



1002 Light Street
410.539.7344



Set in twin 1860 row homes and established in 1978, for the last 10 years Regi's has been owned and operated by Alan & Sande Morstein. Regi's is very much involved in the Slow Food Movement buying only farm fresh local eggs from Sauders Farms, Bison from Gunpowder Bison Farm in Northern Baltimore Co, burgers from Roseda Farms in Northern Baltimore Co, Zekes Fair Trade fresh ground coffee and farm fresh fruits and produce from the local farmers markets and directly from the farmers themselves. We never buy frozen meat, vegetables or fish since freshness is the backbone of the restaurant.

Alan and Sande works closely with Executive Chef, Ben Troast, and our Line Chef, Filly Marin, in creating daily specials and theme dinners. Alan and Sande also work and brainstorm with chefs abroad and across the country and have incorporated many of their ideas into Regi's menu along with local favorites. Chef Ben and Chef Filly take the ideas and turn them in reality putting their culinary spin on the plates.

Regi's is currently working with Marchesi Di Barolo (the original Borolo vineyard in Italy) to produce a wine dinner hosted by the 5th generation owner of the vineyard and a personal friend of Alan and Sande's, Anna Abbona. The event is scheduled for the fall after the 2010 harvest.



Signature Dish – Roasted Butternut Squash Soup

Prepared by Chef Ben Troast
Regis American Bistro
Federal Hill, Maryland

2 Butternut Squash
½ cup Diced Leeks
½ cup Sliced Carrots
½ cup Diced Celery

½ cup Heavy Cream
1 qt. Chicken Stock
salt, pepper, oregano,
thyme to taste

Preparation:

Cut Squash in halves, remove seeds, and roast at 350 degrees for one hour or until soft. Remove skin from squash. Sauté Leeks, Carrots, Celery and Herbs in small sauté pan. Add all ingredients and cook over medium heat twenty to thirty minutes, while warm, put in blender to purée.

This recipe is suggested for servings of four and to add to the delight to the palette garnish with cinnamon croutons.