

America's **FIRST CERTIFIED ORGANIC** Restaurant  
 We buy from certified organic farmers & producers  
 who do not use synthetic fertilizers, pesticides,  
 antibiotics, hormones or GMOs.



**IN SEASON**  
 Radish - Pears  
 Sunchoke - Kale  
 Celeriac - Endive  
 Black Trumpets - Apples

# Nora

**MARCH 2010**

**NORA'S  
 TASTING MENU  
 66**

**VEGETARIAN OPTION  
 61**

- BUTTERNUT SQUASH SOUP** with Pepitas, Crispy Bacon, Toasted Pumpkin Seed Oil, Crème Fraîche
- <sup>OT</sup> **HAWAIIAN HEARTS OF PALM** with Watermelon Radish, Chioggia Beets, Frisée, Blood Orange Vinaigrette
- <sup>OT</sup> **MAINE JONAH CRAB\* SALAD** with Guacamole, Cilantro, Micro Greens, Crispy Tortillas, Ancho Chili\* Emulsion
- <sup>OT</sup> **BLACK TRUMPET\* & ROASTED PEPPER TART** with Leek Goat Cheese Stuffing, Crispy Leeks, Chive Emulsion
- <sup>OT</sup> **HERB CRUSTED RACK OF LAMB** with Fondant Potatoes, Caramelized Fennel, Lacinato Kale, Marsala Jus
- <sup>OT</sup> **SAFFRON RISOTTO** with Leeks, Peas, Baby Spinach, Turnips, Parmesan Tuile, Herb Salad
- <sup>OT</sup> **MOLTEN BITTERSWEET CHOCOLATE CAKE** with Cappuccino Ice Cream
- <sup>OT</sup> **MEYER LEMON MERINGUE TART** with Lemon Confit, Raspberry Sauce

**STARTERS**

- BUTTERNUT SQUASH SOUP** with Pepitas, Crispy Bacon, Toasted Pumpkin Seed Oil, Crème Fraîche . . . . . 12
- LOCAL RED & YELLOW BEET SALAD** with Oranges, Grapefruit, Feta Cheese, Beet Tuile, Pomegranate Vinaigrette . . . . . 13
- HANDMADE POTATO GNOCCHI & DUCK SAUSAGE** with Chestnuts, Salsify, Black Trumpets, Pea Tendrils, Arancini Jus . . . . . 14
- SPANISH OCTOPUS A LA PLANCHA** with Olive Oil Crusted Potatoes, Chorizo, Gremolata, Watercress, Romesco Sauce . . . . . 15
- PRINCE EDWARD ISLAND MUSSELS MARINIÈRE** with Homemade N'Duja, Red Onions, Fennel, Grilled Crostini, Roasted Garlic, Tomato Broth . . . . . 15
- BACON WRAPPED VEAL KIDNEYS** with Sunchoke Hash Browns, Watercress & Bacon Salad, Sunny Side Up Farm Egg, Diable Sauce . . . . . 12
- PEPPER CRUSTED GRASSFED BEEF CARPACCIO** with Grilled Hen of the Woods\*, Shaved Fennel, Crispy Sunchoke, Watercress, Horseradish Sauce . . . . . 13
- CHARRED SPANISH MACKEREL\*** with Artichokes A La Grecque, Roasted Red Peppers, Upland Cress & Fennel Salad, Sherry Vinaigrette. . . . . 13
- CHEF'S ASSORTMENT OF HOUSEMADE PATES & CHARCUTERIE** with Crostini, Red Onion Chutney, Country Mustard . . . . . 15

**SALADS**

- BOSTON LETTUCE & WATERCRESS** with Brie, Shaved Fennel, Cherry Radish, Blood Orange, Dates, Citrus Vinaigrette. . . . . 12
- BABY ARUGULA, ENDIVE & RADICCHIO** with Roasted Pears, Mountain Gorgonzola, Toasted Almonds, Caramelized Onion Vinaigrette . . . . . 12
- ROMAINE & ESCAROLE CAESAR** with Housemade Bacon, Garlic Croutons, Soft Boiled Farm Egg, Pickled Red Onion, Fluffy Parmesan . . . . . 12

**MAIN COURSES**

- PAN SEARED NORWEGIAN SALMON\*** with Parsnip Purée, Crispy Saffron Panisse, Oven-dried Tomato, Green Beans, Meyer Lemon Sauce . . . . . 29
- PAN ROASTED MAINE DIVER SCALLOPS\* & CAULIFLOWER RISOTTO** with Leeks, Turnips, Baby Spinach, Brown Butter Emulsion . . . . . 32
- SAKE GLAZED ALASKAN BLACK COD\*** with Baby Bok Choy, Shiitakes, Scallions, Radish, Crispy Yams, Ginger Soy Emulsion . . . . . 33
- GRASSFED VIRGINIA RIBEYE STEAK** with Roasted Marrow Bone, Celery Root Purée, Green Beans, Crispy Salsify, Red Wine Jus . . . . . 33
- COCOA CRUSTED AMISH DUCK BREAST** with Farro Verde, Oyster Mushrooms, Braised Endive, Frisee, Chioggia Beets, Maple Sherry Jus . . . . . 32
- AMISH RABBIT TRIO LOIN, RACK & CONFIT** with Mustard Spätzle, Braised Red Cabbage, Brussel Sprouts, Chanterelles, Turnips, Cherry Stout Jus . . . . . 35
- PAN ROASTED AMISH VEAL LOIN MEDALLION** with Caraway Onion Purée, Sunchoke, Morel Mushrooms, Baby Carrots, Bacon Sherry Jus . . . . . 33
- FRAGRANT AMISH CHICKEN & CASHEW CURRY** with Lemon Basmati Rice, Bok Choy, Carrots, Apricot Chutney, Raita, Papadum\* . . . . . 27
- SHICHIMI\* CRUSTED TOFU TOKYO HOT POT** with Udon Noodles, Broccoli, Carrots, Snow Peas, Crispy Yams, Miso Mushroom Broth . . . . . 25



2132 Florida Avenue, NW  
 Washington, D.C. • 202.462.5143

**PRIVATE PARTIES & DAYTIME MEETINGS**

Call Camilla Rothwell  
 our Special Events Director  
 202.797.4870

\*Please note that there is no organic certification for certain "wild" foods such as some seafood. This also applies to some wines and spirits used in sauces and desserts. Food items marked with an "\*" may contain an ingredient that is not certified organic. Elemental Chlorine Free Paper • 100% Post-consumer Recycled Paper • Environmentally Sound Dyes • Acid Free

# WHY NORA BELIEVES IN ORGANIC AND BIODYNAMIC



**NORA** feels very strongly about the quality of the food we prepare. Fruits and vegetables grown without the use of herbicides, pesticides and fungicides, and animals raised without the use of hormones and antibiotics, are the fundamental basis for organic farming. What could be better than to eat clean, healthy food that has not been sprayed or injected with chemicals? And biodynamic farming goes one step further by taking into consideration all the living systems, both on the land and the surrounding elements. Just as the pull of the moon affects the ocean and its tides, so too is our plant life affected by the same lunar effects on the soil - and this synergy creates healthy living soil, which is where it all begins. So it is with great pride that this year, **NORA** celebrates 31 years as a leader in showcasing an organic food and lifestyle philosophy. In 1999, **NORA** became the first certified organic restaurant in the country. Over 95% of everything on our menu tonight is supplied by certified organic and biodynamic growers and producers that we have sought out and supported over the years. In sharing the bounty of their labors, **NORA** wishes you good health and a great dinner.

## — Water —

As water is used at every stage in the restaurant business, it is essential that our water be free of chlorine, bacteria, and all metals. We have designed a special system for Restaurant **NORA** that filters the water three different ways. We are thrilled with the results and feel that our water is better than any bottled brand. Just taste it !

## — Herbs and Produce —

Our expert local farmers include a thriving farming cooperative in Pennsylvania, Tuscarora Organic Growers; as well as Mike & Terra Brownback of Spiral Path, Jim & Moie Crawford of New Morning Farm, Mike Pappas from Eco-Farms in Maryland and Heinz Thomet of Next Step Produce in southern Maryland. Portabello, shiitake, and oyster mushrooms are grown near Kennett Square, Pennsylvania, by Tim Hihn at Mother Earth Mushrooms. Local mushroom foragers, Blair Caviness and Jeffrey P. Long, provide us with a variety of Wild Mushrooms in the autumn, and our forager on the West Coast is Mikuni Wild Harvest of Washington State and Oregon.

## — Dairy Products, Bread & Pasta —

Our dairy products come from two wonderful organic co-ops, Organic Valley and Natural by Nature. The main producer for Natural by Nature is a terrific farmer, Roman Stoltzfoos in Gap, Pennsylvania. With the help of his wife and eleven children, he produces the most delicious organic whole and low-fat milk, cream, butter and ricotta cheese we have ever tasted. Laini Fondiller at Lazy Lady Farm in Westfield, Vermont, learned her cheese-making skills in France, and now she produces exceptional goat cheese from her small herd of 25 French Alpine goats. We make our pastries from organic stone-ground flour that comes from Guisto Specialty Foods. The pastas served at Restaurant **NORA** are made in our kitchen with organic semolina milled by American Health & Nutrition, Inc., in Ann Arbor, Michigan. Our breads are produced locally by Le Pain Quotidien Bakery.

## — Poultry & Eggs —

Our Pekin ducks are from Aaron Stoltzfus of Friendly Farms, Pennsylvania, where his ducks actually swim in their own pond ! Daniel Zook of Lancaster County, raises an exciting French breed of organic free-range chickens, the Red Bro, who run freely outside in the open air, and you can taste the difference! They all enjoy a diet free of antibiotics and growth-promoting hormones, feeding only on organic grains and spring water. Our certified, cage-free organic brown eggs are from Lehman's Eggs, and Pot Pie Farm on the Eastern Shore, Maryland. They are among the freshest and most nutritious eggs available - the yolks are so yellow, it is unbelievable !

## — Meat —

Alvin Stoltzfoos, at Spring Water Farm in Pennsylvania, produces our fantastic flavorful veal. Alvin is single-handedly bringing back the rare Dutch Belt and it is through his efforts that this breed is once again growing in numbers. Raised primarily on mother's milk and never confined, the calves are permitted to graze on grass and that is why our veal is not white and is possibly the best veal you will ever taste. The animals are raised in a stress-free environment and fed highly nutritional ingredients with no pesticides or antibiotics. Our pork also comes from Spring Water Farm where Alvin raises Tamworth pigs, a 19th century breed that originated in the British Isles. Our grassfed beef comes from Ayrshire Farm in Upperville, VA where they specialize in raising rare & endangered breeds including Scottish Highland & Ancient White Park. Ayrshire Farm is the first Virginia farm to be certified both organic & humane. The humane certification ensures that the animals are raised on a nutritious diet without antibiotics or hormones; they have access to shelter, resting areas, sufficient space & the ability to engage in natural behaviors.

## — Fish & Seafood —

Restaurant Nora has always been committed to wild seafood. We seek out fisheries supported by the Marine Stewardship Council (MSC) - a terrific organization which continues to thrive. Recently, NORA has realized that sustainable and responsible aquaculture is not only acceptable but is necessary to take the pressure off wild fisheries and that the two go hand-in-hand. Changing Seas is a company that specializes in finding sustainable fish farmers and is now bringing us Norwegian salmon. We continue to search for similarly minded eco-conscious fisheries.

## — Wine —

On our wine list, an \* indicates the winemakers who go the extra distance and do not use synthetic pesticides or fertilizers in their vineyards. If you see \*\* by a wine, then it means the winemaker is certified organic and is committed to producing the best tasting wine that is good not only for you, but the land too. We are pleased that each year the list has more and more producers who believe the only way to grow grapes for the long term is by working with nature and, increasingly, they are taking the extra step to make their vineyards certified organic and some even biodynamic.

## — Coffee —

Our custom blend coffee is roasted weekly by the James Cannell Organic Coffee Company. The organic beans are shade grown under the forest canopy which helps protect local forests as well as provide a natural habitat for birds. All our coffee is bought exclusively from small farmer-owned cooperatives throughout Central and South America. Also, after years of searching we have finally found sources in South America for certified organic sugar and chocolate.

## — Uniforms —

Our servers' shirts are made of 100% certified organic cotton from the fine folks at Cottonfield USA, where great care is taken with the dyes used in order to protect the environment.

## — Energy —

This dinner was made possible by renewable resource energy – supported by Restaurant Nora.

Certified by:



Oregon Tilth Certified Organic

A handwritten signature in a cursive script that reads 'Nora Pouillon'.

Nora Pouillon, Executive Chef & Owner