

Nichols Hills

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VOLUME

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CONSTANT EVOLUTION

Luxe Meets Ultra Cool

3/50 Project

The Power of Keeping It Local

Culinary Cool

at 105degrees

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LIVING CUISINE

By Kent Anderson Photo by K.O. Rinearson

With the dawn of a new year, many people are considering what steps they can take to live a healthier life. Resolutions are made: this is finally the year to exercise more and eat right. But for those with a passion for fine dining, a dilemma arises – how to indulge in exquisite cuisine while simultaneously pursuing a healthy lifestyle.

The exciting concept of 105degrees is the answer on both counts. Located in Oklahoma City's new Classen Curve development, 105degrees combines the best aspects of a fine dining experience – gracious service, abundant atmosphere and food prepared with creativity and expertise – with a menu that is carefully designed to capture food's most healthful properties.

105degrees specializes in "living cuisine" – raw, minimally processed fruits, vegetables, nuts, seeds, sprouted grains and legumes. The establishment takes its name from the optimal temperature for preparing such cuisine to preserve both flavor and nutritional value.

Chef Matthew Kenney, Director of Culinary Arts and Operations, is a nationally renowned living cuisine chef and author of several cookbooks, while Chef de Cuisine Geoffrey van Glabbeek comes to 105degrees after a stint at Soleil in the Colcord Hotel. They have crafted an intriguing and dynamic dining experience.

The appetizer menu is designed to awaken the taste buds. The Sesame Noodles with red chili cashews and green onions (\$7) are an adventure in spice and texture. Another fine entry is the Bahian

Style Soup (\$7), with heirloom tomatoes, coconut milk, malagueta peppers and cilantro oil.

The entrées encompass a wide diversity of living cuisine. The Sweet Corn Tamales (\$17) are a thoughtful twist on the traditional Mexican dish. Using a filling based in corn instead of meat, the flavor is complex and thoroughly fresh. The tamales are served with raw cacao mole and a tangy/sweet mango guacamole. The Golden Beet Ravioli (\$15) is served with aged macadamia cheese, arugula and citrus for a unique juxtaposition of tastes.

Lest one think that dessert is out of the question with a healthful menu, 105degrees boasts a number of dessert choices. The Passion Fruit Parfait (\$7) with pineapple ice cream and coconut crumble is a surprising delight.

105degrees offers a full bar with organic wines and beers, and there are many organic teas and elemental coffees as well. The design at 105degrees is sleek and modern, with high ceilings, clean architectural lines and lots of glass. All the cuisine is prepared in full view of the dining room. The notion of a restaurant kitchen with no oven may at first seem incongruous, but this cuisine is crafted expertly by chefs with a great passion for the art of preparing raw food.

In addition to the restaurant operation, 105degrees is also a retail boutique and an academy offering classes to both novice and professional chefs interested in learning more about living cuisine. 105degrees is a healthy, flavorful and cutting-edge addition to the Oklahoma City dining scene. The restaurant is located at 5820 N. Classen, Suite 1. More information is at www.105degrees.com. ■



RAW ENTERTAINMENT

See chef Kenney present an array of his delicious, distinctive cuisine at St. Anthony's Celebrity Chef event Thursday, January 21 at the Oklahoma Heritage Museum. Kenney personally selected bold, flavorful recipes that appeal to the novice raw cook for his captivating presentation, complete with tempting tastings. Admission is free but reservations are required; call 231.8866 or visit www.saintsok.com.