

## FOODIE MEDIA

1

### Lucky Peach

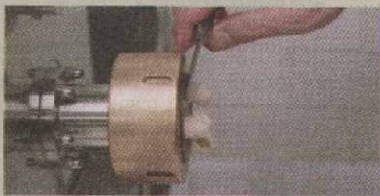
While Bauer is a fan of Food Arts — the monthly magazine keeps him abreast of restaurant-industry trends — it's the quarterly journal of food writing, Lucky Peach (from restaurateur David Chang), that he appreciates on many more levels. "Not only is it fun to read, it's really good because it gives you an idea of what your mentors (are into). It's almost like a comic book."

## FOODIE EVENT

2

### Mama's Day

Bauer considers it the No. 1 fundraising event in town: 55 San Diego chefs come together to make one killer meal and support meal-delivery programs at Mama's Kitchen. The 22nd annual Mama's Day happens May 10 at the Hyatt Regency La Jolla. Bauer will be there. "I go the extra mile for these kinds of events, and you always see the name-brand chefs (at Mama's Day). Sam 'The Cooking Guy' Zien is the host, too." Info: mamaskitchen.org.



## KITCHEN TOOL

3

### La Monferrina P3

This pasta extruder makes Veladora's house-made rigatoni tubes, above, and ribbony pappardelle possible. It allows Bauer to add squid ink or other interesting ingredients to the mixing vat for fresh creations. "It gives us an advantage over restaurants (using) dried pasta in their dishes."

# FOODIE OBSESSIONS

## ERIC BAUER

## Veladora's head chef shares the ingredients and magazines he can't live without

KELI DAILEY • U-T

**N**amed after the Spanish word for a wooden candlestick, Veladora is plush but not pretentious.

Since October, the secluded restaurant has overlooked tennis courts and a croquet lawn at the Rancho Valencia Resort & Spa in Rancho Santa Fe. Adorned with candle chandeliers, chevron-patterned wood floors, a fireplace and a Damien Hirst painting, the dining room feels like the heart of a home where a free spirit and wealthy hedge-fund manager might live.

Flattering Veladora's boho-upscale interior is a from-scratch, seafood-and-steak menu dubbed "coastal ranch" and overseen by executive chef Eric Bauer. (Try his small plates at the adjacent Pony Room lounge, too.)

A Chicago boy who fell in love with San Diego's climate and ingredients, Bauer views cooking as an exercise in refinement. He's partial to responsible food sourcing — see his grilled, line-caught swordfish.

"What we do is a craft," Bauer says. "It's not a job for the everyday person."

What inspires him to create visually stunning plates and palate-satisfiers like his spring garlic and farro stew? Check out his 5 Foodie Obsessions.

keli.dailey@utsandiego.com (619) 293-1541 •  
Twitter @kelidailey

### Veladora

Rancho Valencia Resort & Spa, 5921 Valencia Circle, Rancho Santa Fe. (858) 759-6216 or ranchovalencia.com. No dinners on Mondays

Eric Bauer, executive chef at Rancho Valencia Resort & Spa.  
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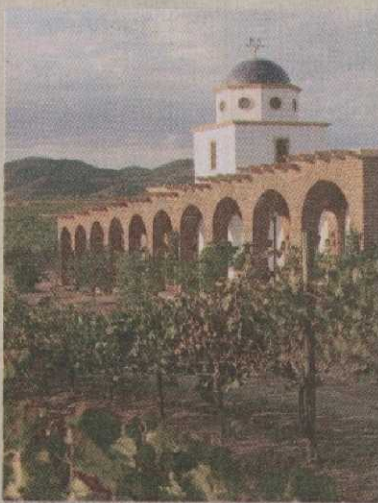


## INGREDIENT

4

### Chino Farm tomatoes

Bauer stops by this acclaimed Rancho Santa Fe farm stand, above, on the way to work. "We use them so much, their tomatoes — cherry, heirloom — are hands down the best. And we grow a pretty good tomato back in the Midwest." Look for Bauer's upcoming tomato consommé with raw uni, spot prawn and oyster.



## WILD CARD

5

### Guadalupe Valley/ Valle de Guadalupe

Baja California's unspoiled wine country is a foodie obsession he's hesitant to share. Bauer calls Guadalupe Valley a hidden treasure, and he'd hate to see it overcrowded. "A lot of us chefs have been down." Fluent in Spanish, Bauer is a big fan of the farm-to-table Laja Restaurant there.