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# LIFE AT McDOWELL MOUNTAIN

A Social Publication For The Residents  
Of McDowell Mountain Ranch



MEET YOUR LOCAL RESTAURANT  
PROPRIETORS OF  
**SAPIENS PALEO KITCHEN**

**ROMAN YASINSKY**  
WITH DAUGHTER **NIKITA** AND WIFE,  
**CHEF AURORE DE BEAUDUY**

family spotlight

# SAPIENS

## PALEO KITCHEN

**YOUR LOCAL (PALEO,  
GLUTEN-FREE, FRENCH)  
NEIGHBORHOOD RESTAURANT**

By Asonta Benetti; Photography – robertkeegan.com

It's rare to come across a restaurant like Sapiens Paleo Kitchen in any city, much less your own backyard. But Sapiens, Arizona's first and only Paleo gluten-free restaurant, was a perfect fit for the McDowell Mountain Ranch neighborhood. "We love this area," owner Roman Yasinsky says emphatically. "We were looking for a place and found an existing restaurant we could retrofit. It had a big kitchen and interesting set-up we thought could support our operation to do dine-in and catering. We love the McDowell Mountain Ranch community, we had friends who lived here. The community is very supportive, they love this area and appreciate it. They love nature, they care for their neighborhoods, they want to preserve them and keep them clean. And there's a higher concentration of people who observe healthier lifestyles and tell us how much they appreciate what we do. They understand the work that goes into what we do. Most of our customers know exactly what they want when they walk in the doors and they hold us to a high standard."

...

Roman with his daughter  
Nikita and wife, Chef  
Aurore de Beauduy



Yasinsky and his wife, Chef Aurore de Beauduy, have worked hard to maintain that high standard. They are no strangers to the restaurant business; de Beauduy trained at the Cordon Bleu Culinary School in France and she and Yasinsky built an impressive global resume running and building restaurants before landing in Surprise. There, they set up Vogue Bistro, which focused on combining American cuisine with French inspiration. The restaurant quickly gained local acclaim and was known for focusing on organic and locally sourced supplies.

However, it was a string of health problems that led the pair down the road of nutrition research. “That was the primary driver, both of us having medical conditions around the same time,” Yasinsky explains. “It led us to make dietary improvements and those improvements, conveniently, brought us to the Paleo diet, which has been a godsend.” The change in diet – which focuses on naturally raised meats, vegetables, fruits, and seeds – helped get the couple off of their medications and improved their overall health. They even managed to convince daughter Nikita, who was not originally thrilled with the idea. “We had to go full circle with her, from resistance to finally embracing it. She’s helping us at the

restaurant now and loves being a part of things.” The new dietary direction even influenced Nikita’s career decisions, as she has just been accepted to ASU for neuroscience with a pharmacology minor. But it also gave Yasinsky and de Beauduy a vision on how to redirect their creative and culinary energy in a new way that could also help their community.

They sold Vogue Bistro in 2017 and then focused their attention on this project, one that they felt would better serve their patrons by putting health and nutrition first. Thus came Sapiens, where they strive to create a high-quality, delectable dining experience while staying true to only Paleo and gluten-free ingredients. Their entrees run the gamut – from salmon and filet mignon to rabbit and calf’s liver – and there are options to satisfy everyone at the table. “We’re not a place to go eat just to survive another day,” says Yasinsky. “We’re about thriving, well-being, and optimal health. Food like this improves everything to do with your health.”

Yasinsky and de Beauduy have worked hard to meld all of her French techniques and skills with carefully sourced ingredients to bring out the best in their food. “We work with local farms right here in town, like Rhiba Farms located in San Tan Valley.” Their menu supports not only those looking for Paleo and gluten-free options but those on keto, Whole30, and vegan diets. Ultimately, they want to support everyone – whether on specialized diets or not – with the best possible cuisine that is good for the body and the planet. “I grew up on a farm in a village in Ukraine and we used to pickle cabbage, tomatoes, all sorts of things,” Yasinsky says. “You always had that on hand. And my grandfather would tell me that it’s good for your health, good probiotics. I didn’t

listen then but now I’m bringing back all of these things from my past that I unexpectedly am rediscovering thirty years later.”

Sapiens’ commitment to providing the community with the best in Paleo and gluten-free food extends outside of the walls of their restaurant. Their popular meal prep option has been hugely beneficial to both their customers and Sapiens. “With all of the challenges from COVID last year, we evolved as a meal prep company. We wouldn’t have made it without that part of the business,” Yasinsky says. “For just \$12.99, you’re basically getting a gourmet meal with its own sauce made from veal stock that we make right there in the restaurant, real herbs, roots, and vegetables.” There are a la carte and subscription options and customers receive carefully curated meals right to their door. Yasinsky is proud of its loyal following. “I delivered 800 meals the other day,” he says. “I already bought a special car for delivery because mine is too small now.”

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