

SAN DIEGO FOOD FINDS

Foods for Fortune and Good Luck in 2013

As the New Year approaches, millions are bubbling with hopes for the future. Cultures around the world have a variety of traditions that suggest the way to fortune and fame is through the stomach. Grab a fork and dig into to these fool-proof foods, guaranteed to bring fortune to fruition in 2013.



TACOS AT SANDBAR SPORTS BAR AND GRILL (COURTESY PHOTO)

Pigs are a popular symbol of wealth and prosperity around the world. Since the animal is notorious for rooting forward by digging their noses in the ground, pigs are often associated with progress. For riches and glory in 2013, get to the Gaslamp District for the All In Iron Fries at barley mash. This pile of homemade fries is topped with both pork belly confit and pulled pork along with stout braised short rib. Big on the pig, barley mash also

offers Pig Pie made with pork belly confit or Salami Pie made with artisan salami and pepperoni. For a Pacific Beach-area pork portion, The Duck Dive offers options such as Grilled Duroc Pork Sausages or Grilled Asparagus Wrapped in Prosciutto.

As history has it, green leafy veggies resemble folded money and represent economic fortune. Brazen BBQ Smokehouse and Grill in Hillcrest is one of the few local places that serve traditional Southern-style collard greens. Another place to find cooked greens is Union Kitchen & Tap in Encinitas, where the menu includes sides like stewed kale, charred okra, and brussel sprouts with bacon. The more greens you consume, the larger the coming year's fortune is said to be according to German and Danish lore for luck and prosperity.



FLATBREAD AT UNION KITCHEN AND TAP (COURTESY PHOTO)

Many cultures believe fish entrees bring good luck for two reasons: scales and schools. The scales symbolize money and schools of fish represent abundance. Historically, the Japanese even consumed shrimp to promote a long life. Stretch out your years by heading to Mission Beach's Sandbar Sports Bar and Grill for a Grilled Shrimp Wrap or Sandbar Tacos with Shrimp. The menu at Pacific Beach Alehouse also offers entrees such as Pale Ale Fish and Chips, Grilled Salmon Fillet and Ahi Sandwich.

Traditionally, noodles represent a long life while grains are linked to abundance in Asian culture. Good karma carbs from Toscana Cafe and Wine Bar in the Gaslamp District include delicious pasta dishes like Fettucine Alfredo and Spaghetti Pomodoro. Just be sure

to eat the noodle in its entirety. Sources say that cutting noodles with a utensil or biting them, makes for a shorter life span and bad luck. Go for grains at Hillcrest's Uptown Tavern where both the Butternut Squash Risotto and the Roasted Quinoa and Farro will bring about abundance in 2013.



CAKES AT 2GOOD2B (COURTESY PHOTO)

Fortunately, there is a reason to eat dessert after the New Year's meal. The round shape of cookies and cakes is a symbol of things coming full circle in one's life. Cakes that are ring-shaped or have treats hidden on the inside are considered especially lucky. At Encinitas-area bakery, 2Good2B, the goodies are gluten-free and flavor-full. Order an entire cake or bite-sized individual cookies and cupcakes. For a sweet surprise, consider Cafe Lulu downtown. The Petite Vesuvius is a hot lava cake with gooey filling or try the Red Velvet Cheesecake, which has a secret center layer of cheesecake. This New Year, have your cake and eat it too because it might just be good for you.

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