

What You Have to Try at: Basso Cafe

Super delicious seafood, soups, salads at this Norwalk restaurant

By Callan Mathis

Basso Café is one of those places that is full of regulars and that you sort of do not want to tell people about for fear of it becoming overly crowded. It is so delicious, however, that I feel somehow obligated to spread the word! Really, I promise that you will not be disappointed dining at Basso Café. Whether you are interested in snacking on a few tapas, or feasting on one of the many appetizers or entrees, this Mediterranean fare will not leave you disappointed. Here is what we had at our most recent trip to Basso Café:

Starters and Tapas:

Caldo Gallego (pictured above)

Caldo Gallego is a white bean soup from Spain and was being offered as an appetizer special the night that I went to Basso. This version, like everything at the restaurant was loaded with warm and comforting flavors. It contained Iberico ham, cabbage, potatoes, chickpeas, white beans and chorizo. Think of it as a pork flavored vegetable soup kicked up a several notches. The Iberico ham adds a wonderful savory element to the soup, and the vegetables were al dente, which gave them a perfect texture and flavor.



Sauteed Spinach and Chickpeas

This falls under the tapas section of the menu, so the portion size would be enough as a tapa, or an easily sharable appetizer. It's one of those dishes that will reaffirm your faith in simple and delicious cooking. There aren't any fussy or complicated elements about this one: just sautéed spinach with chickpeas and garlic, unassuming yet utterly flavorful.

Entrees:

Fish of the Day

The fish of the day this time was Chilean sea bass, it normally does not come with the Brussels sprouts and mushroom combination, but we ordered it with the vegetables as a substitute. The fish had a perfect sear, which gave it a crisp outside while still retaining its moisture inside.



Caesar Salad with Ahi Tuna

Ok, a little disclaimer. The Caesar salad normally is not served with Ahi tuna BUT if you ask for it there is a pretty good chance that you will be able to have it. The salad was lightly dressed with Caesar dressing, which I appreciated because a Caesar salad drenched with a lake of gloopy Caesar dressing is certainly more than a little unpleasant. But no worries! This Caesar had just enough where it could be tasted, but was not overwhelming. The Ahi tuna was a perfect accompaniment to the salad and gave it a different kind of zip from the usual grilled chicken or shrimp that normally accompanies Caesar salads.





You also get this fantastic garlic infused olive oil with your bread basket. It is really delicious, so be careful not to accidentally overdo it. You probably will, but don't say I didn't warn you.



Oh! Did forgot to mention that it is BYOB? No worries if you forget, there is a liquor store across the street, which is utterly convenient



Other things you should try: (But really, I'm not making it up, everything on the menu is actually great. These are just a few that I have tried and given a good ol' thumbs up)

Appetizers:

- Tuna and Mango Sashimi Salad
- Arepas

Salads:

- Lobster Salad
- Mediterranean Salad

Entrees:

- Tuscan Grilled Chicken Under a Brick
- Sea Scallops (I don't even really like sea scallops on a normal day, but these are the bees knees. It's probably because they come with crispy pancetta. And polenta.)
- Lobster Saffron Risotto Sicilian Style

Basso Café

124 New Canaan Avenue, Norwalk; (203) 354-6566

[Make reservations online by clicking here.](#) You know you want to.