

E14 | EXPRESS | 01.28.2010 | THURSDAY

Weekend Pass | dining

dine & dash

MY
TWO-YEAR-OLD
EATS OCTOPUSRaising Children
Who Love to Eat
EVERYTHING

COURTESY CITRONELLE

More Squid, Please

Attention, parents of picky eaters: There is hope. Nancy Pihou, author of "My Two-Year-Old Eats Octopus: Raising Children Who Love to Eat Everything," and chef Michel Richard team up at Citronelle to show kids how delicious high-end food can be. On the menu are a variety of dishes with short-stack appeal: pearl pasta risotto (things made to look like something else), lobster burger (thing called a mudbug) and chocolate (chocolate). Parents get much-needed wine pairings with each course.

● **Citronelle**, 3000 M St. NW; Feb. 10, 6:30 p.m., \$95 adults, \$37 children under 12; 202-625-2150, citronelle.com.

Heads Up, Fellas

Dude, you can't throw a steak on the grill, hand over a drugstore box of chocolates and call it Valentine's Day. And your love bird doesn't want you splattering the kitchen with squid ink or whatever in an attempt to go gourmet. Let Art Smith guide your manly hand. Art and Soul's executive chef, Travis Timberlake, will host V Day-inspired cooking demonstration for men. If you're a spaz with a spatula, on the big day itself (Feb. 14, guys), the restaurant offers a sharing menu by candlelight for two.

● **Art and Soul**, 415 New Jersey Ave. NW; cooking demonstration Sat., noon-2 p.m., \$50; reserve at artandsoul.com.



Dine & Dash has more on local eats at expressnightout.com/dine



DAKOTA FINE

Breakfast lovers have Birch & Barley's Maclsaac to thank for conceiving this tasty take on French toast, served with oatmeal ice cream, caramelized banana and bacon caramel.

Save Room for Bacon

Trendsetting pastry chefs reimagine the most important meal of the day as dessert

Sweet Spots

If you've ever whipped up pancakes for dinner, then you'll get behind the latest trend at D.C. restaurants — breakfast items on the dessert menu. From French toast to bacon waffles, breakfast desserts give chefs a chance to play around, and diners have an opportunity to eat something beyond standard cheesecake and crème brûlée.

"When you work at a fine dining restaurant, you don't have the outlet to do breakfast, and this gives you an outlet," Birch & Barley pastry chef Tiffany Maclsaac says. "If you think of breakfast breads, they're sweet, and they lend themselves to dessert."

Brian Robinson, executive chef of **Restaurant 3** in Clarendon, agrees.

"It's a chance to do something outside of the same general stuff we do," he says.

At **Birch & Barley**, Maclsaac whips up a sweet cream French toast, which she serves with oatmeal ice cream, caramelized banana and bacon caramel.

"I wasn't sure if the bacon caramel would make people not want to order it, but it's salty sweet and there's a smokiness," she says. "It doesn't look like the French toast you're accustomed to, but it's fun to have a different version."

Maclsaac's version reminds her of childhood.

"It's reminiscent of when I was a kid, every once in awhile we would get fast-food breakfast, the Burger King French toast sticks," she says. "This is the same thing, but we do it in clarified butter and not oil."

At **Restaurant 3**, you can find a bacon-studded waffle topped with caramel and maple bacon ice cream, a dish that debuted at the restaurant during its "week of bacon" promotion last year. You can also find a play on the traditional breakfast of coffee and doughnuts, with round sugared holes served with a chocolate coffee dipping sauce. Robinson says he got the idea for the dessert while in Hawaii.

"If you think of breakfast breads, they're sweet, and they lend themselves to dessert."

— TIFFANY MACISAAC,
PASTRY CHEF AT BIRCH & BARLEY

"When I saw them in Hawaii, I knew I wanted to do a dish like that," he says. "There they fill them, but we do a dipping sauce."

Breakfast appears on other area dessert menus, such as at **Tallula**, where you can find a Belgian waffle served with caramelized apples and cinnamon ice cream. At **Belga Café**, vanilla waffles are served with warm bittersweet chocolate sauce and Tahitian vanilla ice cream.

You can also find faux breakfast dishes — at **Citronelle**, the "egg-ceptional lemon meringue" recently replaced the famous "Citronelle Breakfast" dessert on the lounge and restaurant menus. Meringue forms the whites of sunny-side up

and soft-boiled eggs, yolks are made with lemon curd and eggshells are white chocolate. The eggs sit atop shredded phyllo dough and are served with coconut sorbet.

And at **Inox Restaurant**, patrons leave from dinner with the next morning's breakfast. Those who order the tasting menu or visit on special holidays are rewarded with a box of sinful sticky buns, but there's no rule that you can't indulge in the buns for a late-night dessert. AMY CAVANAUGH

● **Belga Café**, 514 8th St. SE; 202-544-0100, belgacafe.com. (Eastern Market)

● **Birch & Barley**, 1337 14th St. NW; 202-567-2576, birchandbarley.com. (McPherson Square)

● **Citronelle**, 3000 M St. NW; 202-625-2150, citronelle.com.

● **Inox**, 1800 Tysons Blvd., Suite 70, McLean, Va.; 703-790-4669, inoxrestaurant.com.

● **Restaurant 3**, 2950 Clarendon Blvd., Arlington; 703-524-4440, restaurantthree.com. (Clarendon)

● **Tallula**, 2761 Washington Blvd., Arlington; 703-778-5051, tallularestaurant.com.