

The Dish On Delicias

Paul McCabe, the former executive chef of LAuberge Del Mar's Kitchen 1540, has moved from the coast to the ranch. He is partnering with Delicias owner Owen Perry and general manager Alex Campbell in a redo of the longtime Rancho Santa Fe restaurant.

"I wasn't looking per se, opportunity just comes once in a while," says McCabe. "To be offered a partnership in [Delicias] is very exciting. But it's bigger than this, too. We have plans to open up several other restaurants. That's the big picture for what's going on."

McCabe says this new venture, with three to five more restaurants in the works for San Diego and Orange County, is a good fit for his entrepreneurial spirit. "I like to build things and get them running," he explains. "And, then, once they're running, I'm always looking at, 'OK, where do we go from here?'" He says Delicias has a great location and much potential. "It just needs everything to come together just right to really take off again and really be successful. I like that challenge."

McCabe says he will tweak the current Delicias menu only slightly through the holidays. In January, the restaurant will close for a while to update the dining room, re-launching in February with a new menu as well as a new look. For now, McCabe is playing his plans for the restaurant close to the vest. "I don't want to show all my cards," he says. But based on McCabe's past successes, the new Delicias is bound to taste delicious. (858/756-8000, www.deliciasrestaurant.com)

ANDREA NAVESEN



Paul McCabe

TASTE OF LA JOLLA

Bite San Diego, a food walking tour of America's finest city, has just launched Bite La Jolla, offering food enthusiasts a guided tasting tour every Saturday and Sunday starting at 1pm. Up to 15 guests can embark upon on a 3-hour, 1.5-mile tour of several area restaurants including Extreme Pizza, Brick and Bell, Bubba's Smokehouse BBQ, We Olive, and Cups. "We are so excited to add La Jolla to our ever-expanding Bite San Diego tour," says founder Rebecca Bamberger. Each restaurant will offer a generous taste of a signature dish and/or beverage, and guests will be treated to an overview of the establishment's highlights and cuisine. Tickets are \$45 per person. (619/634-8476, www.bitesandiego.com)

JANE SHIM



Slow-Cooked Sundays At West

If you have a hankering for comfort food on a chilly night, try the "Slow-Cooked Sunday Supper" at West Steak & Seafood in Carlsbad. Entrees, inspired by chef Eugenio Martignago's Northern Italian roots, include fall-off-the-bone pork Osso Bucco in tomato demi-glaze, beef short ribs in red wine, and lamb shank with wild mushrooms. Included in the \$29.95 per person price are corn chowder or salad, and generous sides that are served family style, from mashed potatoes to mac 'n cheese. On Sunday night, wines are half-price.

For something a bit lighter,

"Sips and Bites" pairs specialty cocktails with a seasonal menu. Take, for example, a pumpkin-spiced martini served with a twist on PB&J — a peanut butter, balsamic strawberries, and marscapone sandwich. The ginger rosemary lemon drop comes with a grilled peach and gorgonzola wrapped in prosciutto. And the spicy cucumber martini is served with chipotle-smoked salmon on cucumber with lime aioli and chive foam.



The restaurant's "Dinner in the Bar" menu, including filet mignon sliders, seared jumbo sea scallops, and spicy smoked salmon salad, has proved so popular that the space has been expanded, good news for locals who flock to the weeknight happy hour from 4:30-6:30pm. (760/930-9100, www.weststeakandseafood.com)

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