

In Vino Veritas

Celebrity artist Tom Arvid showcases the finer side of wine at San Diego's Food & Wine Festival

Many American icons have been born in Detroit. Mustangs. Motown. And Thomas Arvid, celebrity artist at this year's San Diego Food & Wine Festival. It's ironic to hear Arvid tell of his childhood, as the Motor City wasn't the ideal environment for this budding artist. "Growing up in Detroit, with my dad working for GM and my mom for a bank, art wasn't an encouraged profession."



In 1991, Arvid headed south to Atlanta, where he still lives today—a move that "really focused me as an artist." His first gig came at Two To Tango, a Spanish café that invited artists in to paint during regular hours. "I sold my first painting the first day I was there," a portrait of a statue in Paris that netted Arvid \$800. Wine, Arvid's current subject, became his focus almost by accident. While working on a series called American Red Icons—a Radio Flyer wagon, a crushed Coke can, a pair of red Converse high-tops—a buyer snapped up a painting of red wine before it could make it into the collection. "The fourth time this happened, I started researching other artists doing paintings of wine. No one was, and I thought, 'This could be my thing.'"

Fast-forward 10 years. Arvid has shown his work at galleries from Manhattan to Tokyo. Each painting takes around two-and-half hours to complete—effort evident in the detail of delicate metal braids in an unwound Perrier-Jouet cork cage ("A Budding Passion") or the intricate grain coursing through an oak case of Far Niente

Cabernet ("Best Case Scenario"). You can almost feel the impromptu parties and intimate moments happening just beyond the canvas edges. "These paintings aren't about wine per se," Arvid says, "but the consumption and enjoyment of it."

Arvid will be working on a new painting at the San Diego Food & Wine Festival this year, as well as autographing limited editions. Look for him at the Silver Oak wine dinner at Fleming's on November 13—his art hangs in the steakhouse's 68 restaurants—at the Festival's Reserve Tasting (November 14), the Grand Event (November 15), and at the Michael J. Wolf gallery (November 15). thomasarvid.com; worldofwineevents.com

Five candles are flickering on the San Diego Food & Wine Festival's birthday cake this year. This round of eating and drinking (November 12-16) promises to be the best yet in the event's five-year history according to Michelle Metter, whose company, World of Wine Events, produces the festival. "As the Festival has progressed, we've really been

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able to add star power," Metter says of Guest Chef Gavin Kaysen. Expect to see bon vivant Ted Allen of Bravo's *Top Chef* and Food Network's *Food Detectives*, as well as *Top Chef* contestants Richard Blaise, Casey Thompson, and Brian Malarkey. Metter is quick to note, however: "We really pride ourselves in creating stars out of our local market chefs. We have 60 local chefs participating, and each of them is incredibly talented."

Naturally, wine shares top billing with food at the festival. "There's such an eclectic list of producers participating this year," Metter says, "from the small family-owned boutique wineries to the larger legends in the industry."

FESTIVAL EVENT HIGHLIGHTS w/ TOM ARVID:

Fleming's Prime Steakhouse & Wine Bar with Silver Oak Winery

November 13, 6pm

Chef/Partner Christopher Gardner will prepare a decadent five-course meal paired with wine from Silver Oak Winery. Enjoy a special meet-and-greet with Arvid.

Celebrity Chef Luncheon & AIWF Big Bottle Auction, San Diego Marriott Hotel

November 14, 11:30am-2pm

Four-course lunch and wine-pairing with Arvid as emcee.

Grand Tasting Event, Embarcadero Park North

November 15, Noon-4pm
The festival finale, including cookbook signings, olive oil tastings, and the Chef of the Fest competition.

—Adam Erace

Arrivederci Roma

Chef Giorgio Saturnino brings the flavors of his childhood to San Diego's shores

Born in the oceanside town of Sperlonga, Italy in 1981, Chef Giorgio Saturnino was truly born and bred from tradition. At a young age, Saturnino learned to cook in his family's restaurant. As he grew older, he slowly worked his way out of the family business, enrolling in culinary school and working at upscale restaurants in Europe. Before long, his uncle Leone D'Arcangelo invited him to San Diego to work at Fresco Trattoria.

How would you describe your style?

The name of our restaurants—Fresco Trattoria—helps to describe my personal approach to food; Fresco means "fresh" in Italian. We always use the freshest ingredients to create our dishes. It makes for a memorable experience.

Where do you get your recipes?

A lot of the recipes at Fresco were served to me and my uncle, Leone D'Arcangelo, as children. Our childhood memories greatly influence what we choose to serve our guests.

What are your three "must-have" ingredients?

Olive oil, basil, and garlic are the most important ingredients in my kitchen. I think they are staples in any Italian restaurant. But, of course, we also rely on others: fresh sage, Marsala wine, lemon, butter, and many more.

What do you want readers to know about the restaurant?

My uncle first started Fresco in downtown Carlsbad in 1999. He gave me the opportunity to become a partner in his family of restaurants and, since coming here to San Diego, we have opened two other locations together—La Costa in 2006 and Bonsall in 2007. I'm proud to represent him and our three restaurants as the corporate chef.

—Interview by Jessica Visinsky



Tiramisù

serves eight

Ingredients

8 egg yolks	17 oz mascarpone cheese
10 oz granulated sugar	16 oz lady fingers
1 tsp Marsala wine	2 c espresso
2 c heavy cream	4 tsp powdered cocoa

Method

In a large bowl, mix together egg yolks, sugar, Marsala, heavy cream, and mascarpone cheese until thick. In a separate bowl, soak lady fingers in espresso. Once saturated, layer lady fingers in a 9 x 13 baking pan snugly against each other. Add cream mixture on top. Repeat for two layers.

Sift cocoa over tiramisù and let settle in the refrigerator for at least 1 hour before serving.