

Restaurant Review 26 One-19 North February 7, 2015

RESTAURANT REVIEW: The ONE-19 NORTH 119 N. Kirkwood Road Kirkwood, MO January 12, 2015: I have to admit that there are only three menu items I really like at this place. But I like them a lot, plus they offer music. This Tapas style eatery has lots of items on its limited menu that I could never choke down. However, I have yet to see anyone, who likes the food items that I would never order give anything but good-to-rave reviews of their entrées. So we will feature a number of items order by other people.



Personal favorites: The staff at One-19 North usually has a pretty good idea what I'm going to order when I walk in. The 8 oz sliced sirloin steak in Brandy crème sauce (\$16) along with the roasted potatoes (\$6) in a sauce. Once in a while I will deviate from this and get just a double order of potatoes without the steak. There is one other item I will buy when it is available.



The One-19 North has a fantastic **cheeseburger** (\$8.59) on the lunch menu. However, Chef Chris Delgado has promised if there are burger patties in the kitchen and the dinner rush is over customers can order a cheeseburger in the evening.



Those are my favorites...here are everyone else's:

One of my wife's favorites are the **panned seared sea scallops** (\$16). When the price is affordable Chef Chris Delgado will buy scallops from Digby, Nova Scotia, which are considered by many to be the best in North America.

The grilled salmon is not a large piece of fish, but it is so flavorful I have never heard anyone complain. The Agave Grilled Salmon is served on a bed of Spanish rice and spinach (\$13). I am not a big fan of spinach but spinach lovers like how Delgado uses it.



I'm not a big fan of mushrooms either. They are a fungus, just like athlete's foot. But many of my friends will order the **Vegetarian Mushroom Risotto** (\$7). Another favorite among Grits-fans are the **Smoked Gouda Southern Style Grits** (\$7). These grits cross party lines. I once saw two women sitting across the table from each other, one a liberal and the other one of Missouri's better known conservatives...both rave about these grits.



Vegetarian Mushroom Risotto.

Another of my wife's favorites is the **grilled Brussels sprouts** (\$6). These are grilled with bacon bits and parmesan cheese in extra virgin olive oil. They could be dipped in chocolate and I would still hate Brussels sprouts, but my wife loves these.

On an October night the **asparagus** were the chef's vegetable of the night at \$7. I even liked them.



Dinner salads are perfect for salad lovers, which I'm not one of...I'm happy with some iceberg lettuce, chopped hardboiled egg tomato and cheese under a coating of ranch dressing. But these two seemed to be popular with the "salad lovers". One is \$6 and the other is \$7.



The couple that shared the **Chipotle Chicken Flautas** (\$9) thoroughly enjoyed them.



However the item that got the most comment were the **grilled lamb chops** (\$19). Frankly for the price, the lamb chops look to be a bit on the thin side. However, the diner who ordered them could not believe how tender and tasty they were. He wanted others at the table to try one, until he realized there were only four on his plate. Ian Froeb the Post-Dispatch Restaurant Critic raved about the One-19 North lamb chops in 2010 when he was writing for the Riverfront Times.



There are several cautions about One-19 North. First the dinner menu is a Tapas Menu. It is somewhat limited and each item looks to be reasonably priced, but as you order three or four items your bill starts to get heavy, especially if you are drinking wine. Luckily I drink Coke...their bar Coke is pretty good and they refill the glass at no charge. My wife on the other hand likes to test the bartender with different bar drink orders. We are rarely there just for a meal and are often there for a music event where we meet friends and hang out for two to three hours.

Another note is your food is delivered not as you ordered it but when it is done in the kitchen. Your whole order is not likely to come out at once. If you waiter or waitress is busy another waiter might bring you order to your table asking "Who order the....?" They make it a point to get food to your table while it is hot and not to leave it sitting in the kitchen waiting on the rest of your order.

That said... if there is one downside to the One-19 North it can be service. While the kitchen staff has been a constant for four years, the serving staff has been transient, often consisting of several college students. On busy nights the service can seem to less than stellar.