



MORNING GLORY CAFE
EUGENE

450 Willamette St.
Open Everyday 7:30AM-3:30PM
541-687-0709

We're happy to announce our
New Menu!
A fresh look & new items



Breakfast & Lunch Monthly Specials
Daily Pastries House-made Breads
Organic Coffee Vegan & Vegetarian

For Menus and Specials Visit
morninggloryeugene.com



Have you visited
LAUGHING PLANET
— CAFÉ —

... Lately? ...

♥ GOOD FOOD ♥
GREAT NEIGHBORS

www.laughingplanetcafe.com



29th & Willamette
(541) 505-5399
2864 WILLAMETTE ST.
EUGENE, OR 97405

Blair Blvd.
(541) 868-0668
760 BLAIR BLVD.
EUGENE, OR 97402



thank you for voting us eugene's
BEST THAI
for five years in a row
2008-2013

gluten-free options • vegetarian-friendly • no dairy • no msg

TARARIN
Thai Cuisine

eugene
1200 oak street
541.343.1230

two locations
open seven days a week

monday-friday
lunch 11 am-3 pm
dinner 4:30 pm-10 pm

saturday-sunday
12 noon-10 pm

springfield
1410 mohawk blvd
541.505.8987

completely remodeled
now featuring full bar

pleasant atmosphere
great for large party dining

www.tararinthai.com



PAN-FRIED STEELHEAD
FROM PLANK TOWN BREWING COMPANY

With all of the new breweries and restaurants in Eugene, it might be easy to forget that there are exciting restaurants and breweries in Springfield, too. Plank Town Brewing Company has 12 of its own beers made by brewer Steve van Rossem and familiar dishes like Caesar salad and burgers and fries. But everything is offered with a twist that sets it just a touch above. The grilled Caesar salad is served with polenta croutons. The burgers come with hand-cut fries with homemade ketchup, garlic and herbs, or, for more of a meal, pulled pork and Irish cheese sauce. A decadent topping of asparagus and bacon accompanies the mac and cheese. And try the stuffed burger with the andouille sausage and manchego cheese on the inside.

"Everything is done by hand and comes from local ingredients," says manager and head chef Andy Steinmeyer. "Plank Town was Springfield's nickname," Steinmeyer explains. "It used to be so muddy that people would walk on planks." He and the crew wanted a nostalgic feel in both the look and the food. "But it's elevated to the level of the great ingredients," he says. "We wanted to give it a real Northwest, Oregon feel." — Vanessa Salvia

- 1/2 cup stone-ground polenta from Lonesome Whistle Farms
- 1 1/2 cup water
- 1/4 cup garbanzo flour
- 1/4 cup sorghum flour
- 2 tbsp potato starch
- canola oil for deep frying
- 1 tbsp diced shallots
- 1/2 tbsp minced garlic
- 1/4 cup dry white wine
- 1/2 cup heavy cream
- 2 ounces manchego cheese
- 1/2 cup baby spinach
- 6 ounces fillet of steelhead, skin on
- 2 tbsp of olive oil
- 1 tbsp lemon juice
- salt and pepper to taste

Combine water and polenta, season with salt and pepper, and then bring to a boil in a saucepan on medium heat. Stir constantly until water and polenta are fully incorporated and polenta is smooth to taste. Pour cooked polenta into a square pan or mold so it is 1/2- to 1-inch in thickness. Let cool at room temperature, and then chill for at least one hour. Take chilled polenta and cut into two triangles.

Heat canola oil to 350 degrees. Combine garbanzo and sorghum flour with potato starch and season with salt and pepper. Dredge polenta cakes in flour mix and drop in hot canola oil. Deep fry until crispy golden brown — approximately 4 minutes.

While polenta is frying, heat a non-stick pan on medium-high with a tbsp of olive oil and place seasoned steelhead in skin side up. Fry until a nice brown covers the whole side of the fillet, then flip to skin side. Reduce heat to low and add 1 tbsp of both the wine and lemon juice. Cook for approximately 5 minutes until steelhead is cooked through.

In a separate sauté pan heat shallots and garlic in olive oil on high heat until they brown slightly. Deglaze the pan with the remaining wine. Reduce sauce until all wine is nearly gone, and then add heavy cream, turning heat down to medium. When sauce is thickened, take off heat and add manchego cheese and spinach, stirring until spinach is wilted. Season to taste.

Spread spinach cream sauce on the plate and place polenta cakes in the middle. Place pan-fried steelhead on top of cakes and garnish with fresh lemon.