

2016

FOOD
DRINK
guide

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Cover illustration by Crystal Zhong
Photo by Phillip Downey

Editor's Note

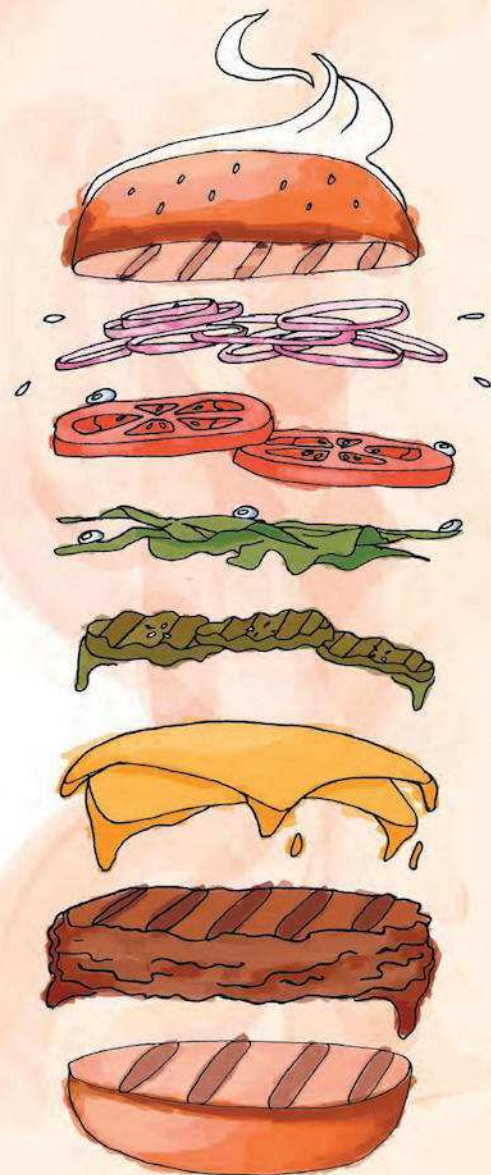
It's no secret that Berkeley hosts a treasure trove of restaurants, cafes and bars in which you can indulge every whim of your taste palate. With so many options available, it can be hard for students to decide where exactly to dine out next. Luckily, this year's Food and Drink Guide is here to help!

We at The Daily Californian have compiled an assortment of the area's best hotspots for wining and dining in a variety of cuisines, from Thai to Italian and many more. We've also included a look at our readers' Best of Berkeley picks so you can see the most popular places students like to eat.

Don't feel like eating out? We've included recipes for meals and cocktails that you can try at home too, so you don't have to leave your apartment to feel like you've treated your taste buds to something new and exciting. If you like what you find, check out our online content at dailycal.org for even more recipes.

So cheers to all the culinary adventures to come!

— Ivana Saric, Special Issues Editor
Illustration by Crystal Zhong



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BEST OF BERKELEY

UC Berkeley is notorious for providing the best – the best academics, the best professors, the best students (obviously) and also the best food. Each spring, we ask you, our readers, to vote for your favorite eateries on campus and in Berkeley. We commend you all for doing so because we know that choosing the best from the delectable selection in this city is a real feat. Take a look at the winners from 2016, each of which has truly added its own flavor to Berkeley.



A GUIDE TO ORDERING YOUR

Coffee

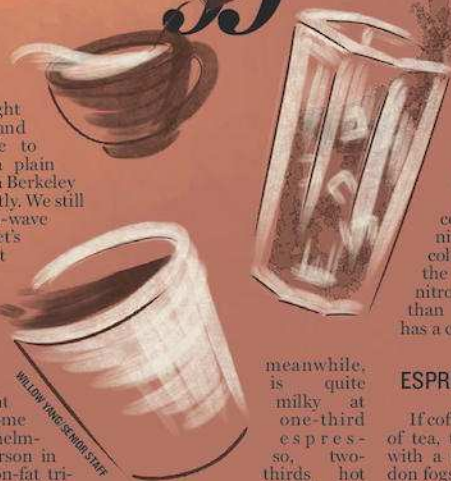
BY JULIET
HEMMATI &
TAYLOR FOLLETT

While we might have once found it acceptable to order just a plain old cup of joe, living in Berkeley has taught us differently. We still have the old second-wave coffee shops like Peet's and Starbucks, but we have the added benefit of the Bay Area's third-wave artisanal coffee, like Philz Coffee, and soon, Blue Bottle Coffee. With all the different choices, it can become unnecessarily overwhelming to order. The person in front of you got a non-fat triple-shot caramel macchiato, but what's the right taste for you?

ESPRESSO DRINKS

An espresso shot will give you a quick dose of caffeine with the biggest kick in just a 1 oz. shot. If you want to sip a little while longer, an Americano is the drink for you. It contains 1 shot of espresso with twice the amount of water.

If you want milk in your espresso drink, luckily there are quite a few options. A macchiato contains the least milk. It's a shot of espresso with a dot of milk foam on top. A cappuccino is made in perfect thirds: one-third espresso, one-third steamed milk and one-third milk foam, although the espresso taste is still a prominent feature in the drink. A caffe latte,



period of time and has a slight chocolatey hint. Cold brew foregoes the bitterness that builds in a regular iced coffee as it cools down and loses flavor.

A newer coffee is nitro cold brew which is definitely worth a try. Nitro cold brew is served from the tap and infused with nitrogen. It's even smoother than normal cold brew and has a creamy, velvety taste.

meanwhile, is quite milky at one-third espresso, two-thirds hot milk and only a thin layer of milk

foam. A less common drink, between a macchiato and a latte, is the flat white. This drink is one-third espresso, two-thirds steamed milk and only a hint of milk foam. It has the milkiness of a latte while still providing the powerful taste of espresso.

FILTERED COFFEE

The traditional cup of coffee we think about is drip coffee, or pour over. You make it by simply pouring boiled water over ground coffee in a filter. This is also what is cooled down and served to you over ice if you ask for a plain iced coffee.

If you want the same cold coffee but smoother and less bitter, order cold brew. Cold brew is brewed cold over an extended

ESPRESSO-FREE LATTES

If coffee isn't exactly your cup of tea, try a literal cup of tea, with a twist. Drinks like London fogs, green tea lattes or chai lattes let you experience the glory of coffee drinks without the taste of coffee itself.

Chai lattes and green tea lattes are basically what they say on the box - lattes that substitute the typical espresso base with bases such as chai mix or matcha powder to get that delicious flavor. An added perk is that these are both super easy to add caffeine to without getting the taste of coffee. Green tea lattes themselves have caffeine already in the matcha powder. For the chai latte, just ask for a dirty chai, or a chai with a shot of espresso.

London fogs are about two thirds a cup of Earl Grey tea, with a third steamed milk and a pump or shot of vanilla syrup. These can take a little longer to make, since you have to steep the tea first. It's well worth the wait, though.



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HERE'S WHAT TO EAT TODAY

BY RACHEL FEDER



BREAKFAST

A breakfast burrito with scrambled eggs, cheddar cheese, sautéed onions, peppers, cherry tomatoes and potatoes is the perfect way to start your day. You can cook all the ingredients in one skillet. Stuff a tortilla full of the cooked concoction and make several extras to store throughout the week ahead. It's the perfect breakfast on the go. Add your favorite hot sauce and avocado slices.



SNACK

Banana with peanut butter, carrots with hummus or a pear. Something portable and filling is the key to your morning snack. Keep it light so you'll be hungry for lunch.



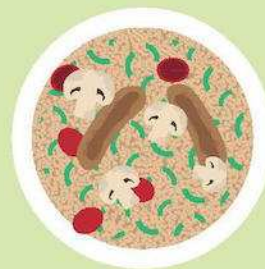
LUNCH

Pack up a salad in the morning and take it to go for lunch. Use a handful of arugula as the base of the salad. Cut up smoked mozzarella cheese, avocado, cherry tomatoes, corn and garbanzo beans. Mix the ingredients together and dress with olive oil, balsamic vinegar, oregano, garlic powder and a dash of salt and pepper. Add some grilled chicken, your favorite meat substitute or quinoa for extra protein.



SNACK

DIY trail mix with peanuts, almonds, coconut shavings, banana chips, peanut butter chips, semi-sweet chocolate chips and freeze-dried strawberries. Add in your favorite dried fruits or nuts if you feel like your trail mix is lacking.



DINNER

Make yourself a hearty quinoa bowl for dinner using as many veggies as you can get your hands on. Sauté mushrooms and onions, adding in white beans, cherry tomatoes and your favorite meat or vegan sausage. Pour the cooked quinoa into the pan and stir in parmesan cheese, chopped garlic and spices.



DESSERT

Make a homemade ice cream sandwich with your favorite ice cream and two freshly baked chocolate chip cookies.



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Quiz: Which Berkeley food neighborhood are you?

Every restaurant has its own distinct personality. Some places have an air about them, they're a little pretentious and a lot delicious. Others have that grungy, hole-in-the-wall vibe that we Berkeley students love so much. Whether you're a fine diner or prefer whatever's the closest and cheapest, you're sure to have a favorite restaurant somewhere in Berkeley. Take this quiz to figure out which area of Berkeley has your spirit food. Are you more of a Gourmet Ghetto type or a College Avenue type?

1. What are you studying?

- A. I'm pre-law or pre-med, but only because my parents told me I had to be a doctor or a lawyer
- B. I'm decidedly undecided
- C. I'm in the College of Chemistry or the College of Natural Resources and I couldn't be happier
- D. I read and I write – all the time. What do you think my major is?
- E. Peace and conflict studies, I'm for sure going to save the world

2. Which Berkeley problem do you relate to the most?

- A. When Caffe Strada only has whole wheat bagels but Noah's is way too far and I have class in five minutes
- B. When I run into people I rushed who didn't join my house, and I know them, but they definitely don't remember me
- C. When I have to make conversation with my old lab partner, who never did any work, at a party
- D. When the cafe doesn't have soy milk out already, and I have to ask for some to put into my coffee
- E. When I miss the bus and realize that I just won't be accomplishing anything today, because everywhere else I need to go is uphill and I'm not walking

3. Where's your favorite spot on campus?

- A. The East Asian Library's so bright and airy
- B. I've been known to go for a dip in Kroeber fountain when there's water in there
- C. Sproul can be crazy, but I love it
- D. Memorial Glade – why is this even a question?
- E. Li Ka Shing, it makes me feel like I go to private school

4. What's your favorite food?

- A. Is coffee a food?
- B. French fries
- C. Pizza
- D. Dessert of any variety
- E. Bubble tea

5. Where are you most likely to be on Friday night?

- A. Having a potluck dinner at my house with a lot of friends and even more wine
- B. Tearing it up on the dance floor of a fraternity
- C. Trapped under a pile of books in Main Stacks
- D. Trying a new restaurant somewhere in Oakland or San Francisco
- E. Trying a new recipe that my best friend's grandma sent to us to make

If you got mostly A's, you're the Gourmet Ghetto on Shattuck Avenue

You're a bit of a snob when it comes to coffee and food, but your friends love you for it because you always know the best places to try. You don't mind making the trek to a great restaurant, and you like being where it's on the quieter side. Your ideal day consists of a long stroll, latte in hand, and dinner at the newest, trendiest fusion restaurant with your closest friends.

If you got mostly B's, you're Durant Avenue

You're undeniably lovable and are definitely a people person. You're the life of the party, always bringing people from different social circles together over pizza and beer. When your friends don't know what to do on a weekend night, they hit you up because they know you'll have amazing plans already set, and you'll always include them. You love late night runs to grab some snacks.

If you got mostly C's, you're Telegraph Avenue

You're classic Berkeley. You thrive on the work hard, play hard motto. When you're not in the library studying through the wee hours of the night, you're exploring the city you love so much. You're always down for a weekend adventure, so long as you don't have a midterm the next week. Your favorite way to celebrate a good grade? Hitting up trivia night or karaoke night at your favorite Berkeley bar.

If you got mostly D's, you're College Avenue

You have a small group of close friends, and you do everything together. People might think you take a while to open up, but really you're just an introvert. You love window shopping, big bowls of pasta and perfectly scooped ice cream cones. Your Instagram account is on fire. You know the most aesthetic cafes for studying and have the uncanny ability to capture the perfect photo of a pastry, every time.

If you got mostly E's, you're University Avenue

Your friends know they can always count on you to order delivery with them. You know all the codes for the food delivery apps, and you're well aware that you can get the Monday night special any night of the week. You're into noodle dishes and boba, and you have very strong feelings about where you can find the best pad thai in Berkeley, though you won't tell anyone because you don't want your spot to get too popular.



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SNACK DRAWER

Written by Sasha Ashall

Designed by Crysta Zhong

If you live in any of the residence halls, coops, Greek houses or really any communal living situation, the importance of a properly maintained snack drawer can never be too highly emphasized. The snack drawer is the backbone of easy, comfortable living, and with all the stress of student life, it saves you one worry: food.

Your snack drawer is most likely in your room, so these tips for snack drawer maintenance will center around non-perishables, finger foods and multitaskers.

First, it's important to find a non-perishable tinned food with a tab-opened lid that can be eaten cold. Yes, this sounds like a lot of variables, but the payoff is fantastic. Our personal favorite in this category are Trader Joe's tinned Dolmas.

With one can of 10 for \$2.49, these Mediterranean treats are easily stored in a cool, dry place (like a drawer) and can provide tasty, accessible energy in just minutes. All you need is a fork!



Finger foods such as clementines, apples, bell peppers and avocados that require little to no preparation or equipment are perfect for bedside snacking. These foods tend to be pretty cheap to buy, but be careful not to let them rot otherwise you might find yourself in a cloud of fruit flies.



You should also find a couple solid multitaskers like a cracker you can eat with hummus, cheese and other toppings that also stands alone. Our favorite multitasker cracker is the Trader Joe's Pita Bite Cracker, which also comes in a multigrain version for healthier snacking.



It's great to be healthy, but don't forget to include one or two of your guilty pleasure snacks like popcorn or cookies for those days when you truly need edible comfort.

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daily pint

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Summer Cocktails

Though the cloudy, grey days have been signaling the return of pumpkin spice and hot chocolate, we at the Clog aren't quite ready to let go of the sunny days of the past.

Rosé Sangria

1 Bottle of chilled Rosé

1/4 cup of Triple Sec

1 1/2 cups of sparkling water

1 cup of berries

1 cup of halved grapes

1 cup of peaches

Put everything in a large pitcher, add ice if desired, and enjoy! — Sasha Ashall/Daily Cal Senior Staff

Berry Gin Fizz

2 tbsp. of brown sugar

1 cup of berries

8 fluid ounces of gin

Club soda

4 juicy limes

Blend berries and berries, strain and divide the remaining ingredients into four glasses. Top off with club soda.
— Sasha Ashall/Daily Cal Senior Staff

Crema de orujo

Brandy (orujo if available)

Cocoa powder

Condensed milk

Flan de huevo

Add equal portions (or not) of brandy and condensed milk and about a spoonful of the cocoa powder and flan to a glass. — Raeline Valbuena/Daily Cal Staff

Mint Julep

2 tbsp. of sugar

Juice from half a lime

2 splashes of soda water

2 1/2 ounces of bourbon

2 sprigs of thyme

10 mint leaves

Grind the herbs, add everything else and enjoy!
— Sasha Ashall/Daily Cal Senior Staff

Emily Montenegro/Daily Cal Senior Staff

HOW TO MAKE PIE CRUST



ILLUSTRATION BY JACKY LU/STAFF

WHAT YOU'LL NEED

RECIPE BY SASHA ASHALL/SENIOR STAFF

EQUIPMENT

- Pie pan
- Rolling pin or wine bottle
- Zester/small hole grater
- Pastry blender (optional)
- Silicon rolling mat (optional)

FILLING

- 5 to 6 medium-sized, just-ripe peaches
- 1 pint of blueberries
- 1 to 2 tbsp. sugar
- 1/2 tsp. cinnamon
- Juice of half a lemon
- 1 to 2 tbsp. of flour

CRUST

- 2 1/2 cups of all purpose flour
- 2 tbsp. sugar
- 2 sticks of salted or unsalted butter
- 1 tsp. salt (only if using unsalted butter)
- 1/4 to 1/2 cup ice cold water
- Zest of half a lemon
- 1 egg beaten for egg wash

STEP-BY-STEP INSTRUCTIONS

STEP 1: Cut your dough ball into two pieces, roughly 1/3 and 2/3. Place the smaller piece in the fridge.



STEP 2: Flour your surface & roll out your dough until it's as thin as you can.



STEP 3: Transfer the dough to your pie dish. Shift the dough until it hangs equally around the dish. Push the dough into the corners of the dish. Crimp the edges.



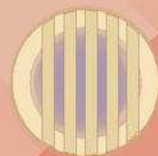
STEP 4: Pour your filling into the crust and take out your second piece of dough.



STEP 5: Roll the second piece of dough out into a thin symmetrical circle. Cut it into strips about 3/4 of an inch wide.



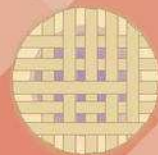
STEP 6: Take every other strip and lay them across the filling.



STEP 7: Now fold back every other strip on the pie and place a strip across that.



STEP 8: Recrimp the edges and brush the whole crust with egg wash. Place it in the fridge for 30 minutes.



Enjoy!

GRAPHIC BY HEYUN JEONG/STAFF

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Fall Cocktails

FESTIVE CONCOCTIONS FOR ANY AUTUMN OCCASION

Recipes by Rachel Feder

Pomegranate cider



One and a half ounces of pomegranate juice

One part apple cider

Pomegranate ginger cocktail



Three parts ginger beer

One part pomegranate juice

One part rum

Apple cider mimosa



Top off with apple juice

3/4 glass full of champagne

DANI SUNDELL/DAILY CAL SENIOR STAFF



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- Shogun - teriyaki organic chicken breast
- Upstream - wild salmon
- Kabuki (vegetarian) - eggplant
- Midori (vegetarian) - spicy curry tofu
- Seoul Roll - Korean BBQ marinated pork

Come on by...we look forward to seeing you soon!

east bay eateries



- | | | | |
|--------------------------|--------------------|------------------------|---------------------------|
| 1 little gem | 6 cheese 'n' stuff | 11 homemade cafe | 16 pedro's brazil cafe |
| 2 hotel durant (henry's) | 7 plearn thai | 12 le petit cochon | 17 alexander's steakhouse |
| 3 corso | 8 sushinista | 13 victory point cafe | 18 westside bakery cafe |
| 4 la val's | 9 the daily pint | 14 sumo roll | 19 cancun |
| 5 sunnyside cafe | 10 tacos sinaloa | 15 triple rock brewery | 20 la burrita |

BY CRYSTAL ZHONG

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