# Foodies of New England

Fabrillien Fried Rice

What the **Chefs Eat** 

Local Chefs Create Their Favorite Dish!

Spring 2017

Best of... **Foodie Crawls** Touring Providence, RI

Gray's Grist Mill A Taste of History



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Spring 2017

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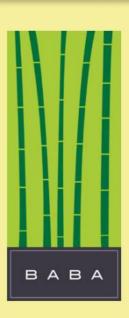
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Ever have such a great meal at a restaurant and think, "Gee, I wonder what the chef here likes to eat?"

Well, having profiled so many terrific dining establishments, we at Foodies of New England magazine have considered this question many times. So, we decided to reach out to our famed chefs of stories past and ask them:

"What's YOUR favorite meal?"

### Springing Up With Flavor

You'll love what they've come up with! The creativity, taste, presentation, and all-around excitement surrounding these fabulous chefs and their stellar favorite recipes - from appetizer to dessert – will "WOW!" you. We start with Chef Brian Alberg at The Red Lion Inn located in scenic Stockbridge, Massachusetts. Sandy Lashin-Curewitz reviews the food Chef Alberg loves, his creativity, and his passion about being a chef.

Then, on to Chocopologie Café in Norwalk, Connecticut, where Jodie Boduch explores the musings of Denmark-born owner and master chocolatier Fritz Knipschildt. England's own Julie Grady Thomas delves into the mind of Peter Eco, former Executive Chef at Worcester Country Club, as he sets up his new kitchen in Fitchburg, Massachusetts, at the historic Fay Club. A former New York City culinary guru, Chef Eco offers true depth in his contemplation of great eats.

Up to Portsmouth, New Hampshire, to the Black Trumpet Bistro, where three-time James Beard nominee Evan Mallett is more than just a chef; he's an activist, author, and community leader. See what makes his approach to culinary arts so special!

South to Providence, Kara and Marni Powers meet with Chef Marty Lyons at Julian's. This fresh pasta aficionado shares his sought-after potato gnocchi recipe and a few other interesting tidbits! While you're in Providence, take advantage of a great foodie crawl designed by our culinary architect, Kelley Kassa. She takes you on a tour of four fabulous locations in a quest for greatness among the city's most tantalizing appetizers, small plates, entrees, desserts and, yes, even cocktails! After this delightful dining experience, take your time and stroll-off the calories along the river and through the cultural neighborhoods and bustling downtown of picturesque Providence.

"If it's not awesome, we don't bother with it." That's the promise Jonathan Cook from Homefield Brewing makes regarding the ingredients he puts in his craft beers. Check out Ed Londergan's story about this local brewery that's getting a lot of attention in Sturbridge, Massachusetts.

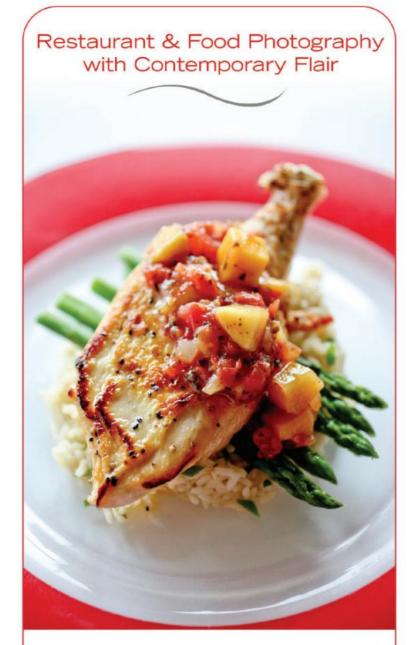
Just a stone's throw away on a well-manicured rise amid other vintage buildings, Cedar Street Café features both traditional early-day eats along with daily specials and more esoteric, compelling offerings such as house-smoked brisket, quiche-of-the-day, savory frittatas, lunch boxes to go, and air-roasted coffees. Specials include eggs from Red River Farm in West Brookfield and slab bacon from BT's Smokehouse, right around the corner! All fresh, all local... No junk here!

Speaking of West Brookfield, Daniel Lieberman harks back in time at historic Salem Cross Inn, a beautifully-restored 18th century rustic restaurant and inn where two marvelous chefs turn out the most wonderful New England fare... with flair!

Alexis Cervasio wants you to know that there's some incredible dining to be had in East Boston. But she's not going to tell you where to find it, or what's on the menu, until just 24 hours in advance. That's the modus operandi of East Boston Oysters, which is making a fresh and tasty name for itself among foodies who like an occasional surprise "pop-up" dinner. Check out our feature by Eric Francis.

continued on page 12





### Restaurant Owners!

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erbphoto.com 508.421.3912 The phrase "farm-to-table" typically conjures images of fresh, local ingredients being transformed into picture-perfect plates, with lots of attention paid to the farmers and cooks involved. Welcome Gray's Grist Mill, a Rhode Island landmark that takes fresh-grown, local corn, grinds it up into cornmeal, and gets it over to your favorite chef for a creative transformation into what's sure to be a stellar recipe. Check out this 300-year-old grist mill and find out why Gray's is the "to" in Farm-to-Table.

Foodies-folk really like to pay it forward, don't they? Check out Café Reyes in Worcester, a unique restaurant and on-site job training program for residents of the Hector Reyes House, a substance abuse treatment program for Latino men which teaches would-be chefs all aspects of restaurant operation as well as crucial skills like being on time for work, learning to take criticism, teamwork, and mutual support.

Get up early and get up to Sugar Hill, New Hampshire for breakfast at Polly's Pancake Parlor. You might say the folks at Polly's have maple syrup running through their veins – the land accompanying the farmhouses at this 78-year-old breakfast beacon were originally a maple sugar business during the Great Depression, catering to the numerous hotels in the area. It's quite a site, and the food is quite a taste!

Our featured farm in this issue is Barstow's Longview Farm in Hadley, Massachusetts. A true dairy farm six generations and 200 years deep, Barstow's assures its visitors a pleasurable, New England experience. Come peruse the dairy store and bakery, then take off your shoes and stroll through the thick, lush grass, but don't bump into Betsy!

Of course, you'll want to pour over our regular feature departments, including Renee Bolivar's Home Grown, Denny Corriveau's Wild Cheff, The History Of... by Jodie Lynn Boduch, The Gluten-Free Diva by Ellen Allard, Sweet Sensations by Lina Bifano, Matt Jones' Brew Review, Elaine Cowan's Healthy at Home, Whiskey... Under Loch & Key by Ryan Maloney, Adam Gerhart's Liberating Libations, and Wines of Distinction by yours truely.

Have a great spring, foodies! We hope you'll take advantage of our efforts to plan-out epicurean excursions of wonderment and memory throughout this great region of ours!

Domenic ....

Domenic Mercurio, Jr. Editor/Publisher





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If you can get fresh green tea from Greece, I highly recommend it. Boil for about 15-20 minutes then strain and keep hot when adding to cocktails. Perfect for a head-cold!

Recipe by Adam Gerhart

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# What the Chefs Eat:

Black Trumpet Bistro's Evan Mallett

Written by Briana Palma Photography by Scott Erb and Donna Dufault

van Mallett is more than just a chef; he's an activist, author, and community leader. Likewise, the dishes he serves at his restaurant, Black Trumpet Bistro, are more than just food; each one is a learning experience for diners at the renowned Portsmouth, New Hampshire eatery. Seasonality and sustainability, rather than a type of cuisine or culinary technique, define the menu at Black Trumpet. Every dish is a product of Mallett's passion and creativity, so asking him to choose a favorite is like asking him to pick between his two children.



But if he must, the three-time James Beard Award nominee says it's his Gruit-Braised Goat, a recipe that's included in his book Black Trumpet: A Chef's Journey Through Eight New England Seasons, which is part memoir and part cookbook.

"This is the dish that I think best embodies Black Trumpet and delivers a message along with what I hope is a really delicious flavor," Evan says.

Since Mallet is committed to whole animal utilization, every serving of Gruit-Braised Goat begins with a whole goat that has been locally raised. After the animal has been broken down, the meat is seared and cooked slowly for about three hours in a mixture of goat stock and gruit-style beer, which uses botanicals and aromatics for flavoring rather than hops. The beer is sourced locally from Portsmouth's Earth Eagle Brewings.

Once the goat meat cools, it's shredded like pulled pork, rolled up in a log, and chilled. Then when it comes time to serve, Mallett and his kitchen staff cut the log into thick pieces—"essentially hockey pucks," he says—sear them, add the goat stock and gruit braising liquid, and reduce it all down. This second caramelization imparts the meat with a "deeper, richer flavor."

"At this time of year, in mid-November, right through to late spring, I find that this dish really resonates with people," he says. "It's definitely a stick-to-your-ribs, soul-warming, hearty food. And on my end of things, I'm getting people to eat a meat that they

might not otherwise eat. We have it a couple of different ways on our menu... [such as] paired with a gratin that's made with potatoes from our garden and we bake that in a béchamel, so it's very classically French."

No matter how it's paired, though, Mallett's Gruit-Braised Goat delivers a consistent message about the ideals on which Black Trumpet Bistro operates. There is the importance of choosing locally raised produce and highlighting underused foods, along with sustainability, waste reduction, and whole animal utilization.

Mallett explains that goat meat has an important role in the story of sustainable food thanks to the popularity of goat cheese in the United States, which dates back to the 1970s.

"When you have an unsustainable, out-of-balance food system, what happens is you become possessed by a single-production item without thinking about the peripheral damage that creates," he says. "All of those farms that were raising goats for their milk essentially had no choice but to kill male goat kids. So they would just pile them up and have dead bodies on the farm."

Eating goat meat is part of the solution to that problem, and Mallett's menu proves that it's a delicious one indeed.

"It's a very clean flavor," he says of goat meat. "For people who find lamb very fatty, this is a nice alternative. It's very clean and it's very flavorful."

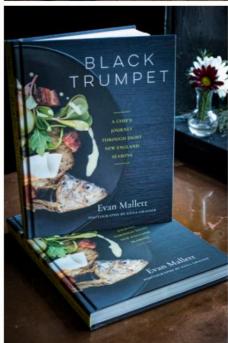












### Black Trumpet Bistro

29 Ceres Street Portsmouth, NH 03801 603.431.0887 www.blacktrumpetbistro.com

### Gruit-Braised Goat

### Ingredients

8–9 pounds goat braising meat (legs, neck, shank, and rib all work well)

2 tablespoons plus 2 teaspoons kosher salt

1 tablespoon plus 1 teaspoon ground pepper

1/4 cup olive oil

2 carrots, medium dice

2 stalks celery, medium dice

1/2 Spanish onion, medium dice

3 tablespoons minced garlic

1/4 cup minced fresh gingerroot

2 tablespoons ground fenugreek seed

1 tablespoon mustard powder

1 tablespoon ras el hanout (available at stockandspice.com)

2 cups tomato puree

1 pint gruit (or any rich and sweet ale that's not too hoppy)

2 1/2 quarts goat/lamb stock



**Braising the Goat:** Preheat the oven to 300°F (150°C). Preheat a wide, heavy-bottomed 8- to 10-quart pan over high heat.

Coarsely chop the meat into large, same-sized chunks so it will cook evenly. Don't bother trimming the fat; it adds flavor to the braising liquid and can be skimmed off at the end. Sprinkle the meat with the salt and pepper.

Add the olive oil to the hot pan and carefully add the meat in a single layer (you will have to do this in two or three batches). Sear it to a golden brown without disturbing it, about 5 minutes. This brown sear is due to the Maillard reaction, or caramelization of sugars on the meat's surface. This searing step is key to a flavorful braise. If liquid starts to seep out of the meat, it will prevent the surface from searing and will begin to stew the meat. If this happens, it means the pan isn't hot enough or is too crowded, so either turn up the heat or remove some of the meat from the pan and sear it in the next batch.

Turn the meat and sear for 5 minutes on the other side. Transfer the meat to a bowl and repeat with the remaining meat until all of it is browned and moved to the bowl.

Add the carrots, celery, and onion to the pot and sweat in the goat fat for 2 minutes. Add the garlic and stir, cooking for 2 minutes more. Add the ginger, fenugreek, mustard powder, and ras el hanout and stir to combine with the vegetables. Add the tomato puree and cook down to a concentrate, stirring occasionally, about 4 minutes. Add the gruit or ale and boil down until the alcohol

smell burns off, about 2 minutes. Add the goat or lamb stock, stir to combine, and bring back up to a boil.

Carefully transfer the goat meat back to the pot, cover, and reduce to a low simmer. The meat should be just barely submerged in the liquid. Check every half hour to ensure that the meat isn't sticking to the bottom of the pot. In 3 hours, the meat should fall apart at the pull of a fork.

**Shaping the Logs:** Let the meat cool in the braising liquid until it's still warm but no longer too hot to touch. Strain out the liquid from the pan and transfer the meat to a clean bowl. Wearing rubber gloves, knead and shred the meat, adding salt and pepper if necessary. Shape the shredded meat into a log on an unrolled section of plastic wrap and roll the meat up like a burrito in logs about 3 inches (7.5 cm) thick, twisting the ends of the plastic wrap. Refrigerate for 3 hours or for up to 3 days.

To Serve: When you're ready to serve, remove the plastic and cut the log into equal slices that will each serve as one portion. In a nonstick or carbon steel pan with a couple of tablespoons of clarified butter/olive oil blend ("Building Blocks," page 13), sear the disks of goat meat until crispy, flip over in the pan, and add braising liquid to reduce.

This recipe is adapted from Evan Mallett's book *Black Trumpet:* A Chef's Journey Through Eight New England Seasons (Chelsea Green Publishing, 2016) and is printed with permission from the publisher.





## TURNIPS, REBRANDED

Brian Alberg of the Red Lion Inn

Written by Sandy Lashin-Curewitz Photography by Scott Erb and Donna Dufault

urnips have come a long way—from subsistence staple to the item at the bottom of your co-op box. Today's turnip has grown into a new future, playing new and revival roles, creatively paired with new co-stars and fit with fancy dressings.

Turnips are top-of-list for Red Lion Inn and Eat on North Executive Chef Brian Alberg. He describes his favorite dish, butter poached turnips with Farm Girl Farm smoked tomato sauce and lemon gremolata:

"I believe that food should be playful, sincere, and showcase the terroir and region from which it comes; this dish plays to each of those traits," says Alberg.







"Playful because it eats like a meat dish but is not; sincere in that each ingredient is prevalent and complimentary to the others; tastes of the minerals and earth while brightly giving a nod to the shire."

Why would Chef Alberg, who plays such a big role in the cuisine of the Berkshires, whose expertise earned him a place on the staff of the AAA four diamond Saybrook Point Inn & Spa, who is an active member of the James Beard Foundation, have such a fondness for such a humble vegetarian dish?

"I think of this dish as more of a starter than a side or entree although it can easily be adapted for either," he says. "It is a dish I serve to friends and frequent guests, as a way to stimulate their palate and their thoughts on food. Typically, my MO is being the big flavor meat cooking guy: lamb, game, pork, beef. This dish contradicts me and also peoples' perception of what vegetarian food tastes like. It's my favorite because it creates the ever-so-important first impression into my food."

Chef Alberg's words and actions reveal a strong personality focused on sharing. Like drawing out flavors to delight the palate, Alberg turns the spotlight on the hardworking men and women who bring fabulous recipes to life alongside him and on the local farmers who produce vegetables, herbs, fruits, milk and butter as well as raise livestock and artisans who bake bread and pastries. His longstanding relationships with farmers, food producers, and restaurants, make Alberg a one-chef engine for the local economy.

Detailing the ingredients of his favorite dish, Alberg says, "Laura Meister at Farm Girl Farm in Sheffield grew the turnips and tomatoes. Laura and I have been teamed up as chef/farmer for a decade. The crumbs for the gremolata come from Berkshire Mountain Bakery in Housatonic and the herbs from various local farms. High Lawn Farm Dairy in Lenox produces the butter from Jersey cows which have a butter fat ratio higher than other dairy breeds giving it a richer mouth feel."

With this dish, Chef Alberg tells a story. Food is not only enjoyed with families and friends around the table. Enjoyment is also in the livelihood of the farmers and the camaraderie of the kitchen staff. He invites us to look at a root vegetable like the turnip and consider the possibilities.

#### The Red Lion Inn

30 Main Street Stockbridge, MA 01262 413-298-5545 www.redlioninn.com









"I believe that food should be playful, sincere, and showcase the terroir and region from which it comes."



Executive Chef Brian Alberg





# A Walk Down Memory Lane

Marty Lyons of Julian's Restaurant

Written by Kara & Marni Powers Photography by Scott Erb and Donna Dufault

hef Marty Lyons is a passionate and innovative, completely invested in his craft. Having immersed himself in the local spirit of Providence—he has worked in some of the city's top restaurants including XO Café, L'Epicurio, and Nick's on Broadway—he joined the team at Julian's Restaurant and Catering last year as executive chef and head of their sister pizza shop, Pizza J.



When asked what he most enjoys eating, Lyons reflects on his time in culinary school at SUNY College of Agriculture and Technology in Cobleskill, New York. There, he first started making pasta with Chef Robert Miller, "a real mentor and inspiration" to Lyons.

As part of his coursework, Lyons worked at a small on-campus restaurant with Miller where he tested, sampled and perfected recipes. Miller always supported Lyons' culinary journey, and to Lyons, making fresh pasta is a walk down memory lane. It's a "personal art" that requires patience, skill and practice.

His favorite pasta to cook is gnocchi - tiny flour, potato and egg dumplings. The flavorless potato pillows, which he compares to "blank canvases, perfect for stacking flavors and textures," can be modified each season with ingredients from local farms and farmers' markets.

In the fall, he adds sweet potato, duck and sage to his homemade gnocchi. In the summer, he tosses in bursts of fresh tomatoes, and in the spring, he features pea tendrils, carrot and goat cheese. Lyons' Potato Gnocchi with Spring Peas and Carrots are a nod to his past while also a colorful, flavor-packed celebration of spring.

See recipe on page 29

### Julian's Restaurant & Catering

318 Broadway Providence, RI 02909 401.861.1770 www.juliansprovidence.com















### Potato Gnocchi with Spring Peas and Carrots

Serves 4

#### Ingredients

2 lbs. russet potatoes

1 1/2 cups AP flour

3 large egg yolks

2 shallots, minced

6 garlic cloves, minced

1 teaspoon chopped thyme

2 oz. white wine

4 oz. chicken stock

4 oz. fresh carrot juice

1 lemon, juiced

4 oz. cubed butter

2 oz. toasted and crushed hazelnuts

1 cup fresh English peas

4 oz. pea greens/tendrils

4 oz. fresh goat cheese

olive oil (as needed)

red pepper flakes to taste sea salt and cracked black

pepper to taste

#### Method

### 1. Making the Gnocchi Dough

Preheat the oven to 350° F. Wash, oil, and heavily salt the russet potatoes in a large mixing bowl. Roast for 1 hour or until cooked through. Cut them in half, and allow to cool to room temperature. Scoop out the flesh with a spoon and run the pulp through a ricer, or a food mill, onto a floured work surface. Make a well in the middle of the potatoes. Sift in half the flour, then the yolks, then the remaining flour and salt. Using a bench

scraper, chop the dough together rather than knead. The dough should be worked as little as possible in order to keep it from becoming sticky and dense. Shape the dough into a ball, wrap it in plastic wrap, and let sit on the counter for 30 minutes.

### 2. Boiling the Gnocchi

Bring a large pot of heavily salted water to



a boil. Fill a large bowl with water and ice. Once the dough has rested, remove it from the plastic wrap, and gently coat the entire ball in flour. Using the bench scraper, cut off 1/2-inch in diameter sections, and roll them into long tubes. Using the bench scraper, cut the tube into 3/4-inch sections. Add 1/4 of the gnocchi to the boiling water. Once the

gnocchi float, remove them with a hand strainer and submerge them in the ice bath for 1 minute, remove, and place them on a sheet pan to dry. Make sure they aren't touching or they'll stick together. Continue with the remaining gnocchi (there should be 4 separate batches).

### 3. Preparing the Spring Peas and Carrots

Heat a large heavy-bottomed sauté pan over high heat. Add enough olive oil to the pan to coat the bottom. Once the oil simmers, add the gnocchi without overcrowding the pan (this can be done in several batches if necessary). Cook the gnocchi for 1-2 minutes per side until they have a nice golden crust. Add the shallots, garlic, and red pepper flakes. Gently toss to combine. Once the garlic barely starts to brown, move the pan away from the heat and add the white wine. Return the pan to the heat, and allow the liquid to reduce. Once the pan is almost dry, add the chicken stock and carrot juice. Reduce until the sauce begins to thicken. Add the English peas, remove from the heat and toss with the cold cubed butter. Mix gently until all the butter has been incorporated. Stir in 1/2 the lemon juice, and fresh thyme, then adjust the seasoning with salt and pepper to taste.

### 4. Plating Up

Arrange several spoonfuls of the gnocchi and sauce in the mid-

dle of 4 large flat-bottomed bowls. Sprinkle the fresh goat cheese and toasted hazelnuts evenly on top of each. Dress the pea greens with the remaining lemon juice and a little olive oil. Work the pea greens into 4 small nests, and place them on top as garnish, right before serving.





# Simply Elegant Chocolate

at the House of Knipschildt

Written by Jodie Lynn Boduch Photography by Scott Erb and Donna Dufault

imes change, but chocolate is eternal. Is that too bold a statement? Not when you're in the business of chocolate like the House of Knipschildt.

When we profiled the company's Chocopologie Café for our Color of Food challenge in Fall 2013 ("Yellow: A Study in Vibrant Imagination at Chocopologie"), the Norwalk restaurant was a jewel of sophisticated fare alongside heavenly sweets.



The refined, extensive offerings garnered some excellent press in Connecticut and New York. Denmark-born owner and master chocolatier Fritz Knipschildt said, at the time, that his aim was to have a place that served good food and where people could hang out.

Chocopologie Café has since moved in a new direction, figuratively and literally, with an eye toward simplicity. Chef Christian Wilki, who undertook our Color of Food challenge, is now Sous Chef at Roia in New Haven, Connecticut. The café, just shy of opening in a new Norwalk locale as of this writing, has narrowed its focus. Savories have been tabled in favor of sweets, and Knipschildt promises the menu will be "limited, easy, and wonderful."

Open only weekends, the new Chocopologie Café will feature retail merchandise as well as hot chocolate, coffees, individual desserts, and pastries. Doughnuts (including trendy croissant doughnuts) will be offered because, as Fritz says, "we have a lack of great doughnuts here in Connecticut." Although some aspects of the menu were still in development at the time of the interview, Knipschildt mentioned the possibility of customers having the option to mix and match fillings and pastries, too.



In addition to the café, there are two lines of chocolate under the House of Knipschildt: the wholesale brand, same-named Chocopologie (keep your eyes open next time you're flipping through the Williams-Sonoma catalogue), and the premium brand available through the website, Knipschildt Chocolatier. Both brands offer superb quality, with the more labor-intensive Knipschildt Chocolatier having an artisanal feel. "There are sometimes six, seven, eight steps to making a piece of chocolate," Fritz says. In fact, he adds, chocolate-making in general is very labor intensive: it's a challenge to have the temperature come out just so, decorating has to be precise, and so on.

Knipschildt was inspired early on to become a chocolatier. At 14, he worked in a restaurant where they made their own chocolates and petit fours. "I ate as many as I was making," he says, although he himself has no particular favorite chocolate. "I'm craving peppermint ganache at the moment...but it really depends on the day."

Years of training in restaurants in Europe and the US have given Knipschildt classical training and a flair for creativity, as evidenced in both chocolate brands. Sea salt caramels are popular in the Chocopologie line. A flat white espresso bar, honey and fig dark chocolate bar, and spiced chocolate sauce are a few of the other offerings. For Knipschildt Chocolatier, the signature box—an elegant display of colors, flavors, and textures—is a favorite. Think truffles such as: elderflower jam, rosemary-infused caramel







with mushroom salt, and Madagascar-pickled green peppercorn topped with black Cyprus lava salt.

Enjoying high-quality chocolate is an experience. According to Fritz, the best way to consume chocolate is to eat it at room temperature. Still water allows for a certain purity of palate, but of course, coffee, wine, and whiskey are popular liquid accompaniments. Most importantly, he notes, "try not to be distracted by too many other flavors."

When asked about the distinction between American and European chocolate, Fritz says that these days, there's less of one. Once upon a time, American chocolates were sweeter, but that's shifted with the rise of artisan chocolates in the US. As for that Belgian chocolate we all enjoy? It's all in the milk. "Happy cows," says Fritz.

The cows may have it good in Belgium, but chocolate fans have it pretty good, too. The House of Knipschildt can certainly make a claim to happy customers. When it all comes down to it, both his success and his objective are one and the same: "Really, really good chocolate."

### House of Knipschidt

133 Washington Street Norwalk, CT 06854 203.854.4754 www.chocopologie.com



# Breaking the Brief

### with Chef Peter Eco of The Fay Club

Written by Julie Grady Thomas Photography by Scott Erb and Donna Dufault

t appears that Chef Peter Eco doesn't quite fit the brief.

At least, not in the way you think.

When asked what his go-to food is, he admitted that he didn't really have one. "It sounds kind of strange. I like doing a little bit of everything."

Of course, don't we all?

When asked what he craves after a long day at work, he promptly answered Chinese food. "But, I'm not a great Chinese cook – I go out for that."





Fair enough, most of us would.

When asked what his favorite snack was, he said that he likes cereal, hot dogs, and then asked, "Have you heard of Lydia Shire?"

Intriguing—a person—not an expected answer.

Shire is a famous Boston-based chef and restauranteur. Legendary even. The James Beard Foundation awarded her America's Best Chef-Northeast in 1992 and One of America's Top Five Chefs in 1996. In 2013, Restaurant News inducted her into their Fine Dining Hall of Fame.

"I ran into her 20 years ago and she introduced me to Oscar Mayer Cheese Dogs," explains Eco. Oscar Mayer Cheese Dogs are prepackaged hot dogs stuffed with "cheese product," Oscar Mayer's own words.

We can't use that.

"It's awesome, it's delicious, and it takes 20 seconds – just add some ketchup. I was shocked [when I had it the first time]. Completely floored. I still do it."

Incredibly candid and thoughtful, Eco elaborates, "I love fancy food but, you know,

I think most chefs are [this] way—we're not going to come home and make it for ourselves."

Eco has been in the culinary business for over 25 years; he was Chef at Craftsteak (one of Tom Colicchio's restaurants, you know, the head judge on *Top Chef*), Executive Chef at 41 North, Worcester Country Club, and now The Fay Club in Leominster. While he's still learning something new everyday—"at least one thing, usually like 30 or 40"—he follows a higher calling to teach and train and when he can.

In that light, he has been a judge for Worcester's Best Chef for the last five years. "A lot of people think [being a judge] must be awesome—you get to eat all that great food—but you have to taste and be fair with 20 to 25 dishes. Someone put their heart and soul into those plates."

His specialty, besides looking out for tomorrow's top chefs, is spinning classics. So, in keeping with his tastes, this step-by-step guide to his wonderfully indulgent swordfish au poivre is up for grabs.

Served atop lentils du Puy (made with

bacon), and a carrot fondue (made with a drop of honey and a lot of butter), this dish is equal parts rich and luxurious. The best part? It's made from modest ingredients.

"It transforms a very simple, pure, delicious protein and turns it into something completely different," says Eco.

Rich but not heavy, a warming dish like this is perfect for dark, damp, spring nights. And while classic steak au poivre might run a little hot, Eco's swordfish version has lot of flavor—five different peppercorns, from pink to Sichuan—but isn't overwhelming.

Alongside big flavor is an orchestra of texture. Rest the glazed fish atop the velvety purées, add some delicate strings of fried leek, some parsnip or carrot peelings, and you'll have a colorful, beautiful dish that just so happens to be a truly awesome play on steak au poivre.

See recipe on page 38

#### The Fay Club

658 Main Street Fitchburg, MA 01420 978.345.4537 www.thefayclub.com









"I love fancy food but, you know, I think most chefs are [this] way—we're not going to come home and make it for ourselves."



# Swordfish au Poivre with a Pinot Noir Reduction, Lentils, and Carrot Fondue

Serves 4

# Au Poivre Pepper Blend

# Ingredients:

- 1 Tbs. black peppercorns
- 1 Tbs. white peppercorns
- 1 Tbs. green peppercorns (dried)
- 1 Tbs. pink peppercorns
- 1 Tbs. Sichuan pepper
- 1 Tbs. coriander seed

# **Directions**

- Gently grind each one separately in a coffee grinder. They should **not** be finely ground but rather slightly coarse.
- 2. Combine together and reserve in air-tight container.

# Veal Stock & Demi-Glace

If you don't have time (or the energy) to make veal stock (Option #3) from scratch (after all it is a long and complicated process) you could try one of these other two methods..

- 1) Easiest way to go... Buy a pre made demi-glace from a high end grocery store (Wholefoods and Wegmans) or...
- 2) A little harder... Buy pre made beef broth and "fortify" it.

# Ingredients:

- 2 large cans beef broth College Inn, Swansons, etc.
- 1 small package of \*marrow bones (or chicken wings)
- 2 carrots, peeled and rough cut small
- 4 stalks celery, rough cut small
- 2 leeks, washed thoroughly and sliced thinly, use white and green part
- 2 sprigs thyme
- 1/2 bunch parsley stems
- 1 bay leaf
- 5-6 peppercorns

# **Directions**

Bring all ingredients to a boil, reduce to a slow simmer for about 2 hours. Strain out the solids and reduce liquid to 1 1/2 cups of stock.

3) And the most delicious, difficult and time consuming...

# Ingredients:

- 10 lbs. veal bones, split legs, femurs, knuckles, marrow
- 1 veal foot, split (if not available substitute 1# chicken wings)
- 2 white onions, peeled and quartered
- 1 head celery, chopped
- 3 carrots, very large, peeled and roughly chopped
- 4 leeks, roughly chopped (cleaned thoroughly)
- 2 tomatoes, roughly chopped
- 1 Tbs. tomato paste
- 1 head garlic, cut in half
- 1/2 bunch thyme

- 1 tsp. black peppercorns
- 2 bay leaves

### **Directions**

# Veal Stock

- In a large pot, rinse bones, add enough water to cover the bones by about 2 inches, and bring to a boil. Reduce to simmer for 4 to 5 minutes. Watch carefully and skim off impurities that gather. Strain off all water.
- 2. Add new water, bring to a boil, and skim off impurities.
- Add chopped vegetables (mirepoix), tomato products, and aromatics.
- 4. Lower heat and let simmer, continuously skim impurities, allow to simmer at least 6 hours or up to 12 hours. Strain.

# Veal Demi-Glace

 Slowly reduce by 75%, strain through a fine mesh strainer, and cool. (Please note: this recipe makes much more than you need – put the rest in small containers and freeze. Use as needed in sauces and soups. It is WELL worth the effort!)

# **Pinot Noir Reduction**

# Ingredients:

- 1 bottle Pinot Noir, reduced to 1 cup (use a quality wine that you'd want to drink)
- 1 1/2 cups veal demi-glace
- 1 carrot, peeled and roughly cut
- 1 onion, peeled and roughly cut
- 1 celery stalks, roughly cut
- 2 sprigs thyme
- 1 garlic clove

# **Directions**

 Combine reduced pinot noir, veal demi-glace, vegetables and herbs in a saucepan and reduce by half. Strain and reserve.

# Swordfish

Eco prefers using harpooned swordfish rather than longline swordfish – it's more humanely dispatched, and the quality of the meat is better because there's no lactic acid build-up in the muscle from the struggle of being on the longline.

# Ingredients:

- 4 swordfish chops, thick cut (approx. 6 8 oz. each should look like a beef tenderloin NOT thin and flat)
- 2 Tbs. olive oil
- 2 Tbs. unsalted butter

Kosher salt, to taste

- 1 sprig thyme
- 1 sprig rosemary

Au Poivre Pepper Blend, to taste

# **Directions**

- Preheat oven to 400°F.
- Pat swordfish dry with a paper towel and season both sides with salt. To create a crust, press peppercorn blend on top and bottom of chops.

- On medium-high, heat oil in oven-safe pan until hot and shimmering.
- Add swordfish chops leaving plenty of space between. Add thyme and rosemary.
- Do not move fish. Allow to cook and caramelize. About 2 to 3 minutes.
- 6. Flip in pan and add butter. Baste chops with hot melted butter in pan. Cook for 2 to 3 minutes more. Drain oil and butter from pan. Place big spoonful or two of pinot noir reduction on each chop to glaze. Place in oven and let cook 7 to 9 more minutes. Cook to medium. Let rest.

# Lentils du Puy

# Ingredients:

1 lb. lentils du Puy, rinse lentils well and pick out any small stones or pebbles

1/4 cup olive oil

1/4 cup Applewood smoked bacon, chopped very finely

1/4 cup carrots, chopped very finely

1/4 cup celery, chopped very finely

1/4 cup onion, chopped very finely

Vegetable stock, as needed

3 sprigs fresh thyme

Kosher salt, to taste

Ground pepper, to taste

1/2 lb. unsalted butter

# **Directions**

- 1. Put lentils in a saucepan. Cover with cold water by 1 inch.
- Bring to a boil for 1 minute. Strain out water and repeat this process 3 times. On the third time, add some salt to the water. Reserve lentils.
- Over medium heat, warm olive oil in the saucepan. Add bacon and cook until lightly browned (about 5 minutes). Check seasoning.
- Add onions, celery, carrots and thyme sprigs. Cook until soft (about 5 minutes).
- Add lentils, mix together well, then add enough vegetable stock to just cover.
- Season with salt and pepper. Simmer for about 10 minutes. Strain and reserve liquid.
- 7. Take one-third of lentil mixture and put in a blender. Add half the butter (you can add a lot of butter at this point, should you choose) and as much of the lentil simmering liquid as needed to make a purée (it should not be soupy). Mix purée back into the lentils. Re-season if needed.

(Note: this makes about 2 quarts of lentils, but they are so good you'll find yourself standing in front of the fridge eating them cold at 2am.)

# **Carrot Fondue**

# Ingredients:

1 lbs. carrots, peeled and cut into

1-inch pieces

2 Tbs honey

2 Tbs. butter, unsalted

1 sprig thyme

Kosher salt, to taste

1/4 lb. butter, unsalted, cubed

# **Directions**

- Put all ingredients (except 1/4 lb. butter) in a saucepan.
   Just cover with water, add big pinch of salt, and cover with a piece of parchment paper the diameter of the pot (cartouche).
   Cook over low heat until soft and tender. Strain and reserve water
- Purée carrots in (Vitamix) blender, add 1/4 lb. butter, and thin with cooking water if necessary. Be careful not to make it thin. Check seasoning. The color should be a pale orange and taste like a perfectly sweet carrot.

# **Crunchy Garnish**

WARNING: Frying leeks, parsnips and parsley causes the oil to spatter violently, and you can get burned. Please use caution.

# Ingredients:

1 leek, julienned, very fine

1 parsnip, shaved with a peeler to get thin strips

1/2 bunch Italian parsley, leaves only

1 cup oil

Kosher salt, to taste

# **Directions**

While working in batches and using a strainer...

- 1. Heat oil to 350°F in a deep saucepan.
- Place some of the leek strips into the oil. Stir gently. Remove when they stop bubbling (about 30 to 45 seconds; parsnips will take longer). Repeat procedure with other ingredients.
- 3. Drain on paper towels and season with salt.

# **Plating**

- Place big spoonful of hot Carrot Fondue in middle of warm plate. Swirl to make an approximately 4- to 5-inch diameter pool.
- 2. Put large dollop of hot Lentils in middle of Carrot Fondue.
- 3. Place cooked Glazed Swordfish on top of Lentils.
- Spoon more Pinot Noir Reduction on fish and drizzle around outside of Carrot Fondue.
- 5. Put a small stack of Crispy Garnish on top of fish.

# The Fay Club

Fancy trying some of Chef Eco's fare in person? Head down to The Fay Club, one of Fitchburg's hidden gems. Built in 1884, and designed by NYC's architect of the time Richard M Upjon, The Fay Club cost about \$100,000 (today's equivalent would be roughly \$20 million) and has been a private club since 1910. While the Fay Club isn't open to the general public, membership is open now for applications. And, if you love the place but can't apply to be a member, the club is open to non-members in need of event space. Just get in touch to find out how... info@thefayclub.com

# A Day at CAFÉ REYES

Written by Joan Arnold Photography by Scott Erb and Donna Dufault

6:30 every morning the kitchen staff at Café Reves in Worcester, Massachusetts has arrived and is at work. Pork is slow roasting, as is beef for a special order of Ropa Vieja. I sniff the intense aroma of Cuban espresso as Edwin prepares my Café con Leche, filling a deep red mug with steamed milk and espresso. In the small kitchen, the staff prepares a catering order for a local college Serious conversation event. mingles with bursts of laughter. By 7am Café Reyes, serving delicious Cuban inspired food and staffed by recovering addicts, is open for business.

The restaurant is welcoming, with its courteous staff and warm ochre, turquoise and cayenne red walls.





"Flan is "my pride.
This is what I put my
heart in. It's part of
my tradition."

It is also modern, with Wi-Fi and sleek stainless espresso machines behind the coffee bar. The menu is full of flavorful hearty offerings for breakfast and lunch and an interesting selection of coffees like Cortadito, Cuban espresso with sugar and steamed milk. The Desayuno Cubano, a breakfast version of El Cubano, the popular lunch sandwich, comes with roast pork, eggs, cheese, roasted red pepper, mojo onions and cilantro lime mayonnaise on grilled Cuban bread. The empanada selection includes a classic version with beef and vegetables sweetened with raisins and zinged with olives, capers and house-made adobo seasoning. Back in the kitchen, Mike makes a sofrito with his Grandmother's recipe using recao, a Spanish herb similar to cilantro but with more punch. Carlos, whose grandfather was Cuban, talks about his happiness in learning to make flan. While gently releasing the custard from its dish and turning it



onto a plate he says flan is "my pride. This is what I put my heart in. It's part of my tradition."

Over excellent coffee and a plate of fried plantains Jonathan Oliveira, the General Manager of Café Reyes and himself in recovery, talked about what makes this restaurant special. Opened in January 2015, Café Reyes is an on-site job training program for residents of the Hector Reyes House, a substance abuse treatment program for Latino men. The 250-hour training is in all aspects of the restaurant operation. It also address-

es crucial skills such as being on time for work, learning to take criticism, teamwork and mutual support. Jonathan says his joy is in working with these men and "seeing guys come here with a smile and coming back day after day."

As Manny, one of the more experienced staff members, works in the kitchen he passes along his knowledge, tips and encouragement to newcomers like Kevin. Both men are setting goals. Manny is taking courses at Quinsigamond Community College to obtain a certificate in hotel continued on page 42









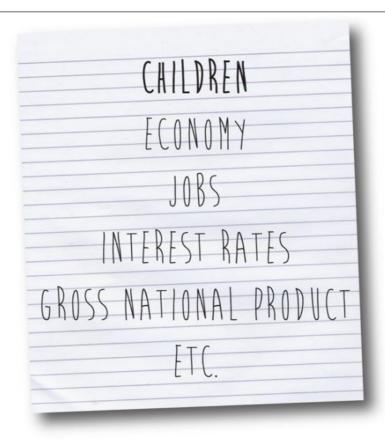
management. Kevin talks about his hope to have his own restaurant one day. "I love giving back," says Gabby as he puts together *croquetas* at worktable in the kitchen. "And I love this place. This does work."

Throughout the day, the coffee at the inviting coffee bar is freshly made and a seat on the high stools can lead to conversation. Edwin, taking a break from work, talked about teamwork and his hope to pay it forward. "It's very real here. I am constantly eating humble pie." He smiled and went back to work. Café Reyes is real in many ways. And for those who appreciate real food, made with care, delicious and served with courtesy, it is a pleasure to experience this uniquely real place.

# Café Reyes

421 Shrewsbury Street Worcester, MA 01609 508.762.9900 www.cafereyes.com





# Children first.

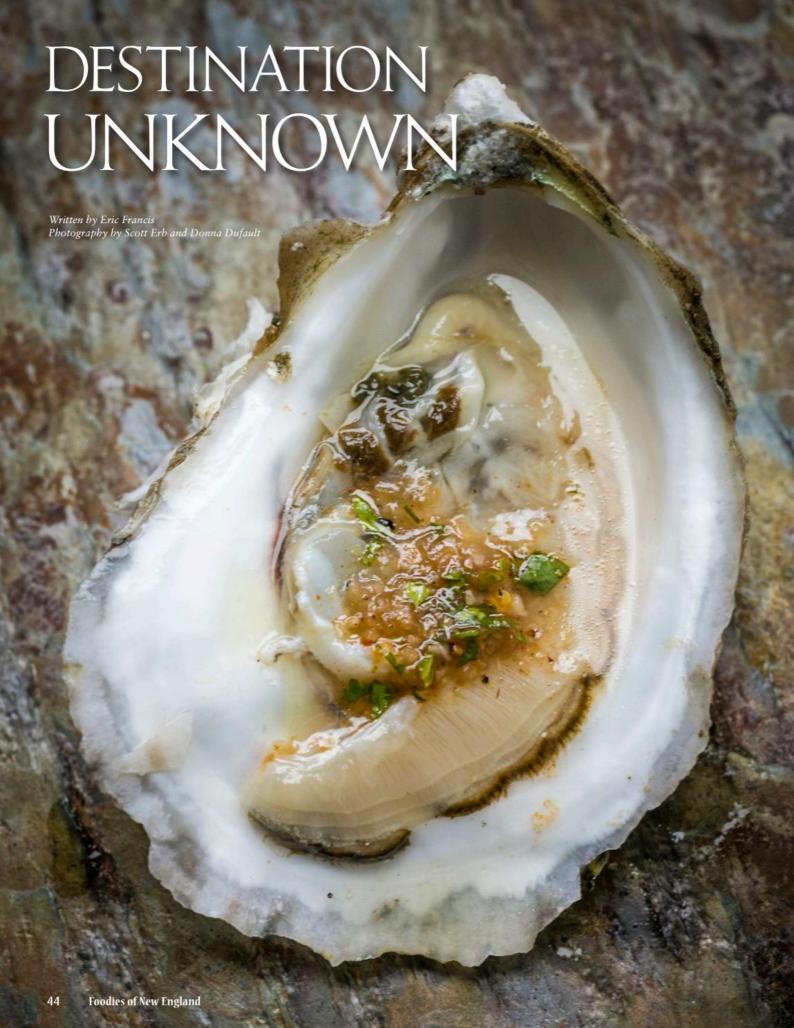
If each of us provided hope to just ONE child in need, wouldn't the long-term benefits include positive changes in the economy?

# Hope is the fuel that drives ambition!

Planting the Seed Foundation is a 100% Volunteer, non-profit, charitable group committed to improving the lives of Worcester's neediest families.

# Learn more about Planting the Seed Foundation at





# East Boston Oysters is making a name for itself among shellfish fanciers with its secret suppers featuring locally-sourced food and drink.

lexis Cervasio wants you to know that there's some incredible dining to be had in East Boston. But she's not going to tell you where to find it, or what's on the menu, until just 24 hours in advance.

Cervasio founded East Boston Oysters two years ago to help raise the profile of her own neighborhood, which she felt was too often overlooked in the city's food scene.

"I live in East Boston, and I would walk around and there were things happening, but they were off the beaten path," says Alexis. "People didn't want to cross the harbor, [they would say] it was too far away. But it's not – it takes me 13 minutes to get to the city."

Her initial East Boston Oysters events drew upon the network of "great chefs, farmers, and wine nerds" she knew on the east side, and it offered fine dining on a small scale to bring people to the east side of the harbor and show them what was happening there. Cervasio had success, but then last May she offered up one at a secret location – not telling ticket-holders where to go until the day before – and the experience hooked her.

"The high I got off that feeling," she says, "I never wanted to return."

Cervasio recognizes that at \$125 per ticket, she's asking her diners to put a great deal of trust into her hands, and she is intent upon not betraying it.

"I guess you kind of have to be adventurous," she says. "You don't know where you're going and you don't know what you're eating, so you literally don't have any idea what you're doing."

Once the gusts have arrived, the veil remains drawn even across their social media posts. Want to know if one of your friends has been? Look for a check-in at Curly's Auto Repair – an East Boston Oysters tradition that dates back to the first meal.

For November's event, held on an overcast Sunday afternoon in a condo at The Eddy high rise, she called upon a couple of transplanted Texans to ensure she had enough good local oysters to make everyone happy.



"We're ranching oysters, is the way we look at it," says Dan Martino, the proprietor along with his brother Greg of Cottage City Oysters on Martha's Vineyard.

It was actually television production that brought Martino from Houston to Martha's Vineyard about a decade ago. He fell in love

continued on page 46



Advertise with Foodies of New England 508-479-1171 with the island and an island girl – and became curious about oyster farming after producing a TV program about it.

"I went to work with one of the farmers one Saturday," he recalls. "One Saturday turned into two, and two Saturdays turned into 'I can come do this on Wednesday, too.'"

Now the brothers have their own oyster farm, seeding the waters with 500,000 baby oysters every year. It's an entirely organic operation – the Martinos mostly let the oysters do their thing, each filtering 50 gallons of water a day and picking up the terroir generated by the environment around them. But they aren't entirely left to their own devices.

"We don't ever eat one or two at a time – it's more like, 'Let's bring a few hundred home and gorge on them."

"On our farm we've handled that oyster a hundred – if not a thousand – times before it's on the plate," Martino explains. "You handle them because you want to sculpt the shell, make sure they're clean [of barnacles]."

One step they take is to tumble the oysters, which chips the leading edge of the shell. That causes the oyster to stop growing wider and start growing deeper – which means a bigger meat and more liquor when it's harvested.

"We try to raise the most beautiful, big oyster we can," he says.

That certainly describes the oysters that the Martino brothers were shucking and serving in November, where three dozen people wandered from room to room, glasses of Artifact Cider in hand, constantly circling back to the big trough of Cottage City Oysters as though they would never tire of eating tem.

So, what about Martino – as a guy who handles oysters day in and day out, does he ever lose the taste for his own shellfish, even briefly?

"No, no, no!" he says, laughing. In fact, the brothers don't bother to go small when it comes to their own oyster appetites.

"We'll do a big raw bar and oyster cookout. Thrown them on the grill with seaweed on top, bake 'em, a little Rockefeller," Dan says. "We don't ever eat one or two at a time – it's more like, 'Let's bring a few hundred home and gorge on them.'"











# "History of"



Written by Jodie Lynn Boduch Photography by Scott Erb and Donna Dufault Food Styling by Dona Bourgery

Jodie Lynn Boduch, owner of Much Ado Marketing, serves as Social Media Director and Staff Writer for the Foodies team. She's an adventurous explorer of the culinary landscape and enjoys writing about food. Educated in both business and history, she has big plans to put the latter to good





Saint Basil. Sir Basil Henry Liddell Hart,
Basil Rathbone...
You know an herb has earned its place in the
foodie firmament when people start
naming their baby boys after it.
Nothing says pesto fan quite like that.

Actually, the link between basil and Basil (and it's Eastern European equivalent, Vasily) is simply one of etymological origin: The Latinized Greek word basileus, meaning king or kingly. Basilica and basilisk—Harry Potter and the Chamber of Secrets, anyone?—are also derived from the same word.

Just as some words far removed from one another in meaning sprout from the same root (double metaphor intended), so, too, does basil have connotations all along the spectrum of cultural significance.

# The People's Plant

Although available as a dry herb, the native-to-India basil is most often used fresh; sweet basil and Thai basil are two of the most popular varieties. Green, leafy, and lavishly fragrant, basil is known for its versatility. It pairs well with tomato, plays nice with strawberry, and has a long-standing relationship with chicken, beef and soup in Asian cuisine. The liquids get some love, too—think basil gimlet, basil julep (sorry Cousin Mint) and vodka lemonade with a basil twist.

Despite its linguistic implication of royalty, basil is quite common and found in many herb gardens. It's so popular among everyday cooks that plants are available for purchase in just about any large grocery store.

Yet, as any amateur grower of basil knows, the herb isn't one for embracing the cold or catching too many rays. It won't go the alchemical route, Lord Bacon's claim that too much sun exposure changes basil into thyme notwithstanding, but basil is as Goldilocks prefers: not too hot, not too cold, not too wet, not too dry. It's sensitive, so be good to it.

# A Love/Hate Relationship

Culturally speaking, basil represents both emotions anchoring the love/ hate seesaw.

Supposedly in ancient Greece and ancient Rome, people believed that basil would only grow if the planter shouted and cursed while sowing the seed. (Note: Foodies does not recommend this practice.) As a result, it became associated with hate and misfortune. A nod to this affiliation exists today in the French expression semer le basilic. Literally it means, "to sow basil," but the idiomatic use means "to rant."

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On a more spiritual note, Hindus revere basil. They consider it a protective and sacred herb, plant it around temples and rest it with the deceased. The Greek Orthodox Church, in contrast to the ancients, holds basil in high esteem and includes it in the preparation of holy water.

On the sweeter side of things, basil can also represent love. Suitors in Italy signaled their affection with a sprig of basil in their hair and, in Mexico, a little basil in the pocket expressed hope for love eternal to be reciprocated. In Iran, Egypt and Malaysia, basil is often left on graves as a token of love.

# Need a Scorpion?

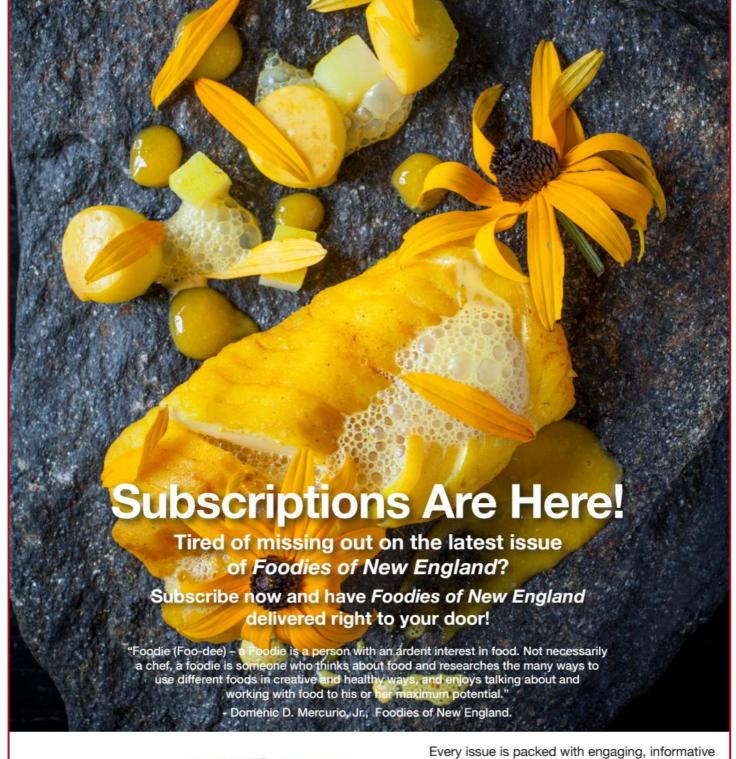
No, this header has nothing to do with a Scorpion Bowl to go with some basil-enhanced Asian fare. (But hey, if you're so inspired, who are we to say no?) Rather, in medieval Europe, basil was linked to scorpions, perhaps because of the "basilisk" connection.

One superstition maintained that basil left under a pot or brick would eventually turn into a scorpion. Another bizarre superstition held that basil-sniffing would breed a scorpion in the brain. No word as to whether or not wild and crazy medieval teens tried that...

Polarizing historical associations and creepy-crawly folklore aside, the abundance of basil in cuisine throughout the world suggests that we do, in fact, love it.





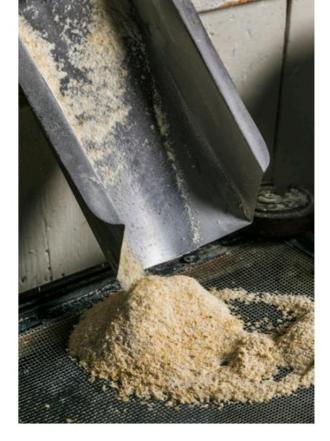




Every issue is packed with engaging, informative articles and delicious, easy-to-make recipes. And of course... the award-winning photography! Check out our website for details & **Bon Appetit!** www.foodiesofnewengland.com







A Taste of History at

(C)

(Gray's Grist Mill)

Written by Briana Palma Photography by Scott Erb and Donna Dufault

The phrase "farm-to-table" typically evokes images of fresh, local ingredients being transformed into picture-perfect plates, with lots of attention paid to the farmers and cooks involved. But, a bag of cornmeal from Gray's Grist Mill represents a different part of the popular food movement.



# "It's not just the mill and its 150-year-old granite stone that are steeped in history; so too is the corn that Whitley grinds there."

"I like to say I'm the 'to' in farm-to-table," explains George Whitley, the miller at Gray's. He deals with the farm, grinds the corn, and then it goes to the table. "I'm right there in the middle."

While Whitley is new to the business—he took over as miller in July 2015—Gray's could be considered one of America's original farm-to-table producers. It's one of the oldest, continually operated grist mills in New England.

Technically located in Adamsville, Rhode Island, it's positioned right across the Massachusetts/Rhode Island border (the state line runs directly through the mill pond), so both states can claim it as a historical treasure.

And, indeed, it is - Gray's will celebrate its 300th birthday this year. Yet it's not just the mill and its 150-year-old granite stone that

are steeped in history; so too is the corn that Whitley grinds there.

"I did a food tasting a while back and I was asking people if they'd like to try some 400-year-old cornbread," he says with a laugh. "Then I realized that it didn't sound quite right – 400-year-old cornbread could be kind of stale."

Of course, Whitely makes fresh cornbread for his tastings, but he uses cornmeal that he grinds from Rhode Island White Cap Flint Corn, a centuries-old variety. This hardshelled heirloom corn was originally cultivated by Native Americans. It's also the only corn that, according to purists, can be used to make johnnycakes, Rhode Island's traditional cornmeal pancakes.

"Local farmers have kept [this variety] alive over the years," Whitley explains. "Corn is very promiscuous and it crossbreeds eas-

ily with any other corn that's around, so you have to grow it somewhat isolated to keep [the] strand intact. That's been done with this variety."

The white corn ground at Gray's comes from Harry Here Farm in Exeter, Rhode Island, which is less than 50 miles from the mill. Once it's harvested in October, the corn is left to naturally air-dry for six months, then shelled and given to Whitley in 50-pound bags of kernels.

Back at the grist mill, Whitley grinds the corn into flour on an as-needed basis. He fills orders for individuals as well as local retail shops and restaurants, such as Eli's Kitchen in Warren where Chef/Owner Eli Dunn uses it in a variety of ways, from cornbread to the batter for his weekly fish and chips special.

"It's got this real complex corn-y flavor







and aroma," says Dunn, who prides himself on using local ingredients. "It comes in a sealed, five-gallon bucket...and it's just so fresh. You know it's been milled, sometimes, even within the last few days." And always done so with a hat-tip to the past.

"By deed, the mill dates back to 1717, but we know there was [another mill] here before," Whitley says of the plot of land on which the mill sits. "So I look out the window at this little stream and I think, 'You know, I'm the latest in a long line of people to sit here and do this.' You have the rest of the modern world out there and technology and everything changes, but there's still continuity. To be able to tie in the old with the new, the traditional with the modern – what a great place to be."

Gray's Grist Mill is located at 638 Adamsville Road, Westport, MA, 02790; Tel. 508.636.6075; www.graysgristmill.com; Open from Tuesday to Sunday 12:00pm to 4:00pm; closed Mondays.



George Whitley, the Miller at Gray's Grist Mill

# Gluten Free



Written by Ellen Allard Gluten Free Diva www.glutenfreediva.com Photography by Scott Erb and Donna Dufault

Ellen Allard, the Gluten Free Diva, is an over-the-moon enthusiastically hip and motivational Certified
Holistic Health Coach who helps clients banish the bloat and embrace gluten free lifestyle changes that enable them to fall madly in love with the food that unequivocally loves them back. A graduate of the Institute for Integrative
Nutrition, Ellen is a recipe developer, food writer, food photographer and videographer (www.glutenfreediva.com/blog/.) She passionately promotes optimal health through informed food choices and whole plant-based foods. She loves all things food and health and is happy to talk to you about the

# Fabulous GLUTEN-FREE FREE FREE FREE FREE FREE

ne of the most disappointing (that's putting it mildly) aspects of discovering that I had Celiac disease was realizing that Chinese food was now off limits. Because soy sauce, hoisin sauce, and oyster sauce are on the danger list, it made eating at Chinese restaurants all but impossible, unless I wanted to eat steamed veggies and rice. Blech! Not my first choice. I realize it's the healthier way to go, but when everyone else is chowing down on Hot & Sour Soup, Fried Egg Rolls, General Tso's Chicken, Fried Rice, and those cute little fortune cookies, I feel like an outcast.

Of course, this was long before I knew about Bragg's Liquid Aminos and Wheat-Free Tamari. Not to mention gluten-free hoisin sauce. The options are varied and readily available. I can no longer make excuses. Now I can make my favorite Chinese dishes at home. And so can you!

What would a good, well-rounded menu of Chinese dishes be without fried rice?







# Fabulous Gluten-Free Fried Rice

# Ingredients:

4 tsp. extra virgin olive oil

1 cup extra firm tofu, rinsed and squeezed dry

2 cloves garlic, minced

1 cup chopped scallions

1/2 cup frozen green peas

1/2 cup finely diced carrots

3 tbsp. Bragg's Liquid Aminos (or Wheat-Free Tamari)

1 thumb-size piece of fresh, peeled ginger

1 tbsp. almond butter

21/2 tbsp. coconut sugar

1/8 tsp. Trader Joe's hot & sweet chili jam

2 tsp. Trader Joe's sweet chili sauce

2 cups cooked, chilled jasmine rice

1/4 cup roasted peanuts

# Directions:

**Tofu:** Cube the rinsed and squeezed tofu. Saute in 2 tsp. olive oil until crisp. Set aside.

**Vegetables:** Saute 1 clove garlic, scallions, peas and carrots in 2 tsp. olive oil for 3 – 4 minutes until softened. Add Add 1 tbsp Bragg's Liquid Aminos.

Sauce: While the vegetables are sautéing, place 2 tbsp. Bragg's Liquid Aminos, 1 clove garlic, ginger, almond butter, coconut sugar, Trader Joe's hot & sweet chili jam, and Trader Joe's sweet chili sauce in a blender jar and blend until thoroughly mixed.

Add cooked rice to vegetable mixture and mix until blended. Add sautéed tofu and sauce and stir thoroughly.

Serve topped with a handful of roasted peanuts.

**NOTE:** It is important to cook the rice and chill it in the refrigerator before using it to make this fried rice.

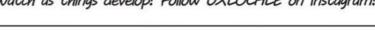
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The Salem Cross Inn in West Brookfield,
Massachusetts is a family-owned New England restaurant housed in lovingly restored 18th-century buildings.





# SALEM CROSS INN

A Graceful Marriage of Tradition and Innovation

Written by Daniel Lieberman Photography by Scott Erb and Donna Dufault

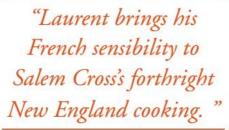
ide pine paneling in the oldest part of the inn should have gone, as the law required, to King George for the masts of ships-of-the-line to defend the British Empire. Plaster walls in one room were left unpainted—a signal of wealth; plaster was so expensive this far inland that not painting them showed them off better. The Salem Cross Inn straddles the gap, in culinary terms as well as décor, between tradition and innovation with charm, grace, and tact.

Brothers Henry and Dick Salem restored the old White homestead, which had been in the same family since 1707. They originally intended it to be a residence, but once the brothers realized the historic quality of the buildings, they raised their sights and decided to use the property as a business. A golf course was considered (the property runs to around 600 acres) but a demographic study showed it was a poor fit for 1960s West Brookfield. A restaurant actually got thumbs down, too, but the family decided to open one anyway. It opened in 1961 as the Peregrine White House. The name was changed in honor of the Salem Cross symbol found on the front door of the farmhouse.

continued on page 62

A Salem Cross is a symbol in the shape of the Roman numeral 10 (X) with a line across it. It was intended as a "spirit ward" to protect the house from witchcraft, still widely feared in early 18th-century New England.

Two chefs make the magic in the kitchen. Charles Johnson is the master of weddings, banquets, and feasts. The day we visited, Charles was up to his elbows in turkey for the Inn's sold-out Thanksgiving Dinner. He presides over the Inn's Fireplace Feasts, featuring clam chowder prepared in a cast iron cauldron over the fire and prime rib cooked over wild cherry logs on a Roasting Jack (an ingenious clockwork device for spit roasting—the only known operating example in America). Charles has been with the Salem Cross Inn for over twenty years (Martha Salem told us nobody remembers exactly how long).



Laurent Olivier is from Normandy. He cooked in France and England before moving to the United States 14 years ago. He came to the Salem Cross Inn from the Beechwood Hotel in Worcester where he was sous-chef. Martha's brother-in-law Alan had been chef at the Salem Cross for many years; the search for his replacement involved "kissing a lot of frogs along the way" until a chef friend recommended Laurent. He has helped the Inn weather the transition from pure Yankeedom to a more outwardlooking style. Change wasn't easy; early attempts to revamp the Inn's menu met resistance from tradition-minded customers. Signature dishes like liver with onions and bacon, chicken pot pie, meatloaf, and Yankee pot roast simply aren't going anywhere, but more adventurous choices now include shrimp and crab risotto, and cedar plank salmon.







Laurent brings his French sensibility to Salem Cross's forthright New England cooking. A traditionalist when it comes to sauces, he makes everything from scratch using heirloom herbs and vegetables from the Inn's kitchen garden, started by Martha's brother John, and meat from the Inn's own Polled Hereford and Black Angus cattle. French dishes like bouillabaisse and braised lamb shanks mix with fare from further afield, like homemade marinara sauce and even Asian-inspired beef dumplings.

Whether you crave traditional fare or want to try something more cosmopolitan, a visit to the Salem Cross Inn will be memorable. Visit the website for more information about the Inn's menus and special events.

# Salem Cross Inn

260 West main Street West Brookfield, MA 01585 508.867.2345 www.salemcrossinn.com













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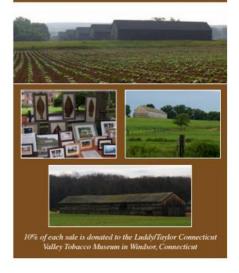


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# Gardens by Renee



Written by Renee Bolivar Photography by Scott Erb and Donna Dufault

Renee is an agri-entrepeneur who has turned her passion for growing fruits, veggies and herbs into a successful and "growing" business. She believes in self reliance and lives by the motto, "Grow Your Own!"

Gardens by Renee is committed to growing food, gardens, and people's knowledge of where our food comes from, one seed at a time. Through her business, Renee teaches foodies how to grow their own food, helping them to design, build, install and manage backyard gardens that focus on a backyard experience for the entire family to enjoy.







# Let's Get Our Buzz On, In The Garden

The birds are singing, the bees are abuzzin', the earth has awoken from its slumber, and it's time to get growing "outside" once again.

Winter always gives me the time needed for good reflection, a little day dreaming of things to come and an opportunity to ask myself, how can I keep growing? How can I be a better gardener, a better teacher, and a true steward of our earth?

This year, thanks to the education and awareness brought to me by Noah Wilson-Rich, Ph.D. founder of The Best Bees Company, I feel the urgency to add more pollinator-friendly gardens. Bees are struggling to survive and hives are rapidly declining. According to Mr. Wilson-Rich, we've lost 44% of our hives in America within the past year. That's really frightening considering it's often said that 1/3 of the food that we eat is pollinated by bees. So, I want to help spread the word and do my part to help save our bees. You can help, too.

continued on page 68



One of the most important relationships we have in our gardens is the relationship between our precious pollinators and our plants. It's a symbiotic relationship needed for our survival. Our pollinators need the sweet nectars and pollen produced by some of our prettiest flowers, including those produced by our edibles. Those flowers in return need our pollinators to do their thing, to mingle and reproduce. Have you ever watched the shenanigans going on during pollination? It looks like a drunken love fest. The pollinators go rollicking in and out of the flowers, bouncing of the walls while sucking down the sweet, intoxicating nectar. In their stupor, they unintentionally cover their hairy little bodies head to toe with the golden pollen. They then find their way out where they fly from one plant to another spreading the love. It's really a beautiful thing.

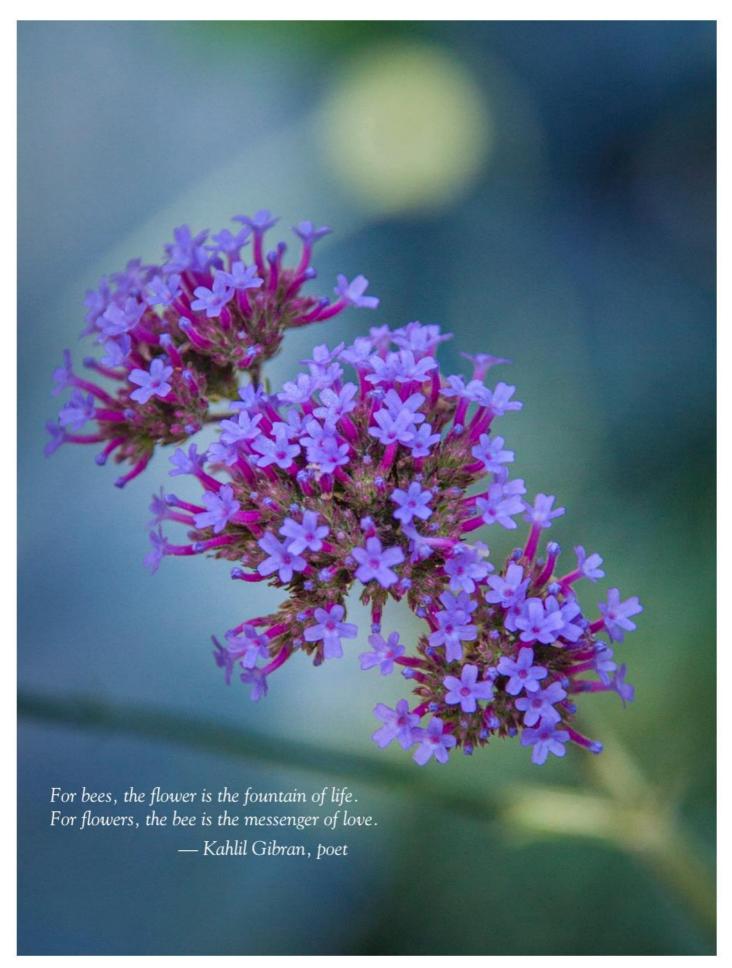
Creating an environment that's friendly to our bees, butterflies, birds, bats, and other pollinators is easy and equally beneficial to us. It includes providing a wide range of plants that bloom throughout the growing season, creating a place to rest and nest and avoiding the use of pesticides. Think about it. Do you really think the pesticides used to kill "bad" bugs only kill bad bugs? Did you know that more than 95% of bugs are either beneficial or benign?

Spring is a great time to plant. There are so many annuals, perennials, herbs, and shrubs that will keep your pollinators happy and make your gardens beautiful. Some of my favorite pollinator-supporting plants are the sunflower, anise hyssop, lantana, verbena, sweet alyssum, cosmos, coneflower, and basil. Also, try to include plants like dill, fennel, and milkweed that feed the butterfly larvae. Mammoth dill is a must have in all of my gardens. The swallowtail larvae love it, and it grows so big and tall that there's always plenty to go around.

Keep Growing! Renee







# HOLY HIGH-TECH COW!

Barstow's Longview Farm



ot milk? Well, if you're planning to visit Barstow's Longview Farm in Hadley, Massachusetts in the near future, you'll surely get your share – and then some.

The Barstow family set up shop in Hadley over 200 years ago, and 6 generations later, the family is operating a very traditional – but quite diversified – farm. Indeed, your visit to Barstow could include a multitude of activities and sights, and you might even need to return several times to take full advantage of all they have to offer.

Situated in a small picturesque hamlet called "Hockanum" which has been designated a National Historic District, Barstow's has been a working dairy farm since the early 1800s and is presently run by brothers Steven and David Barstow, and seventh generation Steven Barstow II.



Now, the Barstow family is stabilizing the future of their farm by opening a dairy store and bakery on a parcel of land in front of the farm with excellent road access and a gorgeous view of the river. In addition to the store and bakery, Barstow's has undergone construction of a farm-powered anaerobic digester, a zero-waste, closed-loop process which converts the energy potential in farm and food waste into electricity, heat, and fertilizer. The farm renewable energy partnership with Vanguard Renewables resulted in the farm becoming a renewable energy innovation leader, and thanks to their anaerobic digester, Barstow now has one of the largest and most modern anaerobic digestion systems in New England.

A member of the Cabot Creamery Cooperative, Barstow also supplies Cabot with milk. Cabot then supplies the farm with the organic by-products from butter and milk production, and the farm in turn sends power back to the Cabot plant. The chemical-free fertilizer grows more hay and corn so there is more milk to go back to Cabot for butter production, and so functions the closed loop supply chain.

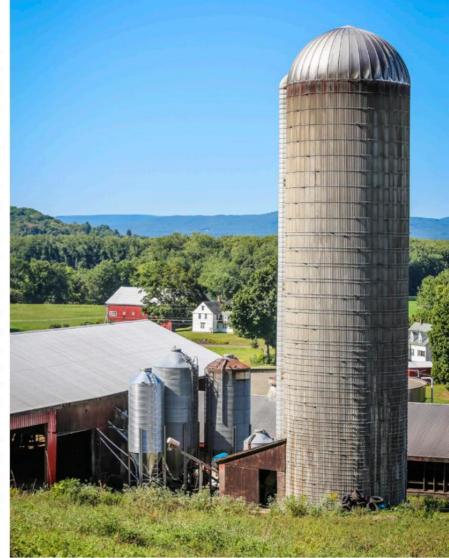
Barstow also has a robotic milking system called the Lely Astronaut Cow Box. This system improves animal quality of life while safeguarding optimum animal welfare, as well as the farm's return on investment. You see, cows hate obstacles, and the Cow Box has a walkthrough design that allows the cow to walk straight in and out of the unit without making turns.

Once inside, the cow has a feeding trough, which automatically dispenses food, minerals, supplements, and liquids to suit each cow based on her last milking. The trough swings clear at the end of milking, encouraging the cow to walk forward and leave. A robotic arm remains underneath the cow and controls the entire milking process and, with almost all sensors housed in the arm, measurement is done close to the udder and is therefore most accurate.

The teat detection system (TDS) features a three-phase scanning technology which ensures quick and accurate detection of the teats and eliminates unnecessary arm movements, which is much gentler for the cow and allows the fastest possible attachment for all types of udders.

High-tech milking and sustainable operations aside, Barstow's also can be reserved for special events, has routine tours, and even boasts a fun and socially interactive "Name the Calf" contest.

So get over to Barstow's for some family fun, healthy, farm-grown food, and a bit of agricultural education! Hours and more information on the farm's website at www.barstowslongviewfarm.com.



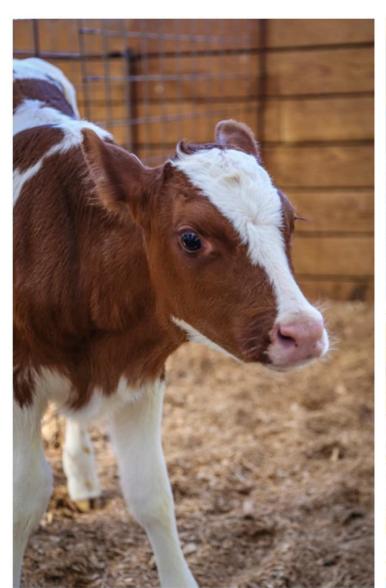






















Written by Chef Denny Corriveau Photography by Scott Erb and Donna Dufault

# Flocking to My Table— Wild Cheff & Wild Game

his issue's column is dedicated to this issue's theme: "What the Chefs Eat." So, what does this chef eat? Wild game and things that grow in the wild. That is, in fact, what this chef always wants to eat!

When most people think of springtime and food, they tend to focus on transitioning from heavy winter foods to a much lighter menu. But, my focus is much different. Some of my favorite spring food either grows or lives outdoors, so when I think springtime, I think of heading into the field to seek out what nature has provided.



There is something pure about seeking your food out naturally. As a grocery store is always nearby, for some people, hunting and foraging aren't even after-thoughts, let alone thoughts. When I was 15 years old, I was introduced to hunting for my food. Learning to hunt was a family affair; initially my step-dad taught me, then brother-in-law, and then a friend of mine who is also a Native American. After 35 years of spending time in the outdoors, ethically harvesting wild game, it has become part of the fiber of who I am and how I eat.

We live in a time when more individuals care about where their food comes from, and many are rediscovering how to seek out better and more interesting food choices. One benefit of foraging wild game is that it's not touched by human hands; there's no concern over animal cruelty, how the animal was raised, how it lived.

Another great thing about wild game is that it transcends flavor profiles and can provide you with endless, exhilarating recipes that you can enjoy with family and friends—at least, it does that for me.

Wild game and foraged food can be delicious and fun to eat because eating food like that, food that is purely connected to nature, only heightens the experience.

For my Spring Wild Turkey Dinner, I lightly sauté ingredients using my WildCheff flavored olive oils and fresh preservative-free herbs. Freshly harvested wild turkey cutlets, sliced from the breast, are coated in almond flour, a healthier choice.

Some of the tastiest potatoes – grown right here in Northern Maine – are served up alongside, mashed and infused with roasted garlic and pure New England maple syrup.

Adding more nature to the plate are some delicate frond jewels of the forest – fiddleheads – sautéed in butter, lemon and roasted garlic along with some sautéed wild morel mushrooms, simply seasoned with sea salt and infused with sage and rosemary.

Ultimately, this is a symphony of flavor in every bite. Enjoy with a glass of Riesling and bon appétit!

See recipe on page 80

Denny Corriveau is Award-Winning Master Game Chef and the Founder of the Free Range Culinary Institute, the only national wild game cooking school in the country. As a trendsetter in the field of wild game culinary arts, and Wild Game Evangelist, Denny has evolved over the past 25+ years as a nationally-noted authority on "best practices" regarding the culinary side of wild game. You can learn more about Denny @ www.wildcheff.com.









## Spring Wild Turkey Dinner with Roasted Garlic & Maple Mashed Potatoes, Sautéed Fiddleheads and Morels

#### Ingredients:

1 wild or organic boneless turkey breast, sliced into cutlets WildCheff\* Lemon Olive Oil

WildCheff Tuscan Blend Seasoning

WildCheff Organic Roasted Garlic Powder

Almond flour

4 large Maine all-purpose potatoes, peeled and diced largely

1 head of garlic

1 Tbs. pure maple syrup

1/2 lb. foraged fiddleheads fronds

10 oz. wild morel mushrooms (if fresh not available,

use dried and reconstitute)

Farm fresh butter

1 organic egg

1/2 cup organic milk (almond milk can be substituted)

Sea salt and pepper, to taste

\*All WildCheff products available at WildCheff.com

#### DIRECTIONS

#### For the garlic

- 1. Heat oven to 400°F.
- 2. Slice across the top of the head of garlic lengthwise so the tops of the cloves are exposed. Place into a small baking dish, drizzle with olive oil, and season the garlic with sea salt and a small amount of the Tuscan Blend.
- 3. Cover with foil and bake until the smell of garlic permeates your kitchen - the tip of a knife should easily piece the garlic (approximately 30 to 35 minutes).
- 4. Remove from oven and let cool.

#### For the roasted garlic & maple potatoes

- 1. Fill a large pot 2/3 full of water and heat until boiling. Season water with sea salt, and add peeled and diced potatoes.
- 2. Bring potatoes to a boil and cook until fork-tender.
- 3. Drain and place potatoes into a food processor. Add 3 Tbs. of butter, milk, and egg. Process until smooth.
- 4. Squeeze the head of garlic into the whipped potatoes and add the maple syrup. Pulse the food processor until mixed.

### For the fiddleheads (very parallel flavor profile to asparagus)

- 1. Heat a sauté pan over medium heat, then add 1 Tbs. of the Lemon Olive Oil and an equal amount of butter.
- 2. Once heated, add fiddleheads and season with sea salt and Roasted Garlic Powder. Cook until tender.

#### For the morels

- 1. If using dried morels, place a couple of cups of boiling water into a bowl, add mushrooms. Soak and rehydrate for 15 to 20 minutes.
- 2. With a slotted spoon, remove mushrooms from reserve liquid (can be used for other dishes, soups, etc.) and pat dry with a paper towel.
- 3. In a sauté pan over medium heat, melt a tablespoon of butter, then cook the mushrooms while gently stirring until they are heated through.

#### For the wild turkey

- 1. Coat the cutlets with Lemon Olive Oil and season with Tuscan Blend, then dredge in almond flour.
- 2. Heat up a large stainless or cast iron sauté pan over medium heat, then add a couple of Tbs. of olive oil and 1 Tbs. of butter. Swirl in the butter until melted.
- 3. Carefully add the cutlets to the pan (watch out for spatter) and cook the meat through and brown on both sides. Set aside and loosely cover with foil to keep warm.

#### To serve

- 1. Spoon some of the infused mashed potatoes into the center of the plate. Place one or two cutlets over the potatoes.
- 2. Place some fiddleheads on one side of the plate and morels on the opposite side.

## **5 Secrets to Gluten Free Success**

- Travel with snacks
  - Ask questions
- Do weekly meal-planning
- Eat whole plant-based foods
  - Be grateful

Ellen Allard, Gluten Free Diva, is a Certified Holistic Health Coach trained at the Institute for Integrative Nutrition in NYC. She teaches people who are gluten free the tools for skipping right past the overwhelm and frustration of "What CAN I eat?" so that they can enthusiastically embrace the foods they CAN eat!

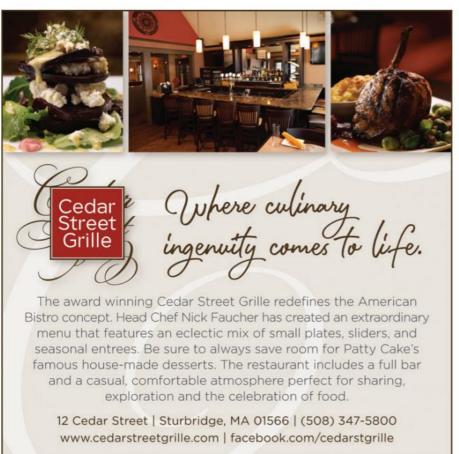
Email support@glutenfreediva.com to inquire about private and group coaching programs.











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# CEDAR STREET CAFÉ

"Breakfast in Sturbridge"

Written by David G. Kmetz Photography by Scott Erb and Donna Dufault

The Table 3 Restaurant Group has earned and enjoyed a long string of successes these last several years based on the busy thoroughfare of Route 20 in Sturbridge... buying, investing, remodeling, and updating older, established fixtures and reviving them with new menus, hipper décor, and more engaging hospitality. The Duck, Avellino, Cedar Street Grille, and The Barn at Wight Farm all proudly display the results of these intense efforts. Now there is a new kid on the block - Cedar Street Café, which focuses on breakfast and lunch fare - filling one of the few voids in their ample culinary arsenal.

Set on a well-manicured rise amid other vintage buildings, Cedar Street Café features both traditional early-day eats along with daily specials and more esoteric, compelling offerings such as house-smoked brisket, quiche-of-the-day, savory frittatas, lunch boxes to go, and air-roasted coffees. Recent specials featured eggs from Red River Farm in West Brookfield and slab bacon from BT's Smokehouse, right around the corner!

Other meal specialties are house-made soups, artisan breads (by The Bread Box), apple and country ham salad, roasted butternut squash and arugula salad, brioche knots, scones, turnovers, fresh fruits, whole leaf teas, fruit smoothies, and assorted juices and sodas. No junk.

They opened in mid September 2016. The building is the renovated 18th-century Alpheus Wight farmhouse and, in addition to the charming interior, they offer outdoor dining on the spacious new patio, all centrally located by The Collection at Wight Farm. The interior walls feature exposed hand-hewn posts and are playfully covered

in super-graphics in warm putty tones with an assortment of coffee terms displayed mocha, dark roast, cappuccino, double shot, Sumatra, latte, beans, and so on.

Most of the tables and bar area have hightop seating with a clean, modern, comfortable vibe. Around the back side from the bar is a lounge area with more traditional dining tables, sofas, and bright cushions - more conducive to private meetings and relaxation. The working counters are covered in a light-veined marble and the day's offerings spelled out on black chalkboards high on the back wall. Stepping outside there is a continued on page 86





long pergola that leads to the large slate patio with ample seating under red umbrellas. Informal garden areas surrounding the buildings enhance the country-like setting.

I spoke with owner/manager Dan Gonya recently about the inspiration for this newest place to nosh. "When we purchased, the properties came with Building 4, which was the former Veritas restaurant," he says, "The building was in rough shape so it would not have met the standards that Table 3 Restaurant Group like to operate in." Dan adds that the structure and the building had reached the end of its useful life and needed a complete gut and renovation—exterior, interior, and structure.

The team spent a lot of time discussing the concept and execution ideas before they began renovations; they wanted the space and experience to be unique, both for their customers and their in-house team. Since this was their first foray into the breakfast arena, they wanted to offer something different than just 'two eggs and bacon,' because there are enough places in town that do a good job at that. Dan and the team listened to a lot of customers telling them what they were looking for: great coffee, fromscratch pastries that go well beyond the normal donuts and Danish, quick service, fresh ingredients (local whenever possible), wholesome foods, a comfortable hang-out setting, and refreshing outdoor seating.

Their new chef de cuisine is Sarah Comstock, a recent grad from Johnson & Wales University with a pastry arts degree. Sarah has worked two years at The Duck, staging along side their seasoned chef team of Rico Giovanello (Avellino), Tony Pitts (The Duck and The Barn) and Nick Faucher (Cedar Street Grille), who all played roles in shaping the menu. "Sarah is young and this is the first kitchen she has run," says Dan. "Very talented person, but we wanted to put some security blankets around her and the concept and food selections were a team project."

When asked about their experiences to date, Dan says, "The business is off to an excellent start and has been very well received and favorably reviewed." The space can accommodate 45 guests.

As for plans for the year ahead, Cedar Street Café will offer more baked goods, pies, tarts, and cookies. They anticipate more customer engagement programs, including musical performances and storytelling events. Continued emphasis will be on the Thrive Tribe fitness program they have started with local area trainers. Come on over and work off the great food and beverages they offer!

The hours for Cedar Street Café are Monday 7am–8pm, Tuesday closed. Wednesday -Saturday 7am – 2pm, Sunday 7am – noon. Their main link is through Facebook. The address is 420 Main St. Sturbridge, MA 01566. www.facebook.com/cedarstreetcafe.











## at Tantasqua

The Cornerstone Café is the student run restaurant at Tantasqua Regional High School located at 319 Brookfield Road, Fiskdale, MA

Open: Wednesday, Thursday and Friday when school is in session, 10:30 am - 12:30 pm

Our menu selections change weekly and can be found on the school website at www.tantasqua.org Choose Cornerstone Café from the left side menu

We can also be reached by calling 508-347-9301 ext. 0915 or ext. 5161

Join us for lunch and let us treat your taste buds!









## BEST in FOODIE CRAWLS

# One Evening,

Four Destinations in Providence

Written by Kelley Lynn Kassa Photography by Scott Erb and Donna Dufault

You've finally made it to Providence, one of New England's hottest foodie cities. But you only have one night. How, exactly, do you choose the one place to dine? You don't choose one.

You choose four for a foodie crawl.

## THE DORRANCE

## Ushering in the Providence Cocktail Scene



One of the restaurant's most unique cocktails is the Smoking Gun. Yes, the 1970s plastic red ashtray it's served in is clean. And no, the *drink* is not in the ashtray; the *glass* is in the ash tray. The taste is actually not unlike a Manhattan, and it's very approachable for any fan of brown liquor drinks. Bols Genever, Old Weller, 107 Bourbon, Averna, Jerry Thomas bitters, and Tobacco bitters (which do contain nicotine) are combined to create a very elegant and smooth cocktail.











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401.831.9272 www.warawarari.com



Wara Wara focuses on tapas and ramen, dishes that are not often considered fine dining. Partners X Premwat and Kazu Kondo met while attending Johnson & Wales, and X has a background in fine dining. That background becomes evident once the dishes start arriving from the small kitchen.

Start with the yellow tail crudo, which is locally sourced. X presents the tangy flavor of fish, but not the raw flavor, so he prepares the fish with a light sear. He then tops it with yuzu, fried onion or garlic, and a little sesame oil for its aroma. Interestingly, because many people are sensitive to gluten, X tends to use very little soy in the restaurant and instead replaces it with yuzu.

For the meat eaters in your group, we recommend the flank steak dish. The steak is marinated in a unique blend of koji, red wine, and gochujang sauce, all of which impart flavor and tenderize the meat. It's grilled and then topped with an Asian take on the South American staple, Chimichurri sauce. Wara Wara's version mixes Japanese plum, cilantro, basil, and yuzu to create the "Chimichurri." The dish is served with whole grain mustard on the side and house-made pickles. The pickles - both the vegetable pickled and the brine-change regularly based on the season, what looks good in the market, and what type of flavoring will go best with that particular vegetable.

If the Autumn Root Vegetable Salad is available during your visit, make sure you order that. It features both red and golden beets roasted and served over a traditional French-style carrot puree made with milk, butter, honey, and cinnamon. The dish is then topped with house-made ricotta, blended with a little yuzu for a citrus-y pop of flavor.





## GRACIE'S

## Entrées Connected to Home, Inspired Abroad

Gracie's may be Providence's original farm-to-table restaurant. Not only does Gracie's source its vegetables, seafood, meat, cheese, and honey from local farmers, fishermen, ranchers, and artisans, but the restaurant also partners with Re-Focus, Inc., a Providence-based nonprofit human service agency that serves Rhode Island adults with varying physical and developmental needs. Re-Focus' clients make some of the plates on which Gracie's entrees are served.



Crescent Farms Duck served with Honey Spaetzle, Roasted Ruby Beets, Salisfy Root and Winter Berry Jus 194 Washington Street Providence, RI 02903 401.272.7811 www.graciesprov.com









And while those entrees are sourced locally, Executive Chef Matthew Varga finds inspiration from his worldwide travels. "Earlier this fall I travelled to Prague, Budapest, Germany, and Austria," says Chef Matthew. "The cabbages, grains, duck, and pork I ate there got me in the mood for developing our winter menu."

Those flavors inspired by Eastern Europe have material-

with honey spaetzle, roasted ruby beets, salisfy root, and winter berry jus.

Scallop lovers will salivate over the Chef's Georges Bank Sea

Scallop lovers will salivate over the Chef's Georges Bank Sea Scallops, served with flint corn polenta, maitake mushrooms, Brussels sprouts, and autumn squash.

ized into a spectacular entrée of Crescent Farms Duck served

## GARDE

Two Savory Chefs Experiment with Dessert. And We Win.



Hazelnut Mousse

Providence, RI 02903 www.gardeprovidence.com The creative, unusual and highly successful desserts at Garde are the results of experiments by Corporate Executive Chef Rob Sisca and Chef Peter Cacace, not the visions of an in-house pastry chef.

If you are a fan of something rich and creamy, opt for the Hazelnut Mousse. It's served with Fueilletine crisps and smoked sea salt caramel ice cream. They are outstanding both combined and as individual components.

Looking for a more "adult" dessert? Try Garde's take on a stout float. The chefs take Farmer Willies Ginger Beer (which is alcoholic) and add house-made green tea ice cream and nutmeg. It's garnished with a fried Thai basil leaf.

The churros are unlike any you've had before. Chef Peter started with beignet dough and wanted something in a different size and shape. Eventually it ended up in the shape of a churro, and then was rolled in a mixture of cayenne, cinnamon, and sugar. It's served with a Valrhona spiced hot chocolate and a roasted squash froth, which adds just a little sweetness.











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## Healthy at Home



Recipes by Elaine Pusateri Cou Photography by Scott Erb and Donna Dufault

www.theuxlocale.com

Elaine is Owner and Chef de Cuisine at The UXLocale. A thirdgeneration Sicilian, wife and mother of two-and now restaurateurwho describes her cooking style as slow, peasant food with an Italian its preparation began early in life. "I've been a sous-chef since I was three feet tall, standing on tiptoe to see creations on the kitchen countertop, and I continue to learn today. My recipes and cooking style have evolved from the many memories of people at the stove; family, friends and neighbors. Those people, and their spirit, live on in my kitchen with me."







# The World is Your Oyster Mushroom

Pan Seared Chicken Thighs & Oyster Mushrooms with a Brown Rice Risotto

A powerhouse of protein, fiber, vitamins, and minerals—this dish packs it all in.

For starters, chicken is a great source of protein, and it's also a good source of vitamins C, B-6, B-12, A, D, E, K, and thiamin.

Oyster mushrooms are low in calories, fat-free, cholesterol-free, gluten-free, and very low in sodium, plus they're high in protein, fiber, and iron.

Finally there's the brown rice, a great source of fiber. It packs a blast of manganese, which naturally produces energy and acts as an antioxidant.

In short, this simple, little dish powers this newbie chef and restaurant owner through a 14- to16-hour day. So, if it can do that for me, it might do the same for you, too.



### Ingredients:

2 lbs. boneless/skinless chicken thighs
Large cluster of oyster mushrooms
2 cups brown rice
Olive oil
Butter
Bunch parsley
Few sprigs of fresh thyme
White wine
Kosher salt & coarse ground black
pepper, for seasoning
1/4 cup Romano cheese





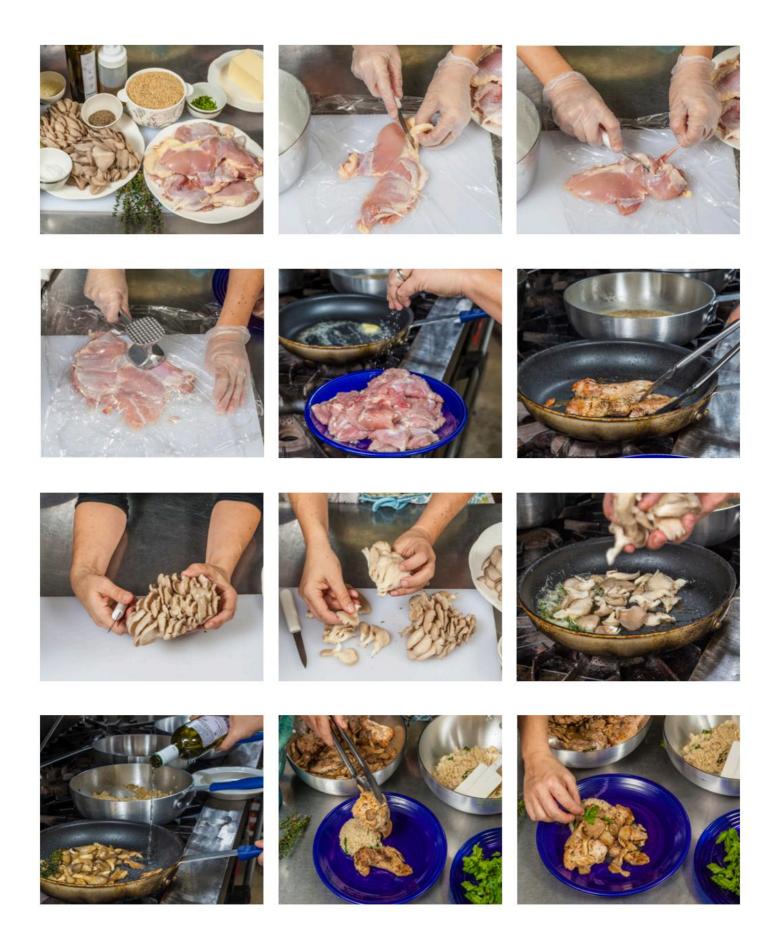
## **Brown Rice Risotto**

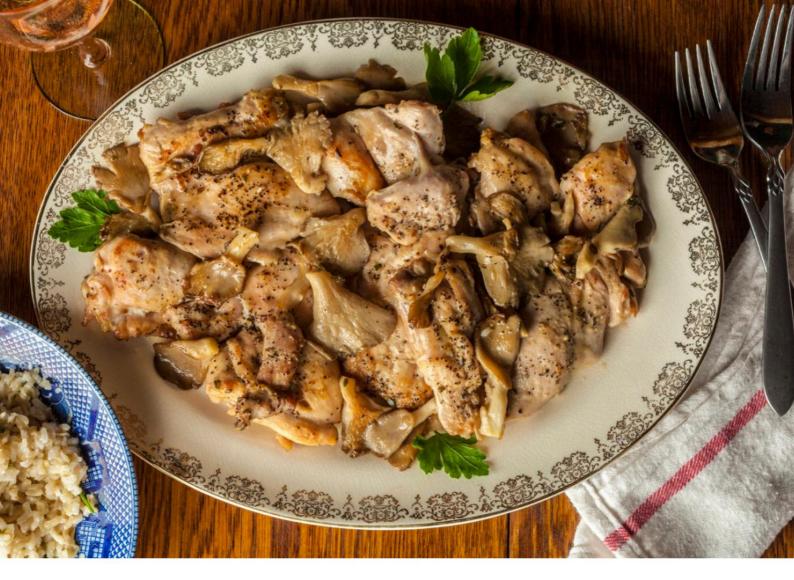
### DIRECTIONS

- Before preparing the Seared Chicken Thighs and Oyster Mushrooms, fill a pot with water and simmer on low. This will become the stock for the risotto.
- Rough chop a bunch of parsley and, using any chicken scraps from the chicken thighs, create a stock for the risotto.
- 3. In a separate heated skillet, add a pat of butter, brown rice and a few pinches of salt.
- 4. Once the rice begins to make a crackling sound, ladle your stock into the skillet little at a time. Let it absorb before adding more. (The beauty of brown rice is that it naturally lends itself to a creamy consistency—no cream necessary!)
- 5. Taste-test the rice to see if it's done, and if it is, fold in the Romano cheese.
- When plating up, shape the rice in a small cup or ramekin.









## Seared Chicken Thighs

## DIRECTIONS

- 1. Trim any extra fat or skin from the thighs, set aside in a small saucepan.
- Line a cutting board with plastic wrap, place the chicken down, and layer another sheet of plastic wrap over the chicken.
- Using the flat end of a meat tenderizer, flatten out the chicken until it is the same thickness throughout. Season the chicken with salt and pepper.
- 4. Add a little oil and one pat of butter to a skillet.
- 5. One or two at a time, add chicken to saucepan, sear 3 to 4 minutes per side.
- Remove from heat, set aside and cover, then start the mushrooms.

## Oyster Mushrooms

#### **DIRECTIONS**

- To preserve the entire stem, one at a time, peel the mushroom from the stem. (If you care about clean edges, use a paring knife. I mostly tear them off. See the photo for a better look.)
- 2. In the same saucepan used for the chicken, add a pat of butter and a few sprigs of thyme.
- Add the mushrooms in small batches so they caramelize, rather than poaching them in their own liquid. They are perfect when the color is slightly more than golden brown.
- 4. Deglaze with white wine.
- Pour everything over the chicken, and cover.
   Reheat the chicken and mushrooms right before serving

## Sweet Sensations



Written by Lina Bifano
Photography by Scott Erb
and Donna Dufault

An avid cook and mother of two, Lina Bifano values the importance of home-cooked meals for her family. She understands that time constraints and children's schedules can often dictate how a family eats—so she develops strategies that allow her family to still enjoy delicious, healthy meals, even at a moment's notice. Her travels throughout Italy and France have been the inspiration for all of her recipes and Lina has incorporated those ideas into modern, family-friendly fare. The desserts she creates— with sophisticated flavors that can be easily achieved by anyone—give even the novice home cook the opportunity to wow family and friends alike.

## Baci di Dama



If I had to pick, I'd have to say my personal favorite is the baci di dama cookie. When I think of these cookies, I remember family parties where trays of these delectable little balls were piled high and adorned with Jordan almonds. I remember how easy it was to sneak a few and, now that I'm adult, I realize just how easy it is to lose count of how many you've eaten!

The baci di dama ("lady's kisses" in Italian) is a unique cookie that isn't found in many stateside bakeries. An old recipe by most modern standards, the recipe has evolved from its noble roots to a cookie that can be made with readily available ingredients. This adorably tiny cookie packs a wonderful melt-in-your-mouth quality and surprising flavor combination in just a single bite.

The original recipe was invented by the personal chef of King Victor Emmanuel II, in Tortona, Italy. The king wanted something new to snack on and the chef didn't have too many ingredients left. He decided to crush some almonds into a flour, add some staples (butter and sugar), plus a dash of this and a pinch of that, to make a cookie that would pair perfectly with the dark chocolate that he had on hand. After toying with the shape and size, he decided on two flat-bottomed, dome-shaped cookies and "kissed" the two cookies together with the rich dark chocolate he had on hand. Some years later, the recipe was slightly changed when one chef substituted toasted hazelnuts for the original almonds the recipe called for. The toasted hazelnut flavor paired perfectly with dark chocolate and, not long after, the baci di dama hazelnut recipe was honored with the highest prize in Italian culinary arts of the time, the Medaglia d'Oro.

Although this recipe doesn't contain very many ingredients, these cookies require at least an hour of prep and assembly work per batch, plus time for the dough to cool in the refrigerator before shaping. Traditionally, the dough is rolled into a long, thin log and refrigerated in sections. Sections are removed from the refrigerator, one at a time, and half-inch discs are cut and rolled into tiny balls. These balls are slightly pressed down onto the cookie sheet, causing a flattened bottom and dome-shaped upper. If you have a 1 teaspoon measuring spoon with a round cavity on it, you can use that as a mold. The high butter content and lack of binding agent makes it easy to use your thumb to pop these cookies right out of the measuring spoon mold, directly onto a baking sheet. Don't expect the dough of this cookie to be "doughy" at all. The dough should be crumbly and only bind together when squeezed. You'll be able to roll it into logs, but refrigeration is key or your dough will crumble and you won't be able to form a shape. Work the cookies in small batches so the dough stays together without breaking apart when touched.

These cookies make the perfect accompaniment to a tightly pulled shot of your favorite espresso and store incredibly well in an airtight container. As an added plus, you can also use rice flour in lieu of all-purpose flour for a gluten-free option. The old saying holds true: One kiss is never enough!

See recipe on page 108



## Baci di Dama

#### Ingredients:

1 cup toasted hazelnuts (be sure to remove skins after toasting)

1 cup all-purpose flour

1 stick unsalted butter (room temperature)

2/3 cup sugar

1/2 tsp. kosher salt

1/2 tsp. vanilla extract

2 ounces of your favorite semi-sweet, dark, or bittersweet chocolate, chopped (morsels are also fine)

#### Prior to baking:

Toast hazelnuts in a 350°F oven for 15 minutes. They should be slightly golden brown when done. Allow them to cool to the touch and rub them between two dish towels to remove any remaining skin.

### When ready to bake:

Preheat your oven to 350°F and line two baking sheets with parchment paper. I don't suggest using non-stick spray in this instance. Place toasted, skinned hazelnuts in a food processor and pulse to a fine hazelnut flour. Transfer the hazelnut flour to a mixing bowl, adding the rest of the dry and wet ingredients. Add butter at room temperature and begin combining the mixture, using your hands to mix the dough and bring it together into 3-4 thin, 3/4" logs. Wrap in cling wrap and refrigerate for at least 20 minutes.

Once chilled, and working with one log at a time, cut 1/2" discs and roll them into tiny balls (just slightly larger than a marble), flattening the bottoms slightly as you place them down on a parchment-lined baking sheet, slightly spread apart. You can also use the round cavity of a 1-teaspoon measuring spoon as a mold and pop it out using your thumb. Bake each batch for 10-15 minutes, until the edges are golden brown and the cookies seem slightly puffed up.

Once cool, melt your favorite chocolate or morsels and dollop a small amount onto the flat side of one cookie, being certain to "kiss" another cookie to it before the chocolate begins to harden. Leave cookies to cool or place in the refrigerator so chocolate can cool quickly. Store in an airtight container.







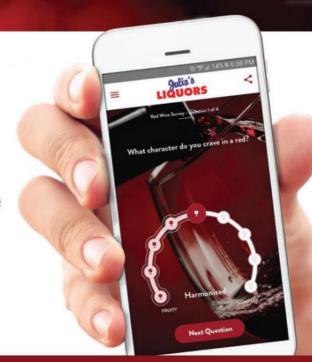
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Julios Liquors.com

### **Brew Review**



Written by Matt Jones
Photography by Scott Erb
and Donna Dufault

Matthew Jones is a curmudgeon and a crusader for a world of quality and originality. He has spent the last 25 years restoring books, documents maps and globes.

When he is not teaching Japanese martial arts or climbing mountains, chances are he will be testing out the merits of best brewed or distilled libations.

## Banded Horn Brewing

reetings fellow travelers! Once again we embark on the road to the discovery of new and different New England regional beers. Spring will be upon us soon, and the heavier, spicier seasonal ales and stouts give way to cleaner, brighter, and more floral offerings. Pilsners epitomize these qualities and remain one of the most popular and ubiquitous variants of beer on the market. All three of the American brewing juggernauts make pilsners or lagers with pilsner qualities. At one time, a certain Milwaukee brewery, when it still held its head independently high, brewed a champagne-like style of beer, a fine bubbly pilsner made with quality malt, hops, and clear water. I remember my first 6 pack of the clear bottles back in the 80's.

This subtle, light and effervescent variety is an elusive creature in the world of American beers. That said, Banded Horn Brewing in Biddeford, Maine has brewed a gold medal winning Franconian-style pilsner that at 4.6 ABV delivers a spectacularly refreshing and crisp flavor: Pepperell Pilsner. On first pour, even the mostly gently handled can produces a prodigiously tall, lacy head that inevitably will spill over the edge of your glass (and up your nose should you be so foolish as to go right from the can). Pale as the earliest straw from the fields, this light unfiltered beer glows in the glass. The sour hoppy aroma is surprisingly nice, and the first sip delivers a classy balance of bready malts, herbal hops, and thirst-quenching flavor without the usual brutality I associate with so many beers on the market today. Strictly speaking, this is considered a Keller Pilsner, but the can's design hints at the Banded Horn's love of German beer culture. Its Pomeranian-style griffin and red and white color scheme, accented in gold, may even suggest the tones of Franconian heraldry. German Heidelberg malt and Hersbrucker hops are added to Saco River water to create this traditional brew. The name, "Pepperell," derives from the breweries and tasting rooms' location at the 150-year-old Pepperell Mill Complex in Biddeford.

One of the great things about this award-winning pilsner, and this brewery in general, is its availability and approachability in the market. Any quality beer and wine or liquor store should have a good range of Banded Horn's offerings well into and beyond each given season. I got mine at Julio's Liquors in Westboro, Massachusetts. Visit Banded Horn's tasting room for samples of one of as many as ten beers they have on tap. Enjoy!

### Banded Horn Brewing

32 West Main Street Bldg 13-W Biddeford, ME 04005 207-602-1561 www.bandedhorn.com



# Polly's Pancake Parlor

### Because Breakfast is STILL the Most Important Meal of the Day

Written by Bradley Schwarzenbach Photography by Scott Erb and Donna Dufault

ou could argue that it was just a business decision. However, tearing down the old building and positioning their patio to offer a beautiful panorama view of the splendor of the Franconia mountain range in Sugar Hill, New Hampshire has helped define Polly's Pancake Parlor as the premier destination for freshly-created breakfasts in New England.

Co-owner Kathie Coté made this difficult decision when it became clear that the small restaurant had almost fully supplanted the mail-order pancake mix and maple syrup business as the primary driver of business. The result has been a more complete dining experience, enjoyed equally by locals and summer tourists. Further, it's enabled Coté to keep Polly's open year-round, whereas until recently, it was a seasonal establishment.

But let's go back to the beginning. "We just finished our 78th year in business and it's been in my family for all 78 of them," Kathie says. The land and accompanying farmhouses were originally a maple sugar business, catering to the numerous hotels in the area. Her grandfather started the business. To make ends meet at the onset of the Great Depression, the operation expanded to include a small tearoom. It was then that Coté's grandmother, Polly, helped launch the new venture and provided the namesake.

"I've been involved in the business since I was little but I took over management about 15 years ago," Kathie says.

The Polly's Pancake Parlor experience is "homey and personal," according to Coté. "Our waitstaff makes all of their own pancakes and waffles for the customers," she says. "It's a unique experience. We put the pancake grills front and center so customers can see everything being made to order right in front of them, so the cooking is part of the show."

continued on page 114







Like so many restaurants we profile, Polly's strives to serve only locally-sourced ingredients. Their bacon is from a smokehouse in nearby Claremont, New Hampshire. But the real star of Polly's show is the organically-grown grains that are stone ground right on site, something they've been doing since the 1970s. The grains themselves are trucked in from upstate New York.

Polly's also puts a twist on traditional pancakes and waffles by offering a choice of grains. Coté quickly gushed about their buckwheat. "We use a very old family recipe that includes kasha and buckwheat groats. The result is not heavy or dry, but provides a nice nutty flavor. This is in addition to their stone-ground whole wheat and cornmeal offering for those looking for that traditional New England johnnycake experience.

And, for the health-conscious among us, oatmeal buttermilk pancakes are made with egg whites and vegetable oil. "It's a healthier option but sacrifices no flavor. Oatmeal buttermilk is one of our most popular options," Kathie says. While most diners may not be used to grain options for their pancakes, Polly's does offer a combo that will let you try more than just one.

In addition, Polly's has most of the regular breakfast options one would expect: eggs benedict, omelettes with a variety of fillings, quiches, and French toast.





For those looking to indulge, Polly's Panwhich offers a variety of meats and cheeses stuffed between two plain pancakes. There's also an extensive lunch menu with sandwiches, wraps, and salads. Coté also noted that the full menu - breakfast and lunch - is available all day long.

Polly's Pancake Parlor is located at 672 Route 117, Sugar Hill, New Hampshire. They are open year round but hours will vary by season, including those for their country store. Visit www.pollyspancakeparlor.com for updated hours, and news and to place an order in their online store.

"We put the pancake grills front and center so customers can see everything being made to order right in front of them, so the cooking is part of the show."











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## Foodies ANDS



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### The Craic & Blonde Haitian Relish Hot Sauce

While studying abroad in Ireland, Blonde from The Craic & Blonde cooked up her favorite Haitian dishes to share with friends. They were absolutely blown away by the powerful flavors in each dish, and Blonde has continued to share the passion of Haiti with the world ever since.

Blonde from The Craic & Blonde creates mouthwatering pikliz (pronounced pick-lese), a traditional Haitian condiment made of sweet and sour pickled vegetables, along with habanero peppers.

It tastes good on pretty much everything (trust us, we're already on our second jar) and is vegan and gluten-free what more could you ask for?

At The Craic & Blonde, we like to celebrate and blend cultures at every meal. *Enjoy the unexpected!* 





Do you have a New England based food product or cook book you'd like to see on the pages of Foodies Magazine? Learn more here: www.foodiesofnewengland.com.

### Whiskey Under Loch & Key

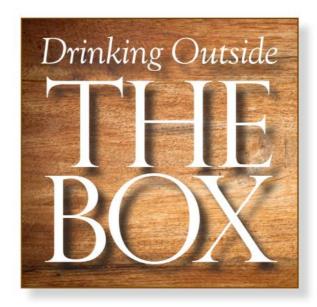


Written by Ryan Maloney Photography by Scott Erb and Donna Dufault

Ryan Maloney has over twenty five years experience in the spirits industry. He is the founder of The Loch & K(e)y Society and the creator of www.lochandkey.com a forum based whisk(e)y website. Ryan was just inducted into the Keeper of the Quaich Society in Scotland, one of whisky's highest honors. He can also be heard on WCRN AM830 on his radio show "It's The Liquor Talking". However, Ryan is most recognized as the owner of Julio's Liquors in Westborough MA, where amongst other accolades he has been three times awarded "Retailer of the Year".







In my day-to-day life I talk a great deal about whiskies (mainly because that's my job) and mostly about bourbon and single malt scotch (because that's what most people are interested in learning about). However, recently I had a customer ask me what I liked to drink when I wasn't drinking bourbon or Scotch.

I said, "a nice single malt". That response got a confused look and the customer replied, "I said, **not** Scotch." It then dawned on me that many people were equating the category of *single malt* with the geographical location of Scotland! Although it's true that there are many great single malts from Scotland, it's also true that there are a plethora of single malts from around the world that warrant recognition, too. So, to that end, here are three of my favorite single malts to drink when I'm not drinking single malts from Scotland.

I might as well start right here at home with a single malt from the good old U.S. of A. Westland Distillery in Seattle, under the watchful eye of Master Distiller Matt Hofmann, has been at the forefront of American Single Malt. As a matter of fact, they have been pushing legislation to better define "American Single Malt" as a category of whiskey. (Check it out online www.americansinglemaltwhiskey.org.) My favorite whiskey from them at the moment is Garryana American Single Malt, which is bottled at cask strength of 112.4 proof and non-chill filtered. The whiskey is a blend of single malts that Westland produces and contains pale, peated, and their proprietary five grain mash bill.

continued on page 120





What makes this single malt delicious and different is that a little over 20% of the blend ratio comes from single malt that was aged in Garry (Quercus garryana) oak barrels. This white oak is native to the Pacific Northwest with a natural habitat ranging from southern British Columbia, down through Western Washington and into the Willamette Valley of Oregon. Garry oak is assertive and has phenolic aromatic profile as compared to the typical white oak (Quercus alba) that is mainly used for barrels here in the U.S. for aging whiskey. The result creates everything that a mature, well-balanced malt should strive for, including a rich reddish gold color. The nose gives off notes of mesquite, barbecue pit coals and clove up front. Those flavors push the cereal notes to become much more focused on dark fruits like blackberry, blueberries, and figs to the point of giving the finish a port wine-like taste. Also, keeping the whiskey at natural cask strength and avoiding any filtration allows the light phenolic character to complement the richness rather than overpower it. (Garryana 2016 \$115, Westland Distillery produces single malts from \$65 and up)

Next up is a fantastic crowdpleaser single malt from France. Brenne French Single Malt's original expression, Estate Cask, is a collection of single cask releases (that is, each barrel is bottled individually and the barrel number is stamped on the back of each bottle), so slight variation between barrels is to be expected. What I'm enjoying now is the new 2016 release of Brenne Ten. The tenyear-old single malt is very limited; this year's expression only has 303 cases in release. In talking with Brenne's founder, American Allison Patel, I found out that the four barrels that make up the 2016 vintage of Brenne Ten are: three old XO Cognac casks and 1 new French Limousin oak. Allison explained to me that it became apparent to her that the lighter notes of the whiskies in the individual barrels could marry beautifully together to create a delicate, complex, and integrated batch. I agree, the whisky delivers notes of chili pepper, stone fruits, and of course, hints of Brenne's signature crème brûlée that is more subtle in the Brenne Ten than her regular Brenne Estate Cask. All in all I find this year's release to be refined and elegant. The 2015 vintage included a barrel of whisky that had spent five years in new French oak and five years in wet XO Cognac to be more bold and upfront. The 2015 was a message at the end of a sledgehammer while the 2016 is more of a whisper in your ear. I liked both but for different reasons. I asked Allison which she preferred and, being a former ballerina, she danced around the question beautifully. She answered, "This is never a game of 'which do you like better?' Instead, it's about taking a journey with me and exploring a whole new spectrum of flavors made possible within the Single Malt category." Well played Ms. Patel, just keep bringing us great French whisky!

(Brenne Ten 2016 \$100 Brenne Estate Cask \$60)



### Wines of Distinction



Written by Domenic Mercurio, Jr. Photography by Scott Erb and Donna Dufault Styling by Dona Bourgery

Known in restaurant circles as The Wine Guy, Domenic is focused on food and wine education.

Domenic's enthusiasm and passion for food and wine, propelled him into a local TV wine education series, The Wine Guy, in which he took viewers on a tour of California and Italy's wine regions and historic destinations

In addition to being the editor and publisher of Foodies of New England magazine, Dom is the host of Foodies of New England, a dynamic and educational TV show. The show features New England's best, award-winning chefs, and their signature recipes.

# Verona Delivers the 'Quality of Mercy' to the Price Conscious Wine Drinker

"The quality of mercy is not strained; it droppeth as the gentle rain from heaven upon the place beneath. It is twice blest; it blesseth him that gives it and him that takes."

If Shakespeare were still penning fascinating tales of intrigue and drama like the *Merchant of Venice*, no doubt he'd still be drinking wine from the great city of Verona in the Veneto. And on special occasions, he'd likely choose the voluptuous and costly Amarone della Valpolicella Classico. But, for lack of ducats, even the Bard of Avon delveth not into the great Veronese nectar of Amarone every day, doth he?

It is with a true 'quality of mercy' for the price conscious wine drinker and a deep sensitivity to the our limited resources that the Veronese winery Cantina Valpolicella Negrar produces a wonderful, every-day alternative to the deep, dark, delicious Amarone wines for which Verona is so famous – the Lastone Rosso Veronese.

Indeed, the Lastone Rosso Veronese (lah-stone-ay, roh-so, veh-roh-nay-say) is a masterful blend of typical Veronese grape varietals also used to produce the great Amarone (ah-mah-rone-ay), with the added pleasantry of a mildly tannic, plummy Merlot, accepted and trusted among most wine novices and aficionados alike.

Winemakers at Cantina Negrar dub the wine 'Lastone' in reverence to the unusual and particular type of stone and soil that surrounds the roots of their ancient vines. An historical cooperative from the heart of the famed Valpolicella district, Cantina Negrar is located in the prestigious Classico area of the Valpolicella district, located in the valley of Negrar. This valley nourishes a long tradition of wine cultivation in the Valpolicella district.

In olden days, before wines such as Amarone and Ripasso had been discovered, this area was also known for its prestigious stones, such as the red marble from Verona which was widely used by the Venetians when building their expansive and ornate villas. However, the use of other local stones, less prestigious than marble, became wide spread. The antique mines from which the stone was taken were called preare (in local dialect). The local stones were used to separate the various vineyards and also to build terraces necessary for the vines to climb up the steep slopes. It is with this local history in mind that winemakers at Cantina Negrar tipped their hats to the heritage that surrounds them when they named this magnificent (and affordable) wine.



As mentioned, Lastone is made from much of the same grapes used to make its opulent "older brother", Amarone. Of course, a certain method of barrel aging using French barriques is also of particular distinction in the production of Amarone, which has a very velvety, round, and nearly port wine-like mouth feel. Amarone is also vinified in oak barrels. whereas Lastone is produced in stainless steel tanks, which amplify its intense berry flavors, keeping the focus on the fruit and not the spicy flavors associated with oak. The Corvina, Corvinone (larger Corvina grapes), Rondinella and Merlot grapes in Lastone are a very unique blend, as most blended wines from the Veneto - like Amarone - use Corvina, Rondinella and Molinara grapes. In a most innovative fashion, Cantina Negrar seeks to blend the more commonly-accepted Merlot varietal into the Lastone in an effort to add a familiar plum flavor and tannic dryness on the finish, which it has achieved.

The production method used in producing Lastone is focused and very careful. First, grapes are harvested only from vines located in the foothills of the Valpolicella district, which are about 100 to 350 meters above sea level. These vines have an abundance of direct sunlight throughout the day and a slight influx of nebbia (fog) during the overnights, frequently



causing increased hydration in the flesh of the grapes, which is complimented by just the right amount of acidity resulting from the hot, dry sun during the day.

Vines are 20-25 years old. These "old vines" have roots that delve deep into the calcareous and clay soil to find hydration in the relatively low water tables, which then causes the roots to take on the complex minerality of the Veneto soil. The translation: Nuances of seashell, stone, and mushroom in Lastone's flavor profile.

"Isn't that the purpose of great wine – to be enjoyed anytime, by anybody?"



Then there's the arduous task of harvesting Lastone's fruit. Winemakers and agriculturists at Cantina Negrar hand-pick all berries. Eliminating machines in the harvesting process guarantees no bruised fruit, which they are careful to avoid since exposed flesh begins to ferment prematurely and adds undue bitterness to the juice. Once de-stemming takes place, only the very best of the berries are slow-pressed and macerated for about 10 days. Slow pressing ensures minimal bitterness and astringency, and usually results in just the right amount of acidity to complement the sugar levels.

At the end of it all, the product is an exceptional, fruit-forward, fragrant, velvety, mildly-dry and reasonably-priced Rosso with an unexpected level of sophistication and subtle opulence the likes of which would be greeted by Amarone lovers with excitement and enthusiasm. Yes, for about \$12 – around a third of the price of its dignified older brother, Amarone – the Lastone is certainly an every-day crowd pleaser. In fact, Lastone pairs marvelously with many dishes, including pork, veal, pasta with red sauce, and pungent sausages. We've even included a tasty Roasted Pork Chop Stew recipe for a wonderful accompaniment! And isn't that the purpose of great wine – to be enjoyed anytime, by anybody?

Who knows, if Antonio had had brought Shylock a bottle of Lastone, maybe he would have forgiven his quest for a pound of flesh. In any case, I'm sure Mr. Shakespeare would have agreed... Cantina Negrar Lastone Rosso Veronese is a worthy drink for anyone in any walk of life; whether you're a merchant from Venice, a dignified poet in Stratford-on-Avon, or just a foodie from New England.

We bestow 90 distinguished points upon this lovely Veronese nectar.

FNE.

### Roasted Pork Chop Wine Stew with Spring Vegetables

Recipe by Food Stylist Dona Bourgery

### Ingredients:

4 bone-in thin- to medium-thick pork chops

1/2 cup red wine (or to taste)

1/2 cup olive oil

1/4 cup Worcestershire sauce

### Directions:

Sprinkle Tablespoon of each spice below and stir in liquid mixture/ (Salt, Pepper, Sage, Parsley Flakes, Basil, Garlic Powder and Pink Peppercorns) or to taste.

Add: Approx. 2 to 3 cups water to sauce mixture or to fill to 1/2 way up of Pork Chops and stir well.

#### Add:

2 1/2 Cups Carrot Slices or Mini Carrots

3 Cups Peas

2 Cups Slice Brussels Sprouts

1 Cup Pearl Onions

1 Cup Onion Slices

2 Cups Slice Grape Tomatoes

1 Lg Garlic Clove chopped

1 1/2 Cup Slice Mini spicy Red, Orange and Yellow Pepper Rings

2 Cups Mushroom Slices

3 Fresh Sage Sprigs

Layer and combine all ingredients in a baking dish or stainless pan with Pork Chops on top of vegetables to allow them to brown nicely.

Top all with Fresh Sage Sprigs.

Bake at 350 degrees for 1 to 1 1/2 hours. Add water if needed as it bakes and stir sauce well.

Serve nice and hot from oven with a glass of your favorite Red Wine!



### Liberating Libations



Written by Adam Gerhart Photography by Scott Erb and Donna Dufault

Adam Gerhart has been bartending since he was 17. Growing up in upstate New York along the Hudson River, he worked his way up from washing dishes in the restaurant industry and worked in all positions a restaurant has to offer. Adam feels that learning-bydoing is the best training method, and considers it a very big reason for his success.

Making a guest's experience memorable and giving them a quality drink is where Adam's passion lies. Adam believes that, if he and the people around him are having fun, it's not work. He also feels passionate about turning someone's day around by putting exactly what they want in front of them, and creating that special drink that makes them say, "Wow."

# Drink From the Trees!

ost people use syrup for breakfast, butter, sweeteners, but—yup, you guessed it—it's great in cocktails, too. That's why, this time, we're making a Maple Bourbon Lemonade.

Spring is a time of thawing, melting, and easing out of winter's deep freeze. Just like everything else, trees also come back from their winter slumber, which makes spring the perfect time to harvest their sap (or xylem).

In cold climates, trees—especially maple—store starch in their roots and trunks, and sap is essentially what brings nutrients up to the rest of the tree. When the starch in the roots is converted to sugar (or sap), it rises up to feed the rest of the tree in late winter and early spring.

Harvesting sap is pretty straightforward – all you need is a drill, a tap and a bucket. You drill into a maple tree, the sap rises, and eventually it oozes out into the bucket. Then the sap is heated to evaporate any excess water. What you're left with is the sticky, sweet delight we all know and love – maple syrup.

Due to its vast forests and cold temperatures, Canada is the leading exporter of maple syrup, responsible for 75% of world's consumption. While Vermont is the largest distributor maple of syrup in the US, it's only responsible for a meager 6% globally. But, I chose to use a certain kind of maple syrup local Massachusetts called Mission: Maple.

Its syrup is one-of-a-kind, tapped from FSC-certified (Forest Stewardship Council) forestland in the Feronia Forest in the Berkshires, and Mission: Maple actually donates a portion of its proceeds to teaching the next generation all about conservation.

Another thing—and possibly my favorite—that sets Mission: Maple apart is that it has bourbon-infused syrup. Not only is it delicious, but it adds another layer of flavor to cocktails, which makes mixing even more fun.

So whether you are pouring syrup for breakfast, or pouring it for cocktails, using Mission: Maple you can help conserve our beautiful planet right from your pantry. Save the world and drink from the trees.

Alongside the Maple Bourbon Lemonade, try the refreshing Blood Orange Bubbler and, if you're feeling that springtime cold, check out The Remedy. Enjoy responsibly. Cheers!







### From Farm to Glass

Written by Ed Londergan Photography by Scott Erb and Donna Dufault



andcrafted. Original. Local. Sustainable. Delicious. Enjoyable. Comfortable. Those words describe Homefield Brewing in Sturbridge, Massachusetts, a pub people feel is theirs, where they can go to enjoy life. And enjoy they do since great food and drink make great memories.

You can hear the passion in owner Jonathan Cook's voice when he speaks of buying the ingredients for both the beer he brews and the food they serve. His aim is to acquire as locally as possible and from sustainable growing methods, with a firm conviction that this is the only way to always serve his customers the very best.

"Our mission is a bit different than other breweries; it is to support the local economy in a way that keeps the farmland and help small family farms."

He adds, "If it's not awesome, we don't bother with it. There are world class ingredients being grown right here."

Author of Beer Terrain: From Farm to Glass, Jon worked as an assistant brewer at the Portsmouth Brewery in 1998 and has been home brewing ever since. He acknowledges that now he ignores many of the common practices of the brewing industry. "I've often wondered if it really has to be that complex. I use different methods to achieve a high-quality brew and allow the beer to happen. Kind of a karmic brewing experience," he says with a laugh.

"Our mission is to support the local economy in a way that keeps the farmland and help small family farms."

Jon believes there are only two types of beer: "the kind you like and the kind you don't." (How true.) In addition to their own beers — Carpe Diem, Evening Sky, Sense of Wonder and Transcendence — as well as a couple of beers from brewing friends and wines from Massachusetts, they also serve apple fermentations, including hard cider and apple wine as well as Kombucha, a fermented tea that is available in Cranberry Maple, Apple Cinnamon, and Blended Cherry.

The menu is filled with excellent foods and interesting dishes: grass-fed beef stew, arugula pesto grilled cheese, six different types of cheeses, and pickled treats (eggs, Chioggia beets, and ginger squash). Homefield Brewing's goal for local sourcing is showcased nicely as well: red wine and garlic Italian Salumi from Plainfield, Vermont; hickory-smoked bluefish pâté from the

BEER TERRALS
FROM FIELD TO GOLDS
JOHATHAN COOK





Boston Smoked Fish Company; Karolina raw Holstein and Jersey milk cheese from Crouet Farm and Fromagerie in Dudley, Massachusetts; Homefield's own Kitchen Garlic Dill Pickles; Rugbrød bread, a Danish whole-grain sourdough rye, and Brewers Bread made from spent grain after brewing, both from Brynne's Breads in Oakham, Massachusetts; grass-fed beef from Clover Hill Springs Farm in West Brookfield, Massachusetts; and cheesecake from Turnabout Farm in North Brookfield, Massachusetts.

"Depending on what's available, the menu may change once, maybe twice, during the day," Jon says.

In addition to the wonderful food and beverages, live music is offered with mostly original songs. When Homefield opened, bands were booked for only the first two months. Bands now re-book themselves and others call us to ask for a date on the schedule.

Jon and his wife Suzanne plan to keep Homefield a small brewery. It seats 30 people with standing room for 15 more, a cozy spot that creates a space of comfort. "The very best part is when people 'get it,'" says Jon. "[It's] when customers shake my hand and thank me for what I do and for the good time they had. That makes it special."

### **Homefield Brewing**

3 Arnold Road Sturbridge, MA 01566 774-242-6365 www.homefieldbrewing.com

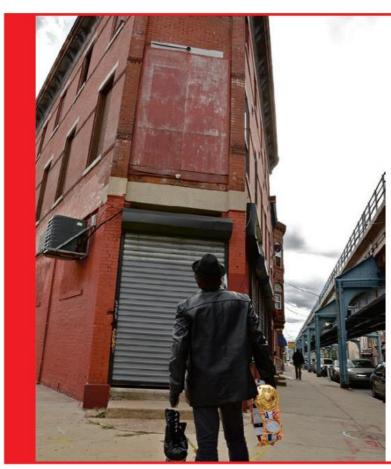












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