

# solita

LAS OLAS



CHEF ANTHONY  
"RADAR" RISOLI



CHEF ANTHONY "RADAR" RISOLI, HAS DEFINITELY DONE A TERRIFIC JOB CREATING THE MENU AND ONLY USES THE FINEST HAND-PICKED INGREDIENTS INSPIRED BY WARM MEMORIES OF ITALIAN KITCHENS AND THE COUNTRY'S UNFORGETTABLE FLAVORS—TOMATOES, PANCETTA, GARLIC AND OTHER HERBS.

Celebrating its second anniversary on Las Olas Boulevard in downtown Fort Lauderdale, SoLita Italian Restaurant & The Parlor Lounge consistently continues to Tempt, Taste and Indulge diners with delectable home-cooked Italian culinary creations – including old favorites and new creative dishes. This authentic Ft. Lauderdale hot spot is a “must try” for those looking to savor the most flavorful, traditional Italian specialties in a chic, stylish and electrifying atmosphere overflowing with celebrities, sport stars and local notables.

During our recent visit to SoLita, my party of four was quickly seated by the gracious host and we were happy to see that all of the tables were filled. We chose to start our meal with a delightful Caymus Cabernet and a selection of appetizers for the table to share. Our waiter suggested we start with the SoLita house made meatballs with fresh tomato and basil sauce and ricotta cheese and the Shrimp SoLita, crispy shrimp tossed

with roasted peppers, extra virgin olive oil with a pesto verde drizzle. Not knowing that would be more than enough, we also chose an order of Fried Calamari. All of the dishes were so delicious, we wanted more, but also couldn't wait to experience what the main courses had to offer. We weren't sure if we still needed the Grilled Caesar Salad that we had ordered, but once we took the first taste of the fork and knife grilled romaine drizzled with homemade caesar dressing, we were really glad that we had indulged.

For entrees, I ordered the Rib Eye Pizzaiola which was perfectly grilled and topped with sautéed sweet peppers and onions in a fresh tomato sauce. One of my guests could not stop raving about the Whole Roasted Bronzini which was nicely seasoned and stuffed with parsley, tomato, red onions, artichoke, drizzled with extra virgin olive oil, aged balsamic and lemon. My other dining partners chose to share the Veal Chop Milanese – which was perfectly cooked - bone in, pounded thin and lightly breaded, with a delicious mix of salad greens, tomatoes and red onion with a balsamic vinaigrette and a delightful Shrimp Risotto which was topped with mounds of shrimp



and asparagus with light mascarpone cream. We were all over the top happy with our meals and were already trying to set a date to come back again. We finished off our meals with cappuccinos and asked for four forks to share the homemade chocolate cake that our waiter said was everyone's favorite – And wow, was he right – rich and yummy!

SoLita also features a nice selection of pizzas that they cook in their wood burning oven – I saw a couple on the menu that I may want try on my next visit. SoLita Las Olas definitely brings you back home to family traditions with a fusion of modern ambience. Chef Anthony “Radar” Risoli, has definitely done a terrific job creating the menu and only uses the finest hand-picked ingredients inspired by warm memories of Italian kitchens and the country's unforgettable flavors—tomatoes, pancetta, garlic and other herbs.

*SoLita Las Olas is located at 1032 East Las Olas in Fort Lauderdale and is open for dinner Sunday - Wednesday from 5:00pm - 11:00pm and Thursday - Saturday from 5:00pm - 12:00 midnight. The Parlor Lounge stays open to 2:00am on Thursday through Saturday. If you venture north to Palm Beach County, SoLita has a second location in Pineapple Grove in Delray Beach, and offers many of the same delectable dishes. The space has a beautiful courtyard for outside dining, and adjacent lounge and is “perfect” drinks and late-night “play”. The same late-night menus, live music and DJs are served up for the crowds. Happy Hour is from 5:00pm - 7:00pm at both locations. For more information, please visit [www.solitalian.com](http://www.solitalian.com) or call SoLita Las Olas at 954-357-2616 or SoLita Delray at 561-899-0888.*



# RECIPE

## SHRIMP SOLITA

### INGREDIENTS

- » 1/2 pound shrimp (8-10) peeled and deveined
- » 1 cup blended olive oil
- » 1 small can roasted red peppers (6 finger sized slices)
- » 1/2 cup all purpose white flour
- » 2 tablespoons of
- sliced garlic
- » 2 Lemons (juice squeezed into cup)
- » 2 sprigs Fresh Rosemary
- » 1/2 teaspoon crushed red pepper
- » Tartar Sauce
- » 1/4 cup of Mint
- » 1/2 cup of Italian parsley
- » Salt / Pepper

» Place medium size frying pan on med. to high heat and add 1/4 cup of oil. Season shrimp with salt, pepper and light crushed red pepper then dust shrimp in flour. Carefully place in hot pan, turn shrimp over once the bottom becomes cooked (crispy). Remove shrimp from frying pan. In a separate pan, heat 3 oz. oil and lightly brown garlic, add seasoned roasted red peppers and rosemary. Stir for one minute and remove from heat and then place the shrimp in that pan and add salt and lemon juice directly on the shrimp.

» To make Salsa Verde Sauce, place 1/4 cup oil, Mint, Parsley, pinch of salt and pepper in blender and blend until mixed. Place in small cup. Drizzle Salsa Verde sauce on bottom of serving plate, top with cooked shrimp and contents from pan. Serve with side of tartar sauce for dipping.



## DINING GUIDE



### LIFESTYLE'S GUIDE TO SOUTH FLORIDA'S BEST EATS

#### ANTHONY'S RUNWAY 84

Long before "The Sopranos" made retro Italian fare trendy, Anthony's was doing it with aromatic mussels, humongous meatballs and meltingly good veal parmigiana. This is the kind of upscale joint where marinara sauce is "gravy" and the list of evening specials, recited by servers who have been on hand for decades, is more interesting than the actual menus. Lunch and dinner. 330 W. State Road 84, Fort Lauderdale, (954) 467-8484.

#### ACQUOLINA

Acquolina (Italian for mouth watering) was created to provide a place where people can dine in an elegant, casual setting with excellent service and authentic Italian food. Whether you choose to dine at the bar, enjoy a meal on our waterfront patio, or gather with family and friends in our main dining room, you will always be treated like family at Acquolina. At Acquolina we offer a lunch, dinner and kids menu seven days a week. Our diverse menu of Southern Italian cuisine is offered in individual portions of family style (generous portions large enough for sharing) and is always cooked to order at an affordable price. 2320 Weston Road Weston, FL 33326, (954) 389-1880

#### BAGELS WITH DELI

It is no surprise that Bagels With Deli was awarded "BEST BAGEL 2009" readers choice award. Known as a local hot spot for power lunches or gathering with friends, Bagels With Deli offers the freshest salads, the most delicious sandwiches, and an awesome breakfast to match. This upscale deli has an open kitchen so you can watch the fresh hot bagels being prepared daily, see your own "Fancy Schmancy" chopped salad being created, or be tempted at the deli counter as they slice the slow roasted meats fresh to order. 7111 State Road 7, Parkland 954-510-0207

#### PETE'S CAFE BELLA SERA

Pete's Café Bella Sera and Steakhouse is really now the best of two worlds ... a genuine Prime-only Steakhouse and Italian Restaurant all rolled into one great dining experience. Having cornered the market, they are the ONLY restaurant in South Florida serving the unbelievable Chianina (key-a-nina) beef, Bistecca Alla Fiorentina. Chianina's marbled meat is hormone and antibiotic free which also makes it so

flavorful and mouth-wateringly tender. Chianina is featured on all the menus in top restaurants in Florence, Italy and now it's served exclusively at Pete's Cafe Bella Sera and Steakhouse. All other steaks, veal and lamb served in the restaurant are USDA Certified Prime. Happy Hour in the lounge is Mon.-Sat. from 5-7:30pm when all drinks under \$12 are 2 for 1 Dinner Mon.-Sat. 7351 N. State Rd. 7, Parkland, (954) 346-7373, [petescafebellasera.com](http://petescafebellasera.com)

#### BIN 595

Bin 595, is set apart by capturing an ambiance that is inviting, timeless, and whimsical. The eclectic cuisine, including freshly made salads, fine meats, and fresh seafood, reflects Latin, Caribbean, and Asian fusion influences. The expansive bar & lounge feature a variety of signature creations along with an extensive wine list for a memorable experience. 1230 South Pine Island Road, Plantation, FL (954) 472-2252 [www.renaissanceplantation.com/bin595.html](http://www.renaissanceplantation.com/bin595.html)

#### BISTRO MEZZALUNA

Enjoy Chef Brian's creations at the new and improved Bistro Mezzaluna. At Bistro Mezzaluna Chef Brian has acquired a reputation for his simple elegance and his food preparation. As executive chef he enjoys creating menus that combine the classic comfort foods with a tantalizing twist that satisfies the finicky as well as the true foodie. While the menu leans towards Italian, selections are eclectic and emphasize seasonal and local ingredients. 1821 SE 10th Avenue Fort Lauderdale, FL 954-522-9191 [www.bistromezzaluna.com](http://www.bistromezzaluna.com)

#### BLUE MOON FISH CO.

Top-notch fare-provided by chef owners Baron Skoris and Bryce Statham, along with chef Daniel Courmoyer-combined with unheralded views make this waterside eatery extremely popular. Heavy on the immaculately cooked seafood dishes-ranging from gumbos and pan-roasts to tartares and fillets- the menu also offers some good meat choices, as well. Signature souffles for dessert. Lunch, dinner and Sunday brunch. 4405 W. Tradewinds Ave., Lauderdale-by-the-Sea, (954) 267-9888. [www.bluemoonfishco.com](http://www.bluemoonfishco.com).

#### CAFE MARTORANO

What there is: bright flashing lights, loud Sinatra music, descending disco balls,

Mafia movies shown non-stop. What there isn't: a written menu. Owner Steve Martorano sends out only what he feels like cooking that day, and everyone pays the price of the night, which can be as hefty as his infamous meatballs. What it is: delicious, and quite the scene for tri-county cognoscenti. Reservations would be necessary, but they're not accepted. Dinner only. 3343 E. Oakland Park Blvd., Fort Lauderdale, (954) 561-2554, [www.cafemartorano.com](http://www.cafemartorano.com).

#### CAFE VICO

Marco Vico's triple-storefront restaurant is a triple threat on the Italian trattoria scene, providing warm hospitality, great food and reasonable prices. The seafood is always fresh, so if you've got a thing for shrimp fradiavolo, squid ink pasta or linguine and clams, you can scratch those itches here. Succulent scallopini and chicken-filled ravioli are other guaranteed winners, as are desserts such as ricotta cheesecake and a caramelized apple torte. Dinner. 1125 N. Federal Highway, Fort Lauderdale; (954) 565-9681.

#### CASA D'ANGELO RISTORANTE

Chef-owner Angelo Elia shines in his namesake eatery. Fare is fancier here, sparkling with imported products and served with greater formality, as befits the homemade pastas that practically float out of the kitchen. Highlights include branzino, the veal chop and anything garnished with olives. Desserts are standard but no less superior because of it. Extensive, if expensive, wine list. Dinner only. 1201 N. Federal Highway, Fort Lauderdale, (954) 564-1234, [www.casa-d-angelo.com](http://www.casa-d-angelo.com).

#### CHIMA STEAKHOUSE

God bless the hungry diner who's got a Brazilian steakhouse in his own neighborhood. With a salad bar that defies the meaning of extensive, including prosciutto and hearts of palm, and a steady parade of more than a dozen varieties of succulent skewered meats that vie for favoritism, places like Chima are a natural choice to impress colleagues and loved ones. 2400 E. Las Olas Blvd., Fort Lauderdale, (954) 712-0580, [www.chima.cc](http://www.chima.cc).

#### GRILLE 66

A suave dining room with a great view overlooking the marina, the Grille is a winner from decor to dessert. South Florida-

inspired seafood preparations, steak house-worthy chops and filets and a lengthy list of daily specials are reasons to return again and again. As is the busy bar, not so much a pick-up joint as it is a great place to gather with old friends or meet someone new. Dinner only. Hyatt Regency Pier SixtySix, 2301 S.E. 17th St., Fort Lauderdale, FL (954) 728-3500.

#### H2O CAFE

A beach side art deco cafe historically renovated originally built in 1937 as the Lauderdale beach hotel. Lustrous, breezy, romantic atmosphere with breath taking view of the Atlantic Ocean - accompanied by an Italian influenced cross cultural cuisine. There are 85 items on our menu to choose from appetizers, soups, salads, sandwiches, pastas, chicken, fish, steak. 101 South Fort Lauderdale Beach Blvd. Fort Lauderdale, FL, 33316, www.h2ocafe.net, (954) 414-1024

#### JOHNNY V

Chef-proprietor Johnny Vincenz brings his quintessential style and inimitable verve to Las Olas with this in-demand New American effort. Tropical, Southwestern and South American influences vie for attention in quirky dishes that take full advantage of regional seasons and locally produced artisan goods. Johnny V even makes his own queso fresco at the restaurant, where he also serves a wide variety of global cheese offerings alongside longtime pastry chef Maika Espinel's signature sweets. A 600-label wine list is yet another temptation. Lunch and dinner. 625 E. Las Olas Blvd., Fort Lauderdale, (954) 761-7920, www.johnnyvlasolas.com.

#### TARANTELLA

Tarantella is located in the beautiful community of Weston, located in the Weston Town Center. Freshly baked bread and pastries, homemade pasta, brick oven gourmet pizza and a combination of traditional and innovative Italian dishes woo the senses. Outdoor patio dining attracts the people watchers. Tarantella is open for lunch and dinner daily. Come and engage in a truly Italian experience. www.tarantellas.net 1755 Bell Tower Lane, Weston, FL 33326, (954) 349-3004

#### THIRA

Picture a typical Greek taverna, multiply its size by three, and you've got Thira. Named for the island (also known as Santorini), the restaurant is a fun and inexpensive way to acquaint oneself with a variety of dips, ranging from hummus to tzatziki, and a broad array of traditionally prepared Greek main courses such as roasted lemon chicken and mousaka. Lunch and dinner. 100 S. Federal Highway, Hallandale Beach, (954) 454-9676. www.thirarestaurant.com.

#### IL TOSCANO

Come, live and experience the authentic flavor of Tuscany. Experience the best Italian restaurant out of Italy, where service, attention and perfection is provided to all our guests. You will be pleasantly surprised when you discover that IL TOSCANO is much more than a Italian Restaurant! It's a memorable experience and we already know you will be back for more! 2282 Weston Road Weston, FL, 33326, (954) 385-5883 www.iltoscanoweston.net

#### TUNDRA

Tundra restaurant features Eclectic modern cuisine accented by ice art focal points throughout the restaurant. Tundra features three inch chilling spheres in all specialty drinks inclusive of their signature nitro drinks. Tundra Shellfish on ice is served on a custom ice patter. Lobster Cappucino, Nitro Tuna Tar-Tar, and Fennel Dusted Scallops, are among the favorites. Portions are plentiful for the well balanced and very appealing menu. Tundra has the largest patio on Las Olas Boulevard and the dining room decor is stunning with the icicle-like chandeliers gracing the cathedral ceiling. 1017 E. Las Olas Blvd, Fort Lauderdale, FL, 33301, (954) 761-2122

#### VIA LUNA WINE VAULT AT THE RITZ CARLTON, FORT LAUDERDALE

Perfect for a romantic date, special occasion or intimate gathering with friends, the Five-Course Wine-Paired Culinary Journey features gourmet cuisine from Via Luna chefs and global wines hand-selected by Sommelier Don Derocher. Dine in the privacy of the award-winning Wine Vault, where ladies are presented with a faux fur stole to keep warm, or spend the evening on the oceanfront Via Luna Terrace, overlooking the path of the rising moon as its reflection grazes over the Atlantic. In either location, chefs and sommelier collaborate to present complementing menus in advance customized to individual preferences for a perfect, tailor-made evening. Reservations Required. Wine-paired dinners Wednesday through Saturday Evenings. \$125 per person. Via Luna Italian Grill open daily. 1 N. Fort Lauderdale Beach Blvd., Fort Lauderdale, FL 33304. (954) 465-2300.

#### 3030 OCEAN

The sophisticated fare that Chef Dean Max turns out at this pretty spot relies on the freshest fish and seafood he can find, though he doesn't neglect carnivores either. Many of his most-requested dishes appear often on the rotating menu, but there are always creative surprises to be sourced, as well. Marriott Harbor Beach Resort & Spa, 3030 Holiday Drive, Fort Lauderdale, (954) 765-3030.

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