on Sundays includes special omelettes, various eggs benedicts, smoked salmon cassiolette and much more! Dinner Friday and Saturday from 5 pm-9:30 pm and by reservation other evenings. Catering and private party bookings available. 8 am-2:30 pm Tu-Sa, 5 pm-9:30 pm F & Sa. MC/V/DC. \$-\$\$\$\$.

Delis

FIRST ALTERNATIVE CO-OP

1007 SE 3rd St., Corvallis. 753-3115. (South store)
 NW 29th & Grant Ave., Corvallis. 452-3115. (North store)
 First Alternative's commercial kitchen, Feast Alternative, offers a mostly organic hot bar and salad bar, deli entrées and made-to-order sandwiches at the South Store. Pre-packaged Grab & Go meals, two soups daily and baked goods offered at both stores. Meat, vegetarian and vegan options. Seating areas at both stores. Wheelchair accessible. OG/LG. South: 9 am-9 pm daily. North: 7 am-9 pm daily. All cards except AmEx. Mostly sold by weight. \$\$.

OLD WORLD DELI

341 SW 2nd St., Corvallis. 752-8549.
 Serving breakfast and lunch. 8 am-10 pm M-Sa, 11 am-5 pm Su. MC/V. \$.

WINE DEPOT & DELI

300 2nd Ave. SW, Albany. 967-9499. Fax 967-9454.
 Sandwiches, soups, salads, desserts at the Two Rivers Market. Wine by the glass. 9 am-8 pm M-F, 9 am-5:30 pm Sa, noon-5 pm Su. All major cards. \$-\$\$\$.

Food Carts

PREM ROSE EDIBLES

Corvallis Winter Market, Benton County Fairgrounds.
 Organic, fair trade chocolates and organic rose petal jam. Specials, events and sales posted at twitter.com/premroseedibles 9 am-1 pm Sa.

Indian

EVERGREEN INDIAN RESTAURANT

136 SW 3rd St., Corvallis. 754-7944.
 Serving lunch and dinner, traditional Indian dishes. Lunch: 11:30 am-2:30 pm, dinner 5 pm-9:30 daily. V/MC. \$-\$\$\$.

NIRVANA

1945 NW 9th, Corvallis. 541-738-0487.
 Wheelchair accessible. Some OG/LG.

International

CRYSTAL'S KING OF FALAFEL CUISINE & CAFE

1425 NW Monroe Ave. #E, Corvallis. 752-6403.
 Mediterranean specialties: falafel, gyros, chicken & meat. Wheelchair accessible. Some OG. 9 am-8:30 pm daily. V/MC. \$.

LE BISTRO COUNTRY FRENCH CUISINE

150 SW Madison Ave., Corvallis. 754-6680.
 Classic French cuisine in a comfortably refined atmosphere. Specializing in the sauces that make French cuisine famous. Hand selected wines at reasonable prices. Impeccable service and attention to detail. Your dining experience awaits. LG. 5:30 pm 'til close Tu-Sa. V/MC/AE/D. \$\$\$\$.

NOVAK'S HUNGARIAN RESTAURANT & CATERING

2306 Heritage Way SE, Albany. 967-9488.
 Traditional Hungarian specialties: Chicken paprikas, kolbasz, cabbage rolls. Vegetarian entrées. In-house bakery. Novak's also offers catering for events and special occasions. Wheelchair accessible. LG. 6:30 am-9 pm daily. MC/V/AE/D. \$.

OASIS RESTAURANT

2315 NW Kings Blvd., Corvallis. 541-754-1850.
 Lebanese cuisine. 11 am-2 pm (lunch) Tu-F, 5 pm-8:30 pm (dinner) Tu-Sa, 5 pm-8:15 pm M. \$\$\$.

RIVERVIEW MONGOLIAN GRILL

230 NW 1st St., Corvallis. 754-8402.
 Pick your own vegetables, sauces and meats, prepared before your eyes. 11 am-8 pm Su-Th, 11 am-9 pm F & Sa. V/MC. \$.

Italian

IOVINO'S RISTORANTE & CATERING

136 SW Washington Ave., Ste. 102, Corvallis. 738-9015
 Italian cuisine using the freshest ingredients of the Northwest. Casual dining in an "uptown" atmosphere on the Corvallis riverfront. Food and drink specials 3 pm-5 pm. Wheelchair accessible. Some OG/LG. Serving dinner starting at 5 pm Tu-Sa. MC/V/AE. \$\$\$.

IZZY'S PIZZA BAR & CLASSIC BUFFET

2475 NW 9th, Corvallis. 757-1156
 Serving lunch and dinner, family friendly atmosphere. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. V/ MC. \$.

TERZO

151 NW Monroe, Corvallis. 541-752-1120.
 www.terzocorvallis.com
 West Coast Italian cuisine from the owners of Le Bistro and Aqua. Full bar, lounge, small plates, Italian wines, kids' menu and more. Reservations recommended. 4:30 pm-close Tu-Sa. \$-\$\$\$\$.

Japanese

AOMATSU JAPANESE RESTAURANT

122 NW 3rd St., Corvallis. 752-1410.
 Full sushi bar, lively atmosphere. Friendly sushi chefs entertain you. Lunch, dinner and lots of specials. Noodles, tempura, BBQ, teriyaki and more. Lunch: 11:30 am-2:30 pm M-F. Dinner: 5 pm-9 pm M-Sa. V/MC/DC/AE. \$\$\$.

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