

TASTE OF THE TOWN:

# The Stone House

by Dave Preston - Guru of the Good Life

If there is a gastronomic right-of-passage from good food to remarkable food, experience the Stone House Café at the corner of Arlington and Plumb in Reno for that crossing. "I love the challenge of creating new ways to prepare foods. I don't follow the traditional patterns. I like the idea of stepping outside of what everybody else is doing in this industry," said the 79 years young Chef Extraordinaire and owner Paul Abowd.

Three meals a day, seven days a week, that's the marching order of this WW II ex-Marine. The menus are eclectic but with most of the standards. Having dined for both lunch and dinner, I made a Saturday morning visit and Chef Paul put some signature items on the table. Steak Eggs Benedict with homemade Hollandaise. "We make everything here fresh," he touted. Vegetable Hash...not the traditional meat and potatoes, but fresh veggies of corn, black beans, tomatoes and zucchini, great taste and nourishing.

Paul's French Toast is made the old-fashioned way. "We have a special deep fryer with special oil. It goes on the grill first, into the "French" fryer, then back onto the grill and finished off with a banana rum sauce and pecans; you'll only find this in a few old places in New York and Los Angeles," he insists. Mama Maria's Chicken Tamale is complimented with salsa and sour cream; made fresh and full of flavor, flavor flavor! Breakfast menu prices range from \$4.95 - \$12.95.

How does this venerable culinary artisan view his approach to food? "I enjoy people; it's that simple and is what has kept me going for all these years. I love the challenge of keeping people coming back because they enjoy what I offer. My ideas for food and my desire to change my menus are because this is not a boring job. I like the challenge and I've been that way since I was a kid. To me, work is not a penalty, it's a blessing. Retirement is an end and I'm not there and I know Adele would not want me to be either." Adele was Paul's wife of 54 years; she died in 2004 but everyone who knew her remembers her as "The Rock" in all of Paul's ventures. When you visit the Stone House Café, you'll see a befitting tribute to Adele Abowd.

The Stone House features a full luncheon menu with traditional burgers, combo plates, pasta, wraps, soups, salads, Mexican fare and Sandwiches with Imagination such as the Eggplant and Portabella Mushroom sandwich with sautéed roasted red peppers, onions and Gruyere cheese and the Hot Meat Loaf Sandwich. Lunch menu prices range from \$5.95 - \$14.95.

"It's all about good food. Right after I was discharged from the Marine Corp, I was just 20, I opened my first restaurant called EAT, a name that said it all, just that simple." Paul has owned various restaurants in different states throughout the country and first made a name for himself in the Bay Area.

He moved to Carson City in 1977 and opened Adele's. Charlie, Paul's son, still operates Adele's in Carson City and was recently asked to prepare dinner for a major event at the James Beard House in New York City. A proud dad went along for the moment.

Anthony Kingsland and Paul's daughter, Cymia, are the Stone House managers. The Stone House features a full bar, beer on tap, a modest but reasonably priced wine list and some very creative signature libations. "Our bar serves a lot of fresh squeezed juices, our signature

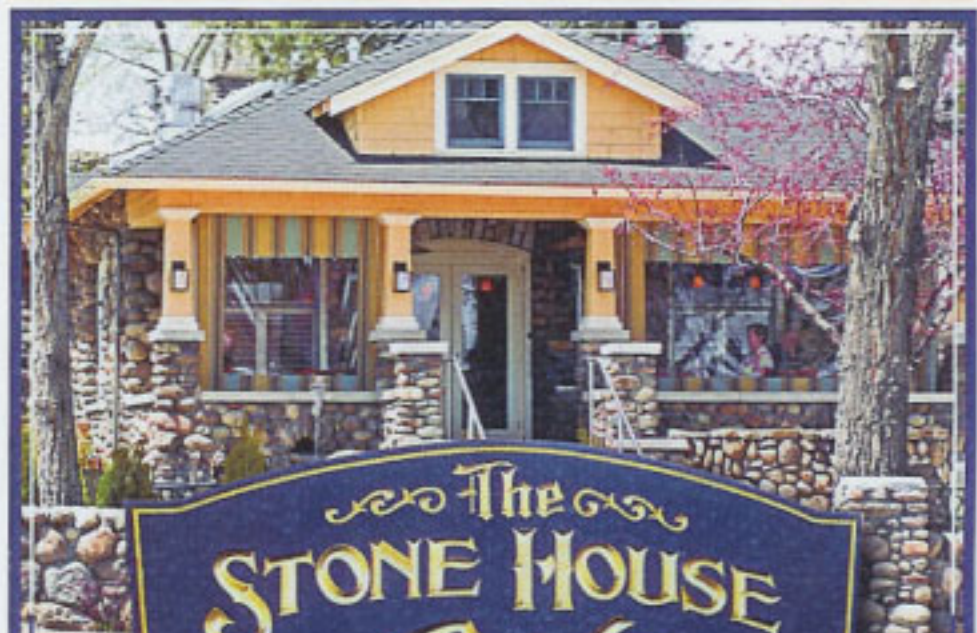
*"I love the challenge of creating new ways to prepare foods. I don't follow the traditional patterns."*

martini is the Grapefruit Martini," said Kingsland. I tried this particular martini and it was smooth, refreshing and not over powering. Kingsland also noted their Tiramisu Martini and the Peach Cobbler Martini. I tried Stone House Mixologist Josh Wright's handmade Bloody Mary with breakfast, oh yea! Something else to think about is the Wasabi and Beef Bouillon Bloody Mary.

The dinner menu is an overwhelming frustration in pleasure. The choices cover the gambit of cuisine so I will reprise my preferences. True Sand Dabs are hard to find and Paul's are pan-sautéed in lemon with butter and almonds. He offers a Baked Avocado and Crab topped with hollandaise and served in a puffed pastry shell. For beef, Mustard Steak and Sautéed Calf Sweet Breads. There are Chicken Livers sautéed with shallots, garlic, and a blend of wild forest mushrooms. Pastas, Steak and Lobster, Caesar Salad, Shrimp and Crab Louie and the Fish and Chips in beer batter are brilliant. Dinner menu prices range from \$14.95 - \$40.00 and are served with vegetable and a starch.

Paul's menu explains his heart... "Where our curiosity is absolute. Where excitement of what we do is forever changing, and learning never ends. These challenges we do accept. For you are whom we must please."

*The Stone House Café, 1907 South Arlington Avenue, 775-284-3895, was built in 1930 and seats 42 guests inside (patio dining accommodates seating for 84). Hours are 7:00 am until 9:00 pm. A few exciting changes are slated to take place in short time; breakfast will be served beginning at 6:00 am during summer months and at the end of May, the Stone House will serve a late night menu of barbequed finger foods (9:00 pm-Midnight) under the stars and accompanied by live acoustic guitar.*



**The Stone House Café**  
BREAKFAST LUNCH DINNER

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