

diary of a MAD HUNGRY WOMAN

This blog is a food journal, my eating adventures mostly in and around Orange County, CA, but stretches to Los Angeles, San Diego and beyond. I am constantly searching for delicious food to eat and nothing is out of bounds, although sometimes it doesn't always end well, nevertheless, it is always an interesting journey

a lovely lunch at Prepkitchen — La Jolla



Lately, there have been many trips to San Diego, even to Mexico believe it or not — *I'm not complaining* – and they always have to do with food in one way or another. I visited Prepkitchen Little Italy last year, but this is my first visit to Prepkitchen La Jolla and I am surprised at how small this location is. My parking karma is in full force as I find parking right in front of the restaurant.

I am here with a group and we enjoy the relaxed nature of the outside patio. I am glad I snag a seat facing the street because it is entertaining and eye-opening watching some eccentric people walk by every so often.

A **Daily Soup** (\$5/\$9) is offered on this day, it is mulligatawny. The blend of lentils yellow curry, coconut cream, jalapeno and ginger creates a mulligatawny I find extremely mild in flavor. I would have liked more spices, but understand this appeals to a wider variety of palates. It is pleasant and satisfies.



Who can say no to charcuterie? Not us! **Cutting Board** (\$18) is a combination of house cured meats, cheese and various accompaniments such as roasted vegetables, olives and grain mustard. The toasted crusty bread is a welcoming addition to this item.



Another dish no one can deny is **Bacon Wrapped Dates** (\$9.75). I love bacon and I love dates. The marriage between the two is one of salty sweet and it is difficult to stop once you've taken a bite.



Even though I'm not a big fan of salad, I enjoyed the **Asparagus & Little Gem Salad** (\$11.25). I think it was the tender little gem leaves and the blanched asparagus which won me over. The roasted shallot vinaigrette and BACON added so much flavor to the dish. A nine-minute egg was just the icing on the cake.



Tempura Fried Green Beans (\$10.50) was a huge hit with everyone at the table. The accompanying *sauce ravigot* is nice and acidic and provided a great contrast to the fried green beans. Absolutely delicious and deserves a repeat order.



Sandwiches are definitely in order for lunch. **Cubano Torta** (\$11.75) is definitely respectable, with Heritage smoked ham, pork belly, a chopped pickle relish, gruyere and house mustard. The bread is perfectly toasted and if sandwiches are your thing, then this is your sammie!



Vegetarians should opt for **Poblano Torta** (\$11.75) with chipotle aioli, plantains, avocado, pico de gallo and queso fresco. The potato chips are soooooo good.



My favorite dish of the entire meal was **Tagliatelle Bolognese** (\$19.50), a house-made pasta with a beef and pork blend, simmered with tomatoes and rosemary. The bowl is deceiving and looks on the small side, but once you dig into it, you'll realize there is a lot there.



This is a quaint and cozy spot for a meal with friends. The staff is delightful and if you get prime parking, it makes the experience even more sweet.