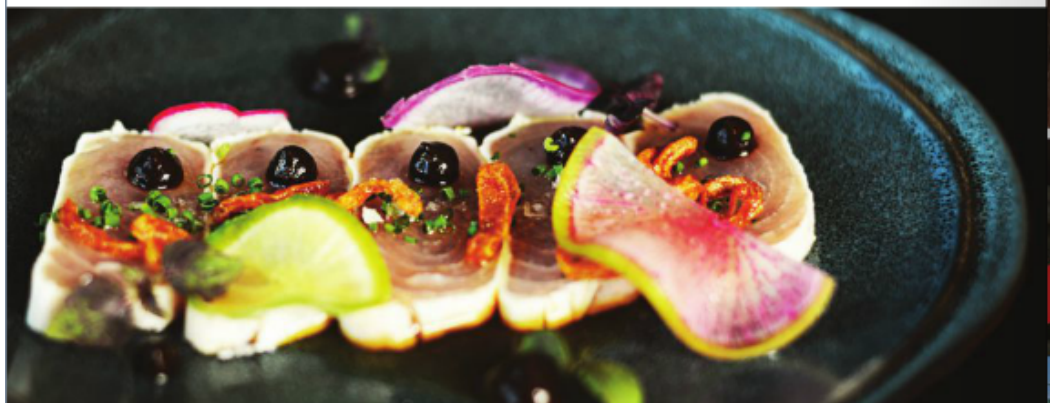




LAS OLAS

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\$4.95

DINING



# 3030 OCEAN

ADVENTURE AWAITS

BY MICHELLE F SOLOMON



Executive Chef Adrienne Grenier

The boisterous atmosphere of the newly renovated 3030 Ocean restaurant makes for some adjustments, but once settled in, the only thing to focus on is Executive Chef Adrienne Grenier's adventurous new menu. The "Chopped" champion, who previously worked under former 3030 Ocean executive chefs Paula DaSilva and Dean James Max, was appointed to the restaurant following its extensive three-month renovation.

Although the restaurant had reopened just four days prior to my visit, the wait staff was up to speed and more than knowledgeable in explaining the new menu.

For my appetizer, two selections from the raw bar arrived: the Wahoo Sashimi and the Ahi Tuna Poke (pronounced poh-koy, meaning "chunk" in Hawaiian). The poke was served in a bowl over crushed ice with pieces of tuna, avocado, sambal sauce and macademia nuts, which added a nice crunch to the soft fish.

What would become the most intriguing ingredient of the evening was part of the sashimi dish. When Grenier came from the kitchen to greet my table, I had to ask her the secret of the small squirts of black wasabi-like paste decorating the plate. Grenier said she creates the unusual condiment (black garlic) by putting whole bulbs of garlic in a rice cooker and leaving them to ferment over the course of three weeks. The paste has a sweet, almost soy-like flavor.

Two dishes from the starters menu arrived next: the Squid Ink Linguini with peekytoe crab served with pickled jalapenos, breadcrumb toppings and uni butter (a bit rich, best to be shared in small portions) and the Charred Octopus, meaty and cooked to perfection on top of a bed of arugula. An almond puree for decoration on each side of the plate became a delectable sauce for dipping pieces of octopus.

Grenier presented a free-range pork chop for my main dish. Locally sourced from Palmetto Creek Farms, the 12-ounce chop was basted in a smoky, hickory rub with roasted Brussels sprouts and a tangy mustard sauce for complement.

A dessert tasting followed from 3030's pastry chef, Huma Nagi. There were three small offerings of sorbet and a crispy vanilla bean meringue, but it was the to-die-for chocolate budino cake – a silky cross between cake and pudding – that left me longing for more.

Simple, yet adventurous, there's no doubt that each dish on the ever-changing menu is thoughtfully created. Grenier is a chef that expects you to eat with your eyes first. But don't wait to dig in. The dishes are meant to be savored in every way. ■

3030 Ocean at the Fort Lauderdale Marriott Harbor Beach Resort & Spa, 3030 Holiday Drive | 954.765.3030  
3030ocean.com