

THE WEST'S GREAT \$25 CRUISES

Sunset

LIVING IN THE WEST

The Coast: Insider's guide to the best

Seafood shacks **Cozy beach cottages** Surf spots
Gorgeous drives Kayak trips **and more**

**Easy-grow
gourmet lettuce**

**Beach-house style
for every budget**

**The ultimate
garlic steak**

South of Eureka,
along California's
Redwood Coast

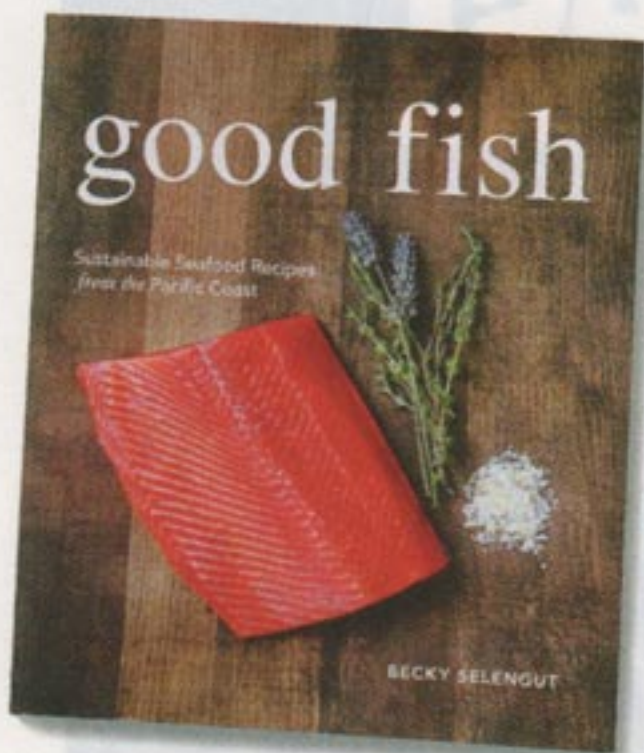


**HOW THE
EXPERTS DIG
FOR MUSSELS
& CLAMS**

The West at its best

Spotlight on Del Mar

A new crop of restaurants gives this little beach town near San Diego some serious food cred



Cook fish without the guilt

We know our ocean fish are beleaguered—the dilemma is we still want them for dinner. Solution: *Good Fish* (Sasquatch Books, 2011; \$30) by Seattle cooking teacher Becky Selengut. Instead of being dire, she celebrates what you can eat: 15 varieties of Pacific seafood that are safe for the environment and for you. The easy-but-unusual recipes include the best version of Hangtown Fry we've seen, and even the nuts-and-bolts sustainability spiel slips down like a nice fresh oyster.

BECKY'S TIPS

Easiest ways to be smart at the fish counter

Pacific Coast fish are a good bet, since our environmental standards are high. Also, buy smaller fish and eat smaller portions.

How to keep fillets fresh overnight

Her no-fail trick: Pat them dry, wrap with plastic wrap, and put in a colander over a bowl. Top with ice and store in the fridge.



At sunset, **Flavor Del Mar** is the place to be for drinks and small bites like scallop ceviche, ahi tostadas, and rock shrimp risotto, best eaten while watching the sun dip below the Pacific. The stellar wine list has several bottles around the friendly \$35 mark. flavordelmar.com



PrepKitchen traffics in seriously good comfort food with an ocean view. Get a patio seat and tuck into a real-deal tuna melt made with fresh albacore poached in olive oil, or a messy pile of chilaquiles. prepkitchen.com



Top Chef star Brian Malarkey opened **Burlap** this summer, a mash-up of Pacific Rim and cowboy cuisine (imagine a raw bar that serves sashimi and venison carpaccio, and you get the idea). For non-raw fans, expect everything from whole fish to pork shoulder on the rotisserie. burlapeats.com



Scheduled to open in September, **Rimel's Bar and Grill** will specialize in fish, roasted over oak with a touch of salt, pepper, and olive oil. The seafood's all hook-and-line caught, and even the saloon-y black oak bar comes from dead-fall trees milled by owner Matt Rimel. rimelsrestaurants.com

