

Chef in Motion elevates soup and sandwiches to a five star level

By Wendy Bell
Guest Commentary

Don't blink as you round the first corner on Victoria Road or you might miss the small house that boasts one of the newest and more unusual restaurants in town — Chef in Motion. Mauricio Breu, "Chef Mo," is a one-man show who does it all: cooking, catering and chatting with his customers as he puts together their tasty meals.

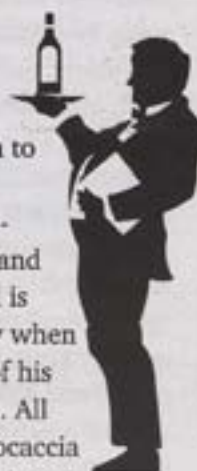
Mo's hometown is Mexico City, Mexico, and his cooking has a South-of-the-Border spin, but is in no way the standard Mexican restaurant fare. His menu is small, yet interesting, and his food is always delicious.

We like to visit Chef Mo at lunchtime, and we make sure to come hungry. My husband, Joe, doesn't diet so he has sampled one of the house specialties, enchiladas, which are filled with mushrooms, green onions, black olives and Mo's signature b'chamel sauce that is like no other. Plump and bursting with flavor, taken solo or combined with

chicken, this is a dish to be reckoned with.

Mo offers his sandwiches in two sizes (and prices), but the small is still a gracious plenty when combined with one of his savory soups or sides. All feature "Mo-made" focaccia bread, which is more like a light biscuit without the often overwhelming dose of rosemary. My favorite sandwich so far is his roasted (pulled) chicken which is piled onto a roll along with tomatoes, onions, a choice of cheese and a tangy, refreshing sun-dried tomato aioli.

Even a soup and salad combination is a five star treat when made by Mo. Joe's favorite is the daily roasted leek and potato soup, but Wednesday's chicken noodle with chunks of roasted chicken and homemade noodles is a close second. I like his Friday surprise, Chef's Mess, because it's fun to see what will turn up. Chilled canteloupe with a hint of ginger, lime and cilantro? Yum! Mo's salad



Want to go?

Chef in Motion
57 Victoria Road, Asheville
■ Breakfast (7:30-10 a.m.)
■ Lunch (11 a.m. to 5 p.m.)
■ Catering, custom dining experiences
■ Price Range: \$4 to \$8

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dressings are unbeatable, too. As with all the food that comes from

his tiny yet efficiently set up kitchen, they are made from scratch and you can't pick a loser.

A meal at Chef in Motion is like dining in your own kitchen. Although the decor is modern, the small size creates a cozy atmosphere, and Chef Mo's genial personality and obvious love of good eating make him the perfect host. Alison, his waitress/delivery person, is equally friendly, knowledgeable and efficient.

What sets Chef In Motion apart from other soup-salad-sandwich restaurants is quality. Mo's menu may be small, but all the choices are interesting combinations of basic ingredients that are fresh, healthful and well-prepared. He does a lot of take-outs but his quality there is equally uncompromising. He is a good cook who likes his work and does it well.