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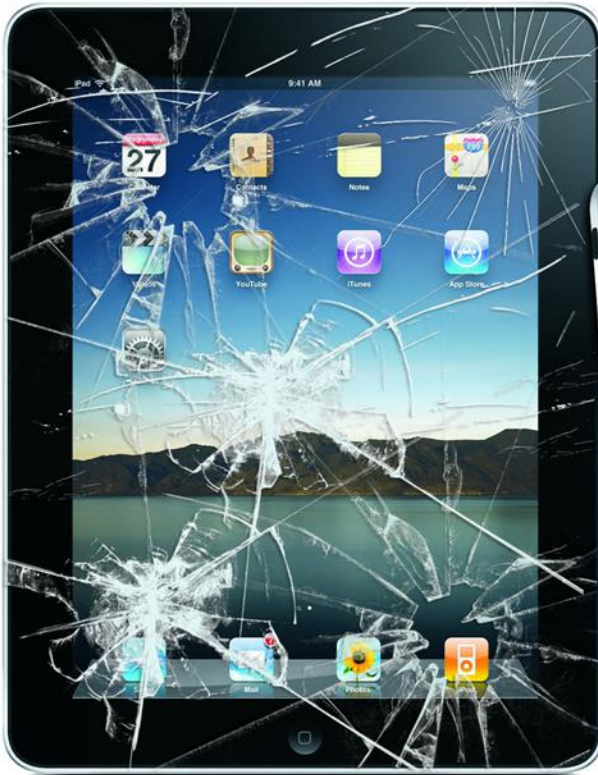
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Taste!

West Virginia

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LETTER FROM THE EDITOR

Welcome to Taste! WV Magazine. This is our second publication from WinterVine Publishing, and its due to the success of Spotlight WV Magazine.

Taste! WV Magazine is the product of a talented team effort to produce a high quality culinary arts magazine. We stand by the quality and integrity of our magazine, and we're excited to take this journey with our readers, exploring your favorite culinary wonders of West Virginia.

We want to make West Virginia shine in a positive light just as Spotlight WV does, yet with all the culinary delights you could ask for. In this magazine we'll be featuring your favorite restaurants, healthy tips, famous family recipes, and so much more.

This issue of Taste! WV Magazine will be free to view online, and we will be printing a limited edition of this magazine that will be available throughout West Virginia. If you would like to have a print copy sent directly to your home, you can subscribe to Taste! WV by visiting our website. <http://tastewv.com/subscribe/>

If you would like to have your favorite family recipe featured in our upcoming magazine, please contact mail@tastewv.com - we'd love to hear from you! There is no charge to feature your family in our magazine, with photos of your family along with your recipe, but there is already a waiting period for submissions. - Joel Bennett, Editor-In-Chief
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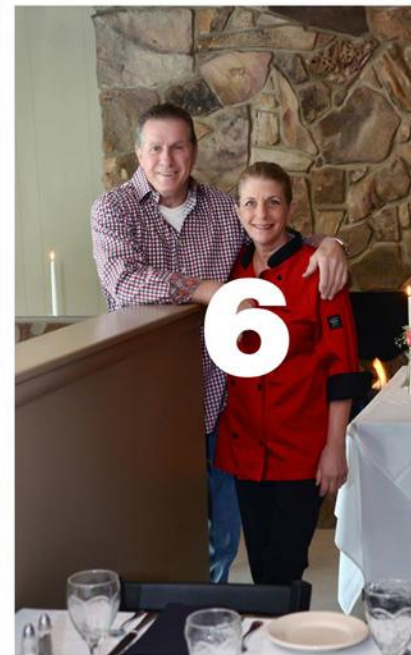
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304 ChopHouse Bar and Grille

“THE FOOD WILL SPEAK FOR ITSELF”

"No daily specials here"

By Joy Browning





304 ChopHouse owner and General Manager JP Hunter and Executive Chef and owner Anita Hunter invite you to come dine with them.

I first heard about beef carpaccio a couple years ago while watching a show on The Food Network. Celebrity chef Alton Brown was sharing tips on how to prepare this dish of - basically - thin slices of raw meat. I remember watching Brown for a few minutes while cringing and saying to myself, "There's no way I'm eating uncooked beef! No way!" And that is truly how I felt for the longest time, until the day I met J.P. and Anita Hunter.

In October 2013, the couple purchased an old bait shop at the foot of Raleigh Hill in Beaver and, over the next couple months, transformed it into the upscale casual restaurant that is 304 ChopHouse Bar and Grille.

"This was just one big, giant room when we got this building. There wasn't anything in here," J.P. said. It is hard to imagine that today though, as 304 ChopHouse screams elegance and sophistication the moment you walk through the front door. You first spot the beautiful lighted granite bar that is constantly changing colors, with a bowl of fresh fruit on it just waiting to be crushed into a delicious mixed drink. And that is only the beginning.

Once a nurse ...

"Come see our kitchen!," beckoned Anita, who also serves as executive chef for 304 ChopHouse, the day I interviewed the couple about their restaurant that opened in March of 2014. This came as a

pleasant surprise, as I had never been invited to tour a restaurant kitchen before.

I followed him and Anita through the swinging doors and what I saw next completely blew my mind: a kitchen so immaculate there was not a single spot of grease on the floor. A hood system that shone - no exaggeration there. Used cloth napkins and other linen in three neat bags. A filtered water machine. And then a familiar scent that transported me back to old nursing internship days: The clean, fresh smell of bleach. It was almost as if I had walked into a hospital's operating room.

"Every night, they clean the entire kitchen, scrub the floors," said Anita, who has 38 years of nursing experience under her belt, but says she has always wanted to cook. "On Tuesdays, we tear that whole hood system apart so that it's not greasy. That's why everyone loves our oysters - because we change the oil." Anita said every dish and utensil at 304 ChopHouse is bleached in "Sani-Pots" at the end of the day. She also expects her kitchen staff to clean as they prepare food.

"I had a chef quit once," Anita said. "He told me, 'Chefs don't clean!' I told him, 'Too bad. This is not like any kitchen you've ever worked in. You have to clean. We don't go home until everything is put up. You won't find grease anywhere here!'"

The cutting boards at 304 ChopHouse are even color-coded: one for seafood, another for raw meat, a third for poultry, and so on - to



304 ChopHouse mixologist Annie Enright serves up a cosmo for a thirsty customer.

prevent cross-contamination. Anita may have retired from nursing (she was once a flight nurse, an operating nurse and chief nursing officer of a large practice in Texas, with 300 employees under her wing), but the way she keeps the kitchen and the entire restaurant so spic and span is proof positive the nurse in her is still very much alive!

Restaurant know-how

Husband J.P., who is also the restaurant's general manager, was a 1960 Woodrow Wilson High School graduate who worked in the contract food management business in California for many years. "Companies like IBM and Microsoft have big buildings for their employees," he explained. "They have cafes and cafeterias in their buildings, and (to feed their employees) they contract that out to food management companies."

"In my 36 years (in contract food management), I've done everything there is to do in the restaurant business. I've designed them, I've operated them from the VP of operations stand point. I gained a knowledge of restaurants and Anita had the food creativity and a passion for food. She wanted to apply it to restaurants, and so here we are. This is our first restaurant together and, so far, it's been successful."

J.P. says 304 ChopHouse serves up American cuisine and comfort food. "The chop house type restaurant goes way back to the '30s and '40s," he said. "It was basically a steak house, and all major cities had one."

The couple's concept was to develop and recreate a '50s-type environment for a chop house in the area "with a lot of booze, lighting, flowers, candles ... like back in those days that nobody does anymore." With that in mind, the Hunters came up with a set menu that includes items such as steaks, veal and pork, pasta and seafood.

During a recent dinner at 304 ChopHouse, my hubby, Rog, sampled the Cowboy Ribeye, which is a marinated 20 oz. bone-in ribeye, chargrilled medium rare, per his order. Anita herself delivered the steak to our table and, before she returned to the kitchen, asked that he cut into the steak to make sure it was grilled to his liking. It was, and so delicious and juicy, according to hubby. Beyond that, we were impressed she asked him to check his steak and didn't leave until she made sure he was satisfied with the way it was grilled. We have ordered many steaks at various restaurants over the years and no one ever checked to make sure it was grilled the way we wanted before leaving our table.

"No daily specials here!"

While most restaurants offer "daily specials," 304 ChopHouse has a "feature menu" each week. "We run it the five nights we are open, and then we change it the next week," J.P. explained.

"For us, 'feature' is something you're proud of. We change the feature dishes every week and that's been very responsive. Customers can come here and say, 'Wow! ChopHouse says this is the feature this



week. We gotta try it."

Giant sea scallops and mushroom risotto were on the feature menu the week hubby and I dined at 304 ChopHouse. These were fresh, wild-caught New Brunswick sea scallops lightly dusted with seasoned flour, then pan-fried until golden brown. They were served with risotto topped with a white wine, garlic and butter sauce, which gave the scallops a rich, buttery taste. You have to try this dish if they ever feature it again. It was simply divine!

"Everything's fresh here at ChopHouse," J.P. said. "Everything's made in-house. Anita makes the salsas, the desserts. Even the ice cream is house-made. Everything is made fresh everyday." I have tried their pumpkin spice cake with caramel icing and highly recommend it. This is a unique pumpkin spice layer cake that's so moist and light, and filled with to-die-for caramel icing.

Some of Anita's dishes are made from recipes she learned from her parents, who both hail from Italy. "My mom mainly cooked all Italian," Anita said. "And the spaghetti meatballs which a lot of guests love ... it's my dad's old recipe."

With the aim of helping their servers describe the feature dishes to customers, Anita does something so unique each week that I don't believe many other restaurants do: every Wednesday, a few hours before they open the restaurant, she cooks the new dishes. "Then everybody eats, so that when the customer asks, 'What is this chili?' they

understand what it tastes like, what ingredients are in it, and they can share that with the customer."

"We always feed the staff because I believe if you don't want to eat it, I don't want you to serve it out there."

"No other restaurant like it!"

So, what sets 304 ChopHouse apart from other area restaurants? Without missing a beat, J.P. rattles off a number of factors. "Well, just the concept of upscale casual, white tablecloth dining with the variable menu that we offer, small touches such as the open patio, gas lighting, creekside-dining in warm weather, covered in screen dining area, outdoor patio and terrace, pillows in every booth, candles and fresh flowers at every table, fresh fruits for all the drinks and mixes, small bottle mixes." He puts special emphasis on the restaurant's lack of a "beer gun" or nozzle, which he says is a breeding ground for fruit flies and bacteria.

"Just the whole concept of the restaurant is unique to Beckley. There's no other restaurant like it!"

And then there is 304 ChopHouse's "Moscow mule," a cocktail made with vodka, ginger beer and lime served in a copper mug and garnished with a wedge of lime. Anita even makes the ginger beer for these "mules."



"Moscow mule dates back to 1941," she says. "But it kinda lost its way in the '60s. We were searching for signature drinks and come up with 10 mule cocktails. We make our own ginger mix and serve them in authentic copper mugs. They're really, really tasty. The mugs keep the drink nice and cold and clean and crisp-tasting. We're the only ones who do the Moscow mules the way we do in town."

J.P. adds that 304 ChopHouse's menu is 98 percent gluten-friendly, "with exception of our rolls." They institute the Paleo diet.

"Most of our food can be done Paleo upon request," he said. "Gluten-free, too. If you want pasta gluten-friendly, we can do that. And fried oysters are always gluten-friendly. Of course, everybody is shocked because the food still tastes so good."

"The food will speak for itself," J.P. said. "That's what we want to be known for. Consistently good, high quality food at reasonable prices."

Good luck and happiness

The day Anita and J.P. gave me a tour of their spotless kitchen was the same day I spotted beef carpaccio on their fall menu. I was so impressed by Anita's strict standards for hygiene and cleanliness plus her obvious passion for cooking that I vowed to soon return and give this dish that I had never tried before a chance. I did just that a few weeks later. Surprisingly, the beef was rich and flavorful. I thought the capers went perfectly with the fresh thin cuts of meat, as well as the shaved

parmesan. Such a delight to my palate! And the service was top notch. Add to that the fireplace crackling right by our table. Slow jazz music playing in the background. A single tall candle and a fresh long-stemmed rose adorning our table. What a romantic dinner it was!

The day I went to interview the Hunters was also the day I noticed a dainty silk decor hanging on one of the walls of the restaurant. It consisted of squares of cloth sewn together, resembling a quilt. Anita shared that her daughter had sent it from South Korea, as she had lived there for two years, teaching English. "It means good luck and happiness," Anita said.

Not many restaurants of this calibre in the area, so I wish the same for 304 ChopHouse and its owners.



For more information, visit <http://304chophouse.com/> or like them on Facebook.



Morgantown restaurant Stefano's a real hidden gem

By Candace Nelson



Tucked beneath a bowling alley and encased in Swarovski crystals, Stefano's Restaurant has given new meaning to the term "hidden gem."

The Morgantown restaurant, which specializes in Italian-American cuisine, is dishing out some of the most inventive dishes the town has seen - and it's all right beneath the local alley Suburban Lanes.

Chris McDonald, executive chef, meticulously crafts menus to coincide with seasonal produce and the finest cuts of meats and seafood.

"You have to look for the restaurant, unfortunately," McDonald, 34, said. "We don't have that frontface or that curb appeal of some other restaurants. But once they get inside, it's above and beyond what they expected."

Stefano's was opened by Jerry Lorenze and his wife, Shera, in September of 2008. The couple was interested in opening a fine dining Italian-American restaurant for themselves and the community to enjoy.

Shera, who has a degree in interior design, dressed the space in deep blue hues, dark linens and modern crystal lighting fixtures that cast a low glow in the restaurant. That, coupled with soft music, an extensive wine list and elegant stemware, helps set the tone for Stefano's to be a premier dining experience in Morgantown.

The beautiful place settings and general ambiance serve as a

backdrop to McDonald's mouthwatering menu.

"Our food is of the best quality. All our steaks are prime. All of our seafood is always fresh - with shipments twice a week," McDonald said. "We strive for the freshness and quality of the product. We don't skimp on anything here."

COOKING HIS WAY THROUGH MORGANTOWN

McDonald, a Morgantown native, has worked his way through notable restaurant kitchens in town, taking with him bits and pieces of each in experience, which has culminated in his present cooking style.

"The one drive I had was cooking food," he said. "My mom actually tells a story that when I was probably 7 or 8 years old, I used to play restaurant and make menus for her and make dinner and serve her dinner in the basement of our house growing up. So it was just always something I wanted to do."

From washing dishes at age 16 at Hibachi Japanese Steak House, he moved up to back of the house cook where he had an opportunity to create appetizers.

"I think a lot of it was the creative side, I was big into arts and drawing. That just kind of translated over into food and trying to be creative," he said. "I just fell in love with it and never wanted to do

PHOTO: The Stefano's Meatball is a house special appetizer: an oversized beef, pork and veal blend, stuffed with fresh mozzarella and baked in the house-recipe red meat sauce and sprinkled with parmesan and parsley.



anything different."

Afterward, he worked at the former Glasshouse Grille as a grill cook, then to sauté, then to running the line.

"That's what I consider my first real restaurant job. That's where I learned a lot," McDonald said. "The chef and owner, Drew Kiska – he taught me a lot. He was kind of my culinary school."

From there, McDonald traveling to Greensboro, North Carolina, where he perfected his craft under chefs and learned southern-style food, as well as BBQ.

"My work ethic, my drive – that's what helped me. I had a goal at every restaurant I started at to move up to the next level – as far as I could at that time when I was there," McDonald said. "I learned to have pride in what I do – not slack on anything, keep an eye for detail and pay attention, make sure everything is right."

When he returned to Morgantown, he worked as the kitchen manager at local seafood restaurant The Flying Fish and then as lead line cook for Regatta Bar and Grille.

When Stefano's opened, McDonald was hired on as sous chef under former executive chef Teddy Smith, whom McDonald met in his previous position at the Regatta Bar and Grille.

"We hit it off, and he told me about the Stefano's opportunity,

so I jumped on it," McDonald said. "I've been able to work under some really good chefs and pick up what I can along the way."

EXECUTIVE CHEF LOOKS GOOD ON YA

Each restaurant influenced McDonald's style of cuisine. While some recipes have been handed down from Jerry Lorenze, whose father owned a supper club called the Old Mill Club that occupied the space above where Stefano's currently sits, others have been crafted under McDonald's leadership.

"There are some recipes – like some of our sauces, such as the marinara and meat sauce, that were [Jerry's mother's] family recipes," said Chris Breeden, 32, front-of-house manager at Stefano's. "They started us off with a few different recipes when we first opened, but when Chef McDonald came along, he took off with the menu."

McDonald loves to cook with seafood, as well as fall flavors – such as braising and game meats in hearty dishes.

"I like something that packs a lot more flavor than, say, the lighter stuff of summer," he said. "Though I'm kind of all over the place – I like homey dishes, too. I love to braise. I love to do those old-school coastal things like clam chowders and crab cakes but do them in a modern way. I think the best flavors come from those types of dishes."

From the amuse bouche and sorbet courses to homemade desserts, Stefano's makes nearly all of its dishes in-house and with only the



highest quality ingredients.

A popular appetizer is the Stefano's Meatball, which is an oversized beef, pork and veal blend stuffed with fresh mozzarella and baked in the house-recipe red meat sauce sprinkled with Parmesan and parsley.

The Kobe beef slider – one that Breeden said is difficult to keep on the shelves at this point – is served with herbed havarti cheese, roasted garlic truffle aioli, bibb lettuce, roasted tomato, pickled onion, and candied bacon on a brioche with house-made pickles, fresh potato chips and a side of homemade Bloody Mary ketchup.

The seared colossal shrimp with tomato basil and pine nuts is dressed in a roasted garlic gouda cream sauce over garlic toast and is another favorite.

Another current cold weather dish is a salad with roasted root vegetables - carrots, parsnips, and beets - over spinach with golden raisins and radishes served with local goat cheese and honey balsamic dressing.

The Scottish verlasso artichoke-crust salmon served over boursin spinach, pine nuts, fried artichokes and crispy flat bread is a best-selling entree.

CONTINUOUS CREATIVE CONCEPTS

"I think the fact that we're Italian-American – not just straight Italian – gives me some freedom to explore other cuisines. The owners

allow me to experiment with the specials – as long as I don't get too crazy – so I'm able to touch on a lot of different things," McDonald said.

The ever-changing menu reflects seasonal produce and changes three or four times per year. That is in addition to the specials each week.

"I find inspiration all over the place – whether it be cookbooks or whether it be people that are here and say 'Yeah, I'd like to try this' or it might be something we haven't done in a long time," McDonald said. "We have so many different specials – sometimes twice a week in rotation with a meat special, a fish special, a pasta special and an appetizer special, I'm constantly trying to do something new."

Mainstays in his mise en place, though, are garlic, curry and a special Asian blend of spices he uses in a bevy of main dishes and special ones, as well. McDonald also likes to incorporate local food into his dishes wherever possible.

"I also try to do as much produce as I can locally. I have started growing our own microgreens, microherbs, stuff like that I personally provide the restaurant. I do that at home and bring them in here," McDonald said. "We try to frequent the farmers' market as much as we can."

PHOTO: Executive Chef Chris McDonald puts the finishing parmesan sprinkles on the Stefano's Meatball, an oversized beef, pork and veal blend, stuffed with fresh mozzarella and baked in the house-recipe red meat sauce and sprinkled with parmesan and parsley.



Above all, what McDonald, Breeden and the Stefano's staff try to bring to the Morgantown community is a special moment and a unique memory for customers.

"The quality of food here is incredible – it's made with the freshest ingredients. And our service, too, we strive for the best," Breeden added. "You can have great food and poor service, and the restaurant will fail. I tell my front-of-house people, you're not pushing people out the door. You're here to have a nice time, a good dinner and a great experience. We have a lot of special occasions here – birthdays, anniversaries. You can go anywhere and have food. Here, you can have that experience."

This hidden gem truly does shine in a sea of Morgantown restaurants.

"I don't think any other restaurant in town is doing anything like us where you come in here and really – it's an experience," McDonald said. "You're not just coming to dinner, it's an experience."

Stefano's is located at 735 Chestnut Ridge Road in Morgantown, West Virginia. Reservations are strongly encouraged.

Stefano's is open Tuesday through Thursday from 5 p.m. to 10 p.m.; Friday and Saturday from 5 p.m. to 11 p.m. and closed on Sunday and Monday. For more information, call 304-581-6930.



Diehl's Family Restaurant dishes up homemade meals to Nitro for half a century

By Candace Nelson



Diehl's Family Restaurant is still serving up heaping portions of homecooked meals that same way it did when the restaurant first opened - in 1960.

It has long been the site of many birthdays and anniversaries full of home-cooked family meals for locals and is dear to those who have taken their families to the restaurant generation after generation in the small town that is just minutes from Charleston.

Many of those memories garnish each wall.

Located in the heart of Nitro, W.Va., Diehl's Family Restaurant was opened by Jack Diehl and his wife, Hazel. Jack had worked for years as a cook and grew tired of a strenuous midnight shift and working for a corporation instead of on his own accord. On September 1, 1960, Jack's dream was realized when Diehl's Family Restaurant opened its doors to the public.

"Family thought he was crazy," said Aaron Diehl, 45, grandson of the couple and manager of the restaurant. "Nobody ate out back then. Everybody ate at home."

Fifty-four years later, Diehl's still keeps the culinary heart of Nitro beating.

Aaron, with his father Keith, 71, who owns the restaurant, retain the integrity of each country-cooked, from-scratch dish - from gravy made of roast drippings to the house-brewed sweet tea with real Domino sugar.

Diehl's peels around 1,400 pounds of potatoes each day for its sides of iron skillet-fried and mashed potatoes. Sundays alone claim about 350 pounds of the root vegetable.

The restaurant grinds its own coffee, makes its own thousand island and ranch dressing, and bakes pies and cobblers - graham cracker, coconut cream, cheesecake, chocolate cream, blackberry, blueberry and strawberry in the spring - fresh daily, along with cornbread and hot rolls.

The special hot bologna sauce their recipe for spaghetti with lean ground beef has been unchanged since 1960.

Their famous sage dressing - fried and crispy on the outside with a fluffy bread filling inside - and cole slaw are house favorite recipes passed down from Hazel herself.

"I could easily open up a can of apples for deep fried apples, but I order in bushels of apples. We quarter them up, we have to steam them," Aaron said. "Nobody else wants to go through all that work."

Aaron works seven days a week, and Monday - the one day the restaurant is closed - is the hardest, he said.

"That is when you have to go through and do your major cleaning that is hard to do while open," he said.

Aaron does take off eight days per year, though, for vacation and gives his entire staff that paid week off, too.



The restaurant employs about 40 people – from cooks and waitstaff to hosts, bussers, cashiers, dishwashers and more.

Because everything is made from scratch, each day carries a heavy workload.

Since 1960, the restaurant has peeled more than 3,098,500 pounds of potatoes; cooked more than 245,200 pounds of pinto beans; made more than 7,876,000 rolls; peeled more than 535,500 pounds of apples; cooked more than 1,120,400 pounds of beef; made more than 620,500 pounds of cole slaw; cut more than 824,500 pounds of lettuce; and made more than 1 million gallons of tea.

“Our food is just regular food,” said Keith. “Everybody used to sell regular food. Now it is all chain-oriented and shipped in. For us, when we’re out of something, we’re out. We make it each day.”

Lunch and dinner hours stay busy, with a constant stream of patrons ready to dive into plates of baked chicken, grilled ham steak or maybe a fish sandwich. Aaron said last year on Mother’s Day, he counted to see how many people they served: 1,300.

Fresh roast beef slathered with a dark brown gravy, homemade mashed potatoes and fresh green beans is the top seller Tuesday, Wednesday and Thursday.

“But come Friday, Saturday and Sunday, it is baked steak, mashed potatoes and green beans,” Aaron said. “They’ll swear by the roast beef

earlier in the week, but on the weekend, it has to be baked steak. Some people won’t eat anything else.”

Keith’s favorite is the German Style Steak: 12 ounces of certified blank angus topped with American cheese and smothered with grilled onions and mushrooms. That, plus some hot rolls - with real butter - and a side of coconut cream pie, of course.

Other favorites of Keith’s can be seen decorating the walls - in the form of cap guns, license plates and other toys and hobbies, which add to the restaurant’s charm.

“Back when my dad was a kid, everybody played cowboys and Indians, so the cap guns have sentimental meaning,” Aaron said.

Keith is a self-proclaimed hot rod enthusiast, which has led to entire walls in the restaurant lined with license plates from every state and even one from the late United States Sen. Robert C. Byrd. Keith even created a table from an old car engine that sits in the dining room area of the restaurant. That is in addition to dozens of tiny toy cars that can be found above tables and in other nooks and crannies.

The light blue restaurant at 152 Main Avenue serves as a museum for the small town, with memorabilia filling in any free space found on the walls - like jerseys from local sports legends.

“J.R. House was a phenomenal quarterback. He put Nitro on the map,” Aaron said. “He broke all kinds of state and national records.



When he was put in during one quarter of a game at WVU, the crowd just went berserk because they knew.”

“The school hung up one of his jerseys, he kept one, and his practice jersey went to us.”

The restaurant serves a "J.R. House-Chicken Fajita Hoagie" in his honor. It contains grilled onions, green peppers, lettuce, tomato and their special sauce.

The smallest details around the restaurant even have personal touches.

The light under which Keith was born rests atop the door to the restaurant.

“It was during a blackout,” Keith recalled. “It was 1942, and everything was black except for our house - it had a light on in it. The doctor delivered me right there in the house.”

The pot that Jack Diehl used to cook pinto beans hangs from the ceiling displaying a note that reads 28 tons of pinto beans have been cooked in that pot.

Near the front of the restaurant, there was a table where the late Minnie Pearl, a member of the Grand Ole Opry cast and country music's queen of comedy, once sat. And Nitro High graduate Kathy Mattea, Grammy-winning country singer, also frequented Diehl's.

“If you go to a chain restaurant ... everything there is generic,” Aaron said.

“Everything here ... it has a story. And people want to keep it going. It is hard to believe, but people in this area, when they pass away, they leave stuff to Diehl's in their wills. It is crazy. We've seen a lot of people come and go. But I go all over the country and someone knows who I am. And I know them. I've seen them grow up and have kids, and now their kids are bringing their kids in.”

And it is even more so the case for Keith, who often hears his name shouted out from patrons in the restaurant. One diner jokingly asked, “Who are you? You own this place?” And Keith replied, “I'm from Nitro - home of the Wildcats. And it owns me!”

Keith will “officially” retire soon ... though he has been “retired” for years now.

“He is like the mayor, he'll come in, get a cup of coffee, say hi, he just can't stay away,” Aaron said. “But this is our home. We've all been raised in this building. Being here is like being at home.”

“My grandpa did the same thing - he would come in here three or four times a day, just to make sure everything was going right, and I probably will, too,” he said.

The restaurant, rich in history, continues to write the narrative of Nitro - home to just more than 7,000 people.



It plays an integral role in the community – continuing to feed hungry bellies, while also documenting its history through collectables, souvenirs and trinkets. Diehl's not only serves its town, it embodies it.

Aaron's daughter, 20, is the fourth generation, and is next in line to own the restaurant. "She has already made up her mind that this is what she wants to do," he said.

"It is hard to have all that weight on your shoulders... but as long as I don't change nothing, I will always have a job."

Diehl's Restaurant is open Tuesday and Wednesday from 10:30 a.m. to 8 p.m.; Thursday, Friday and Saturday from 10:30 a.m. to 8:30 p.m.; and Sunday from 11 a.m. to 7 p.m. The restaurant is closed on Monday. It is located at 152 Main Avenue in Nitro, W.Va. For more information, call 304-755-9353.

Jack Diehl worked midnight shifts at American Hazel and never earned over \$2.00 an hour. Jack and his relatives not believing it borrowed against their home. With 8 relatives and employees September 1, 1960 work, the Restaurant did open with 40 employees.

*Since 1960... Peeled over 3,098,500 pounds of potatoes
Cooked over 245,200 pounds of pinto beans
Made over 7,876,000 rolls
Peeled over 535,500 pounds of apples
Cooked over 1,120,400 pounds of beef
Made over 620,500 pounds of cole slaw
Cut over 824,500 pounds of lettuce
Made over 1 million gallons of tea*

*We believe that this is truly the last of the Ole' Style Res
Where a lot of the food is prepared each day from scrat
Enjoy Your
The Diehl*



Charleston Restaurant Week

Written By Dawn Nolan & Morgan Robinson



Celsius' Filet Medallion Trio with Bacon and Blue Cheese, Fried Egg and Crab and Mornay Sauce



SECOND ANNUAL | FEBRUARY 2-7, 2015

CHARLESTON!
RESTAURANT WEEK

B & D Gastropub's Marinated Duck Breast with Chipotle Raspberry Sauce Mushroom Risotto and Beer Braised Kale



Paterno's at the Park's Basil Chicken with Tomato Risotto and Vegetables



Charleston Restaurant Week 2015 Participating Restaurants

- **5 Corners Café** – 423 Virginia Street W.
Contact: (304) 205-7817, www.facebook.com/5CornersCafe
- **Adelphia Sports Bar & Grill** - 218 Capitol Street
Contact: (304) 343-5551, adelphiasportsbar.com
- **B & D Gastropub** - 200 35th St SE #1
Contact: (681) 205-2975, www.facebook.com/BandDGastropub
- **Black Sheep Burritos & Brews** - 702 Quarrier Street
Contact: (304) 343-2739, www.facebook.com/Blacksheepcharleston
- **Bluegrass Kitchen** - 1600 Washington St E.
Contact: (304) 346-2871, www.bluegrasswv.com
- **Bridge Road Bistro** - 915 Bridge Rd
Contact: (304) 720-3500, thebridgeroadbistro.com
- **Celsius** - 212 Hale Street
Contact: (304) 345-4948, www.facebook.com/CelsiusWV
- **Ichiban Pan-Asian Restaurant** - 103 Capitol Street
Contact: (304) 720-7874, www.ichibanrestaurantscharlestonwv.com
- **Laury's** - 350 Maccorkle Avenue SE
Contact: (304) 343-0055, www.laurysrestaurant.com
- **Mi Cocina de Amor** - 711 Bigley Avenue
Contact: (304) 205-5461, www.wvmexicanfood.com
- **Paterno's at the Park** - 601 Morris Street
Contact: (304) 205-5482, www.paternos-restaurants-wv.com
- **Soho's at Capitol Market** – 800 Smith Street
Contact: (304) 720-7646
- **South Hills Market & Café** - 1010 Bridge Road
Contact: (304) 345-2585, southhillsmarket.com
- **Starlings Coffee & Provisions** - 1599-A Washington Street E.
Contact: (304) 205-5920, <https://www.facebook.com/frutcake>
- **Tidewater Grill** – 1060 Charleston Town Center
Contact: (304) 345-2620, tidewatergrillrestaurant.com
- **Quarrier Diner** - 1022 Quarrier Street
Contact: (304) 343-5686, www.quarrierdiner.biz

An event born out of disaster has now become an annual attraction for people in and around West Virginia's capital city. Buzz Food Service organized the inaugural

Charleston Restaurant Week last January, in hopes of increasing community support for local businesses after the 2014 water crisis, and it worked. Approximately 4,500 people visited the eight participating eateries for their respective prix fixe specials, which consisted of an appetizer, entrée, dessert as well as bottled water and tea for \$30. Businesses generated an estimated \$135,000 in meal sales and around \$225,000 in revenue (total).



This year's Charleston Restaurant Week was held February 2 - 7. Sixteen restaurants participated in the promotion. To give you, our readers, a summary of the week, two Taste! WV writers have decided to share their experiences at five of the participating restaurants – Ichiban, Mi Cocina de Amor, Quarrier Diner and South Hills Market & Cafe. Read on to get a first-hand look at some of these establishments.

*Writer's Note: We also had the opportunity to enjoy three other delicious entrees that are pictured in this story - B & D Gastropub's Marinated Duck Breast with Chipotle Raspberry Sauce, Mushroom Risotto and Beer Braised Kale; Paterno's at the Park's Basil Chicken with Tomato Risotto and Vegetables and Celsius' Filet Medallion Trio with Bacon and Blue Cheese, Fried Egg and Crab and Mornay Sauce.





Quarrier Diner

By Dawn Nolan

It's true that few restaurants can successfully withstand the test of time, and Charleston's Quarrier Diner can attest to that fact. However, the long-standing establishment can also testify that with hard work, dedication and community support, a comeback is possible.

For 68 years Quarrier Diner served up classic American fare to hungry visitors, until the landmark closed its doors around 2000 and remained that way for almost a decade. Fortunately, in 2011, the Pollitt family purchased the building and proceeded to fully restore it. The Pollitts originally planned to open the former casual eatery as an upscale bistro, but the diner's doors (except for the downstairs bar and grill called Timothy's) closed again when the concept did not take hold. Fortunately, the Pollitts did not accept defeat, and Quarrier Diner reopened with a more casual menu and lunchtime hours in the fall of 2013.

This year's Charleston Restaurant Week was one of the only times since it reopened that the staff of Quarrier Diner welcomed customers for dinner, but judging by the amount of tables filled, people were pleased that they did. The promotional period allowed the establishment to offer a more elaborate menu, similar to what is served at Quarrier's sister establishment, Timothy's, and is a slight departure from their usual soup, salad and sandwich options.

To start, Restaurant Week diners could choose between a bowl of Lobster Bisque or Stuffed Mushroom Marinara. My table opted to try both and was not disappointed. The soup was the perfect complement for a cold winter's day. It was creamy, yet hearty, with plenty of chunks of lobster meat. The Stuffed Mushroom Marinara, comprised of grilled mushroom caps stuffed with cream cheese and bacon and served on top of a rich tomato sauce, was filling and easy to share. For those

hoping to have a taste, it is available on Timothy's menu.

The entrée options seemed to be chosen to appease even those with picky palates. Seafood fans could opt for the Pan Seared Sea Scallops with Garlic Risotto, steamed vegetables and yeast rolls, but my table decided to go with the second option, succulent, marinated, oven-roasted airline chicken (a boneless breast with drumette attached), cheesy twice-baked potatoes, steamed vegetables and yeast rolls.

Though we did enjoy the rest of our meal, my table agreed that dessert was our favorite part (not surprising as we each readily admit to having a sweet tooth). Which is why, like the appetizers, we ordered both. The Chocolate Lava Cake was rich, moist and warm and was only made better by the scoop of Vanilla Bean Ice Cream that accompanied it. The Bread Pudding was made in the "classic" sense but with a slight twist – Bourbon Cream Sauce, and of course, everything's better with Bourbon, right?

Quarrier Diner's performance during this year's Charleston Restaurant Week is sure to have won them many positive reviews. The wait staff was attentive and polite, the service was at a steady pace and the food was delicious. One can only hope that they will continue to participate in the annual promotion, but in the meantime, I suggest stopping by for lunch at Quarrier or dinner at Timothy's.

Quarrier Diner / Timothy's is located at 1022 Quarrier Street. Call 304-343-5686, visit www.quarrierdiner.biz / www.timothysonquarrier.com or like Quarrier Diner (www.facebook.com/QuarrierDiner) and Timothy's (www.facebook.com/TimothysChas) on Facebook for more information.

Mi Cocina de Amor

By Morgan Robinson





West Virginia is often referred to as “almost heaven” and while our mountainous terrain, breathtaking sunsets and autumnal color changes are reflective of the sights, the food of Mi Cocina de Amor is a shining example of the taste of that pure bliss.

Nestled on the West Side of Charleston on Bigley Avenue, this Mexican eatery dubbed “my kitchen of love” is the fruition of over 45 years of tradition, heart and soul. “In 1947 my grandfather, Frank “Pancho” Gonzales, opened the first Panchos Mexican Restaurant in Tuscon, Arizona. For over 45 years my grandfather and then my father, Frank L. Gonzales, carried on the tradition of serving only the finest Mexican food available. Now, my wife, Julia, and I are pleased to continue on with that tradition” says owner Frank Gonzalez III.

Not only does the team at Mi Cocina create delicious food, they immerse themselves in the events, activities and needs of their community. Their lunchtime delivery service equates to more than just transporting pre-ordered meals; it also serves as an opportunity to give back by feeding the area’s homeless and hungry population. Regularly you can see Frank and his gang hard at work at events like OktoberWest, HallowEast and the Saint Patrick’s Day Pub Crawl to name a few.

It was no surprise with that sense of community that Mi Cocina was part of the sixteen establishments that made up the 2015 Charleston Restaurant Week. They opened to a huge crowd on day one and kept the momentum up with their fresh and festive menu offerings.

Starter options on the prix fixe menu included Mexican Shrimp Cocktail and Shrimp and Scallop Ceviche. Frank served up these fresh and flavorful appetizers with a story on the side. Discussing the deep sea fishing trips he would take with his father, Frank described to the table how he and his father would peel and devein the shrimp, prepare the scallops and chop vegetables on the boat, and allow them to soak in the citrus filled water while he and his father finished their fishing excursion. After a successful catch, they would truly enjoy the fruits of their labors and feast on the delicious medley of shellfish, vegetables and lime juice.

Our table enjoyed both appetizers available. The Mexican Shrimp Cocktail was a spicy take on a traditional shrimp cocktail combining shrimp, cucumbers, onion, radish, celery and an avocado in spicy clam and tomato juice served elegantly in a martini glass. The Shrimp and Scallop Ceviche, reminiscent of Frank’s trips with his father, included chopped vegetables and cilantro in a lime juice marinade paired with tostada strips. This fresh beginning was the perfect palate prep for the delicious meal.

Carrying on the seafood excursion, entrée selections consisted of the Chilean Crab Encrusted Sea Bass and Sonoran Shrimp and Grits. The Sea Bass was cooked perfectly by owner Frank Gonzalez and was drizzled with a tangy cilantro lime crème that added the perfect creamy tartness that perfectly coupled with the delicious, buttery sea bass and crab. One member of the table described this as the best meal he had eaten in Charleston. What a review!

The second entrée option paired large tiger shrimp sautéed in a garlic crème sauce served over oven baked menonita green chile grits. Once again, Gonzalez served the entrees himself to the table and shared a heartfelt story about the first time he and his beautiful wife prepared the delicious savory grits. This sonoran twist on a southern classic breathed new life into the standard shrimp and grits one comes to expect when ordering from a restaurant in Appalachia, and became what can only be described as heaven on a plate. Comments from the table included, “this could be my last meal”, “this makes me feel better about my life”, and silence – the most satisfying of all comments because it means that diners were so satisfied they didn’t want to break for conversation.

As a perfect conclusion to the meal, dessert was served on caramel drizzled plates. Each dessert was lovingly created by Frank in his private kitchen. He stayed up throughout the night to create these decadent confections and you could truly feel the love that he poured into each take on the traditional Hispanic dessert, flan. The Amaretto Flan was caramel covered with a hint of amaretto served with slivered almond for a bit of crunch that finished the plate perfectly. For a more rich take on flan, the Chocoflan also consisted of caramel drizzled flan atop a thick, indulgent devil’s food cake for a perfect pairing of creamy, chocolate perfection.

Mi Cocina de Amor is a hidden gem in Charleston. With locations on the West Side (Bigley Ave.) and the recent addition of Little Mi Cocina on the East End (Washington St. East); the capitol city has been taken with the tradition of latin cooking that Frank, Julia, and their team are committed to providing. The tradition of preparing generations-old family recipes for the great people of Charleston and beyond is evident in not only the meal that you receive when dining at Mi Cocina, but the experience that you have while there. “At Mi Cocina de Amor we believe in small batch cooking with an emphasis on consistency and quality,” describes Gonzalez. “Our commitment to you is to prepare the finest authentic cuisine available.”

<http://www.facebook.com/MiCocinaDeAmor>
<http://www.wvmexicanfood.com/>

Ichiban Pan-Asian Cuisine

By Morgan Robinson





Kylea and Colin Robinson (Ages 11) from Cross Lanes, WV.

More than a restaurant, Ichiban serves as a social hub in Charleston. Located on the corner of Capitol and Virginia Streets (aka the corner of everything in Charleston) the restaurant serves as the perfect location to meet for a martini, have your pick of a wide selection of sushi, an exotic entrée, or a perfectly prepared steak.

As a participant in the inaugural year of Restaurant Week, Ichiban Pan Asian Cuisine seemed to easily hit their stride in creating the perfect prix fixe menu for their diners this second go-round. Building upon popular creations from 2014 and everyday favorites, the restaurant used this opportunity not only to showcase the best of their cuisine but to also to display versatility and test a few new creations.

A favorite on their standard menu, and on the Restaurant Week menu, was showcased in the appetizer and proved to be a favorite at my table during CRW. The Almost Heaven Maki truly lives up to the name. Loved by sushi aficionados and raw rookies, this roll contains blue crab and shrimp drizzled with spicy mayo and garnished with green onions and chili powder. The perfect mix of fresh lump crab and delectable shrimp, paired with the slight heat from the chili powder and mayo and the bite of the pungent green onions is the perfect flavor pattern to start a meal with a bang.

Other starter options included shrimp and crab dumplings and vegetarian egg rolls. The shrimp and crab dumplings were flash fried for a bit of crunch paired with a spicy mustard dipping sauce. The mild filling of crab and shrimp was delicious on its own but paired with the dipping sauce, the diner is able to control the level of heat with each bite. The egg roll is another classic on the Ichiban menu and this option also included fresh vegetables and rice noodles paired with a sweet chili dipping sauce. The vegetarian egg rolls were a conscious effort to diversify the menu for those with meal restrictions. Ichiban was applauded on social media for their consciousness in ensuring that all diners felt welcome during restaurant week and not held within the confines of meat-only choices.

Restaurant Week 2015 was the perfect opportunity to showcase the myriad of strengths that Ichiban holds when preparing not only sushi but entrees including seafood and steak. Known for their tender filet and expert preparation, it's no surprise that a Land and Sea option was included on the menu once again this year. I like to think of it as perfection on a plate, but the meal technically features a generously cut filet mignon with skewered shrimp. As always, the steak was cooked perfectly with a generous, but not overwhelming, amount of seasoning paired with sliced marinated mushrooms fanned atop. The shrimp skewer included plump shrimp delicately sautéed in a creamy, curry sauce. The entrée was served with Garlic Wasabi Mashed Potatoes, a new menu item that provided Japanese flair to an Americana favorite.

The starch balanced the succulent shrimp and steak and grounded the meal, making it a hearty entrée perfect for a winter night. The head chef of Ichiban, Chef Evan, visited our table and used the opportunity not only to check on our meal but to receive feedback on the new side dish, describing it as having the mild heat of wasabi partnered with the savory garlic, buttery flavor that mashed potatoes are traditionally flavored with.

A second entrée also showcased a second vegetarian option for diners with that preference. The Singapore Rice Noodles showcased a hearty portion of stir fried noodles, red and green peppers, and onions sautéed in a delicious curry sauce with just a slight amount of heat. An option for this menu item was to add chicken and that's just what one diner at our table did. The chicken was cut liberally and prepared deliciously with a generous seasoning of curry allowing a succulent and sweet taste to the dish.

To finish the meal, Ichiban offered a choice of two desserts: a white chocolate raspberry cake and a peanut butter chocolate cake. The berry delicious choice featured seven layers of vanilla cake layered with white chocolate and raspberry ganache that beautifully formed a checkerboard pattern when sliced. Dressed gorgeously on a clear plate, the cake was drizzled with white chocolate and raspberry sauces for a decadent end to a hearty meal.

The peanut butter and chocolate cake was a crowd pleaser and richly featured three thick layers of chocolate cake layered with a creamy peanut butter filling that melted in your mouth. The dessert was dressed with crumbles of peanut butter cup and a generous drizzle of chocolate syrup. Truly, a chocolate lovers dream comes true.

Restaurant Week 2015 at Ichiban was once again a success, so much so that the business kept the prix fixe menu option throughout the following week to accommodate any diners that were unable to have a reservation during the initial celebration. Very much like the corner it resides upon, Ichiban is the center of all things Charleston. You may visit to receive a delicious meal but you will always receive delightful service, personal attention and your own little piece of the capital city. Owners Scott and Laura Miller have transformed this eatery into a social hub for the city and a place where patrons don't just go to eat but also go to unwind, story tell and try something exotic and out of the ordinary. This little corner of the world in Charleston is always ready and inviting to welcome you for a top notch dining experience.

<http://www.facebook.com/IchibanWV>
<http://www.ichibanrestaurantscharlestonwv.com>

South Hills Market and Café

By Morgan Robinson



Bridge Road, located in the South Hills area of Charleston, is a premiere location for upscale shopping, pampering and fine dining. South Hills Market is a standout in the crowd offering upscale, New Appalachia creations from resident head chef Richard Arbaugh. Described as the best-kept secret for an exquisite dining experience, the restaurant offers full lunch and dinner service as well as carry out and catering services.

South Hills Market and Café has one of the most impressive culinary resumés in West Virginia. A James Beard Foundation Restaurant, the team featuring Chef Richard Arbaugh and Chef Tim Arden, of South Hills Market, led the WV team to victory in the Battle of the Virginias at the Cast Iron Cook Off held in Charleston in early February. This triumph was the perfect catapult to their first time participating in Restaurant Week, with publicity from the recent win contributing to an early book-out within the first day of CRW!

Menu offerings from SHMC showcased their diversity, ranging from smoked quail to petit filet, stuffed flounder to vegetable cannelloni; truly something for every diner's palate and preference. Starters on the menu included a creamy fall harvest soup garnished with sweet potato straws and drizzled with green onion oil to add a slight bite to the otherwise sweet soup. The perfect rich and creamy spanakopita dip was served with delicious crisp, fresh baked pita chips, providing the perfect vehicle for building a flavorful bite of spanakopita topped with a fresh roasted tomato relish. These offerings were delectable, but perfection on a plate came in the smoked quail starter. The tender and delicate quail held a beautiful smoke and was paired with a topping of compressed apples, braised collard greens, and a sour mash demi with salted macadamia for a slight crunch as texture. Social media raised its voice on this appetizer and declared it the best starter of Restaurant Week.

Since the appetizer was just a teaser for your taste buds, the entrée selection had to deliver quite the punch. Selections including chicken, filet, flounder and cannelloni offered a myriad of mouth-watering options for diners to choose from, none of which are on the standard menu offered by South Hills Market. The roasted chicken was marinated in a delicious blend of herbs, giving it a fragrant essence before the first taste. Paired with smashed parsnips, a very smart alternative to a smashed potato, the entrée also included brussel spouts deliciously braised in bacon with thyme jus. For diners looking for a taste of the sea, a seafood stuffed flounder option fit the bill perfectly. A mixture of crab and shrimp stuffed the flounder that was delicately cooked and seasoned. Accompanying the flounder was a mixture of spinach and artichoke paired with thin, fried potato straws and a lemon beurre blanc. The mixture of the somewhat bitter artichoke and salty, crisp potato straws married with the tart lemon beurre blanc in a perfect song and dance for your taste buds.

The petite filet entrée was cooked absolutely perfectly at every temperature requested. The thick-cut filet was braised perfectly and came served atop a bed of potatoes au gratin and vegetable mélange. The potatoes au gratin were absolutely divine. Thick cut potatoes stacked upon one another in a creamy block of deliciousness. The French cut green beans and carrots were dredged in a rich bordelaise sauce that tied the entire dish together in what can only be described as liquid gold. The final entrée selection included a creamy house-made ricotta and vegetable medley rolled within a soft pasta

shell covered in roasted tomato marina sauce, an appetizing entrée for those look for a meatless option with the flavor of a traditional Italian meal.

The finale options for dessert did not disappoint. Bread pudding was a popular dessert option at a lot of the restaurants during Charleston Restaurant Week, and South Hills Market took home a win with their version of bread pudding with whiskey anglaise. The soft and succulent bread pudding fully absorbed the delicious cream sauce that held tastes of vanilla, cinnamon and the slightest aroma of whiskey. Dressed with a single raspberry and mint leaf, the plating was the definition of simplistic elegance. Other dessert options included petite doughnuts: tiny balls of fried dough rolled in a generous amount of cinnamon and sugar and served with a chocolate dipping sauce spread across the plate in beautiful smears, served also with a plump raspberry for color. Finally, for those dessert lovers looking for a flavorful chocolate finish to their meal, a chocolate torte served with vanilla ice cream was offered and served with a delightful berry coulis adding flavor, color, and freshness to the rich dessert.

South Hills Market and Café sets a high standard in fine dining in Charleston, and during Restaurant Week they pulled out all the stops for diners both familiar with the market's New Appalachian menu, as well as those who may not frequent this hidden gem on Bridge Road. One diner perfectly summated their experience on social media saying; "Incredible food, incredible service. South Hills Market and Café knows how to deliver during CWV Restaurant Week." That's how you build a reputation of excellence in your market and beyond. Consistently good service, food, and an out of this world menu that not only plays on your strengths but also welcomes diners home by adding a touch of elegance to food that they already love. Well done.

<http://www.facebook.com/southhillsmarketandcafe>
<http://southhillsmarket.com>



Ashley Alford of Teays Valley and Jacob Gance of Charleston.





Compared to 2014, this year's Charleston Restaurant Week experienced significant growth across the board. The number of participating restaurants doubled and so did the promotion's popularity. "Despite the increased number of participating restaurant options, several restaurants were, once again, booked to capacity for the entire week," says Dickinson Gould, President of Buzz Food Service. "Approximately 7,000 meals were served as part of the promotion, and the local economic impact totaled about \$350,000, including meals, beverages, gratuities, live music, etc." The individual restaurants also reported that they had received a lot of positive feedback and several first-time guests visited. "Which is a key goal of the promotion," adds Gould.

Keep up to date on plans for the next Charleston Restaurant Week by liking Charleston Restaurant Week on Facebook ([facebook.com/eatlocalcwv](https://www.facebook.com/eatlocalcwv)) or following @eatlocalcwv on Twitter.



5 CORNERS CAFE	LAURY'S
ADELPHIA SPORTS BAR & GRILLE	MI COCINA DE AMOR
B&D GASTROPUB	PATERNO'S AT THE PARK
BLACK SHEEP BURRITO & BREWS	SOHO'S @ CAPITOL MARKET
BLUEGRASS KITCHEN	SOUTH HILLS MARKET & CAFE
BRIDGE ROAD BISTRO	STARLING'S COFFEE & PROVISIONS
CELSIUS	TIDEWATER GRILL
ICHIBAN PAN-ASIAN RESTAURANT	QUARRIER DINER

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**FRUITS OF LABOR, INC.
SEEDS OF RECOVERY PROGRAM**

BY DREMA J. MORGAN





Vision and purpose are two key ingredients in the recipe for success. Without them, efforts easily fall to the wayside as distractions in life come along, deterring progress. From a very early age, Tammy Jordon loved the natural world and dreamed of owning a farm. As she grew up focusing on her education, setting goals and defining her purpose-based on personal faith and convictions - she is now realizing and growing those goals based on needs she sees in the surrounding communities. Her vision is to help those in the counties around our state who are held captive by debilitating addictions. It has grown and continues to grow into a dynamic program focusing on the individual's body, mind, and spirit.

Tammy graduated from Bluefield State College with a Bachelor of Science Degree in Applied Science in August of 1996. She also furthered her education with a focus on business, economics, leadership and hospitality. In 2001, she started her company, Fruits of Labor, and slowly grew her business as she was working with the USDA at the Appalachian Farming Systems Research Center's Agricultural Research Service. Then, in 2008, she left her Federal job to pursue the goals she had established for her company.

Burdened by the growing drug problems in small West Virginia communities, the heart of Fruits of Labor's mission was to actively engage individuals from the Greenbrier County Drug Courts in an intense training program that would teach culinary and agricultural skills, as well as insight into setting goals in an effort to transform lives. Because of the intricate details of preparing such a program,

other parts of the Fruits of Labor were easier to institute and launch. Services such as catering for weddings, corporate and special events, retreats, agricultural and culinary training were integrated early on. Later, she acquired the 218 acre Retreat Center which is located in Springdale, West Virginia before the Seeds of Recovery program was launched.

In August of 2013, the first Seeds of Recovery class began, fulfilling a five-year-long goal for Fruits of Labor. Ten women from the Greenbrier County Drug Court were hand-selected for the program. Held at the Catering Center at Dawson, which had two and a half acres with vegetable gardens on property, students could go to the gardens to pick produce needed for each day's lessons. The first class saw an 80 percent graduation rate, which Tammy considered a great success.

Seeds of Recovery offers culinary instruction and hands-on training which develops the 'whole' person, mind, body, soul, and spirit. But it is much more than education. It is also personal and professional development. Guest chefs from all over the state, agricultural specialists, and directors from culinary schools are all part of the curriculum offered for the class. Fruits of Labor is supported by a number of volunteers from throughout the community who gives their time to help around the training facility with tasks such as dishes and cleanup. While these are all important aspects of training, they are quickly mastered and students can then concentrate on things such as knife skills and actual hands-on with food preparation which require more instructional time.



Tammy's parents are vital to the operation of the program and the Café. Her father, Dennis Jordan, not only does the devotional challenge for the students each week, he also does any task needed to be done at any given time, while Tammy's mother, Dyanna, does wedding cakes, helps with the catering operation, and works in both the bakery and café. Her brother, Kevin, and sister-in-law, Beth, work as wait staff along with dedicated friends, Johnetta Windon and Diane Bryant. Many other volunteers faithfully provide presentations and support.

Tammy recounts her impressions from the first class experience. "It was so successful and moving for us. The individuals were not only inwardly changing, but visually changing in their appearance and the Drug Court said to us, 'we don't exactly know all the details of what is going on, but whatever you are doing, keep doing it'. This was because in only four weeks, they were seeing a visible change in these women as they stood before the Court. Not only were we seeing it, but someone who was not directly affiliated with the program was able to see the impact."

Along with the Seeds of Recovery program, Tammy and staff are also developing other culinary programs for advanced students. With all these dynamics added to the equation, Fruits of Labor was quickly outgrowing the Dawson location. An expansion plan for the Dawson location was underway when the Carriage Café in Rainelle came on the market for sale. "Rainelle was really not out of the question, but it was not on my radar. After I came and met with the owners, I knew this was the direction we were supposed to take." The people of the town and mayor, Andy Pendleton, have been very encouraging and supportive of the mission of the new Café & Bakery. "Recognizing the addiction problems in Rainelle and the western part of Greenbrier County, there is such a need and to bring an actual training center here that is focusing on addiction is important. When people come in to eat at the Café, they are also supporting the outreach ministry of the Seeds of Recovery program." Private donations are also accepted to meet the many expenses of this type program, which at this time receives no Federal or State funding.

With the increasing demands of developing instructional programs, Tammy knew she would have to find an executive chef with a heart to not only cook but also instruct. She didn't know one at the time, but is quick to add that the addition of Executive Chef and Lead Culinary Instructor, Roy Lynch III, CEC® to the Fruits of Labor team was truly amazing. "This story is quite long, but the short version includes his strong desire to work in the food industry and his unique gift and calling to teach. Normally you have to pick one or the other. I met with him about providing a demonstration for the first Seeds of Recovery program. I could see his interest in the program and told him we were thinking of adding a chef and if he was interested in this type of

program, he should contact me. He called that same evening and joined the team a few weeks later. He has been an amazing addition for our company and a wonderful instructor and mentor for the students." He brings to the team vast experience in the café/restaurant industry which compliments Tammy's experience with bakery/pastry. Together with their collective experience, love for teaching, and passion for the program, the students receive a broad experience in the culinary arts and the farm-to-table movement.

Chef Roy brings much enthusiasm to the program. He says, "It has been almost two years now since Tammy came to me with an offer to join this program and help design curriculum and instruct the women selected from the Greenbrier County Drug Court system. I was excited because I get to do two things I love – teach and stay in the industry side and still cook. It was an opportunity to give back to the community. The thing that I love most about this class so far has been our chance to actually make this new facility strictly for them. The whole idea in buying the Café and refitting it to add the bakery and teaching kitchen was just to help benefit our students and I think that really shines through. As soon as they come through the door, you can tell they feel they are at a safe place. They know when they come in they will never be judged, they are going to be given every opportunity to learn and to prosper and do well – as well as they can - everyday they come in. That is something that I've really noticed this year and it has been really wonderful to watch."

The current Seeds of Recovery class has four students and is for the first time inclusive of men. Potential students go through a rigorous process to be accepted into the program. Beginning with an application process and then verbal interviews, students are accepted on their level of intent and their desire to complete the entire course. For 16 weeks, one day a week, the group is instructed in not only culinary and agricultural skills, but is also immersed in personal, spiritual, and professional development. Upon completion of the program, each one will be certified in many different areas such as: National Certification in ServSafe, WorkForce WV Certificate of Work Ethic Proficiency, "Eating Smart- Being Active" Certificate (WVU Food and Nutrition Program), WV Welcome Hospitality Certification, and Greenbrier County Health Card and Entrepreneurial Mindset Development Certification (VisAbility). Additional training includes: Nourish Agriculture Curriculum, WorkForce WV "Bring your 'A' Game to Work: curriculum and training, and WorkForce WV Resume Writing Workshop.

Chef Roy and Tammy work constantly to bring the best to the program through continued analysis of the instructional experiences, and they are not afraid to try new concepts. They also keep in touch with others in the industry to learn about new trends. Currently, they are working toward getting the American Culinary Federation Quality



Standard approval on the Seeds of Recovery program, which would make it one of 70 or 80 programs in the country like this. Chef Roy added, “Hopefully in the next 12 to 24 months we will have this and it will be a big accomplishment for us. I am certified through them as well. The ACF is a great group to work with and the students will be able to add that to their list of accomplishments.”

VisAbility, owned by Katie Ickes of Lewisburg, is interacting and challenging this group of students for eight weeks of their training to set personal goals, create a vision for their lives, and to think like entrepreneurs. She did not have the opportunity to work with the first group of women, but is excited to be involved with the present class. “Tammy shared with me that in her first program she had asked the participants to write down a simple goal for themselves - either an immediate or long-term goal. She said that some of them crumbled and some were in tears because the concept of planning, thinking ahead, and setting a goal was totally foreign to them. They didn’t even know where to get started. Then I explained to her what I was doing in helping people get a vision, set goals, and work towards them, and things just clicked. When I first started with this group, I was not sure how it would go, but it was absolutely wonderful. It was an immediate connection and the students understood – they just want their potential to be validated and that is what this program does.”

Nick Vujici was born without arms or legs and has overcome his personal limitations to live a successful, fulfilling life. Katie uses his book, *Life Without Limits* to challenge each of the students to examine

their own personal limitations. “I named this program ‘The Mindset for Success’ because so many people look at their circumstances and give up. They think, ‘oh there is no way’ and give up not realizing that they have the potential within them and they have the creative ability. Time and time again, almost all successful entrepreneurs didn’t have anything. It just took that spark, that initial knowing that ‘Hey, I’ve got this. I have got to do this because no one is going to hand it to me and I do have the potential’. At that point, you see yourself as a problem solver. I think it is integral to this program to look and be observant, to see. ‘How can I improve this situation or how can I make this better?’, and slowly chipping away at the course for each of their lives. How you can meet another person’s needs?” Just as Katie pointed out, this is how businesses are built – How can I meet another person’s needs through either a product or service that will solve a problem for them.

Each of the students understands what a unique opportunity has been given to them, and some of them shared personal thoughts about the Seeds of Recovery program:

Krista now actually enjoys cooking! “I try new things, use spices more and don’t burn things anymore. I enjoy this class because they make it so much fun and more than just about cooking. I have learned so much in just the short time we have been here. I love the devotionals and learning so many things to accomplish my life goals and better myself at work. This class is such a blessing to me in more ways than one.”



David, the only guy in the program, knew he would fit right in because he has five sisters. “I am so glad that they are offering this for me. I have enjoyed the program and I enjoy cooking very much. My plans after the program are to use the skills I have learned to apply it to my career in the food industry.”

Amanda realizes what an amazing opportunity Seeds of Recovery is offering. “I have taken so much from this class and have been able to grow personally. The program has definitely exceeded my expectations. Not only am I learning how to cook, but also learning how to love myself and my life just the way it is. I am truly blessed to be where I am and I thank everyone involved.”

Joyce definitely recommends this program for anyone in recovery. “We’ve learned a lot about cooking and I’ve learned a lot about God. I think this is a really good program for people in recovery.”

As Tammy and Chef Roy continue refining their programs in an effort to combat addictions in Greenbrier County, they have designed a curriculum which they desire to see other counties in the state of West Virginia pickup and run with. “We trained teachers all over the state and have a collaborative partnership with WV HEATS (Hospitality Education and Training). Their first visit was for a basic understanding of what Seeds of Recovery is all about. Interested teachers will have additional training sessions in the spring with plans to replicate this program in other counties. We have spoken to Drug Court judges across the state of West Virginia and told them ‘we can

bring this to your county through this collaborative partnership’.” Tammy is excited about the possibilities the program offers. “As with any training program, if you build it to only fit a certain community, then that is all it can grow. This program, from the moment we started, has been built to be replicated because we know that if we are successful in Greenbrier County, we want it to be successful in another county and reproduce itself.”

Katie’s observation on the Seeds of Recovery program sums it up nicely. “This is a tremendous opportunity for these individuals. It is a great personal sacrifice Tammy is making to give them an opportunity for a better life and it is just amazing. She is full of energy, always has a positive attitude and she is always moving forward – full steam ahead. If it is at all possible, Tammy is going to do everything in her power to help break this cycle of abuse. This is totally a mission of love for everyone who is involved and you can feel it when you walk through the door. I love the atmosphere there – it is a really special place.”

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OLD W.VA. BREWERY GETS NEW LOOK:
BLACKWATER BREWING COMPANY
HOP-TIMISTIC ABOUT FUTURE

By Candace Nelson



One of West Virginia's oldest breweries is starting a new life with fresh, local food, craft beer, and a warm, welcoming environment.

Blackwater Brewing Company, located near the entrance to Blackwater Falls State Park, started up in the mid- to late-90s in Davis, West Virginia. The current owners, Lincoln Wilkins, and his wife, Amanda, purchased the brewery in May of 2012, where they found the business in a state of disrepair. The once-thriving restaurant and brewery was overdue for some renovations, both inside and outside.

"For two years, we've been working to make this a great place for beer and food," Lincoln, 48, said. "As the craft beer industry develops in West Virginia, there's a sense that we're helping to build something - to help build that industry in West Virginia and a thriving beer community."

Lincoln, who is originally from Keyser, West Virginia, has family roots in Davis that date back for years. After living in New Orleans, where Amanda is from, for 10 years, Lincoln decided a career switch from the pharmaceutical industry was in order - and no better place to do it than in a place that means so much to him and his family.

"My wife and I were wine drinkers for the longest time in New Orleans, before we got into beer," Lincoln said. "I thought there was a lot of variety with wine, but there's a tremendous, unlimited potential in beer for different taste profiles and different styles of beer ... that

can all be manipulated into new tastes and flavors."

Brewing had been a side project for Lincoln in New Orleans. He had invested in a German brewery, where he gained his first hands-on experience with craft beer. His experience in the brewery fueled his desire to create his own home brewery - a reversal from the typical brewing experience.

From there, he took the leap into head brewmaster - and owner - when the opportunity had arisen at Blackwater Brewing Company.

"We renovated, and I thought about what I do best - and that's brewing - so I immediately took over operations of that," Lincoln said. "The rest followed suit."

After two years of revitalizing the space and concept, the artisan brewhaus and eatery is producing high-quality, small-batch beers and delicious fare.

BREWS

In its custom-build 3bbl brewing system, Blackwater Brewing Company is now producing five signature brews currently: Canaan Valley Kolsch, Goldenrod Gold Ale, 3200 Alt Bier, Laurel Run EPA and an Angus Macker Hardy County Sweet Oatmeal Stout. A few others, plus a seasonal, are rotated through.



“Each beer is named after a place or family; that reflects the deep connection to this area,” Lincoln said. “The base of any beer is water, and that has a significant effect on the taste profile. We use water from the Blackwater River - filtered, of course, but that plays into how this beer tastes.”

“If you picked this entire brewery up and placed it somewhere else in the state with all the same equipment and flavors but a different water source, it would taste different. The environmental factors figure into the taste. And we embrace that here.”

Lincoln, the brewer, specializes in European-style Session Ales and Lagers, which often range from 4 to 6 percent alcohol. He rotates authentic German, English and Belgian brews. Traditional recipes influence each of the ales and lagers, as do locally sourced elements like maple syrup and honey.

The Canaan Valley Kolsch is a light pilsner kolsch, wherein Lincoln adapted his own recipe from the version he learned to brew in New Orleans. It's also a crowd favorite. It is a light-colored beer with a soft, rounded palate.

The Goldenrod Gold Ale is a Belgian blonde-style ale brewed with local honey from Healthberry Farm in Dryfork, West Virginia.

The 3200 Alt Bier is a hybrid ale and lager that has characters of both by being fermented with ale yeast at low ale, high lager

temperatures and with a caramel malt base.

The Laurel Run EPA is an English Pale Ale and is named after the ubiquitous street name that is found in many counties across the state.

The Angus Macker Hardy County Sweet Oatmeal Stout is an English ale named after Lincoln's great grandfather and in the same vein as some of the old English ale names that are very long. Lincoln said it is a great beer for the winter months because it has deep chocolate and coffee tones. This beer, among others, was recognized with awards by judges at the Bramwell Oktoberfest.

A seasonal beer that Blackwater Brewing Company keeps on tap is the Helles Bock, which is a light, fest-style beer.

The pub sells 32 oz. stainless steel logo growlettes to carry home some of the beverages on tap. Blackwater brews can also be found in locations across West Virginia, including The Candlewyck Inn and Clancy's Irish Pub in Keyser, the Iron Horse Tavern in Morgantown and Hellbender Burritos in Davis.

EATERY

The independently owned nano-brewery isn't just producing award-winning brews, it's also dishing out unique menu items that rotate weekly in a European gastropub concept.



"You never know what you're going to get – but always high quality and consistently," he said.

Lincoln, who considers himself a foodie, revamped operations in the kitchen after a series of menus and concepts with different chefs. Now, he is crafting both the brews and meals to coordinate flavor profiles. Many of the food items are locally sourced from farms in the area, and his approach to the food he serves is "farm to table."

"Our goal is to provide a high-quality meal and dining experience, alongside our micro-brews," he said.

The brewery offers a revolving menu of tasty, fresh-made items each weekend, usually incorporating some of the local brews. Usually a soup or stew served with a side of homemade beer bread is offered alongside a main entree. Recent menu items have included a Wisconsin beer cheese soup, a peperonata di patate soup (with four types of peppers and potatoes), a pumpkin soup with roasted seeds, and a curried lentil and saffron rice soup.

Main entrees as of late have included beef carbonnade, a Belgian beef dish with cubes of beef in a rich broth that incorporates the Belgian blonde ale as the base, a homemade meatloaf with a smoky/spicy barbecue and a bratwurst that incorporates the Kolsch bier.

Blackwater Brewing Company teamed with A.F. Wendling, a food

service distributor in West Virginia and border markets, to create the Kolsch Bier Bratwurst. The bratwurst is created with the traditional German pilsner, which is added in the processing instead of water and adds a subtle, sweet balance to the core of the flavor. The hops round out spice components in the bratwurst.

It is served on a lightly toasted bun with Dusseldorf mustard, paired with homemade warm German potato salad and a slightly sweet kraut.

Other mainstays on the menu include chicken wings with the house special sauces like "Tiger Blood" and "Doodle Sauce," made with ranch and habanero ketchup from Mountain Mama's, a local business located in Fairmont.

Lincoln said much of his inspiration for dishes comes from numerous subscriptions to food magazines, such as Food & Wine Magazine, and new takes on some of his and Amanda's favorite meals.

"Sometimes we'll get recipe ideas from friends," Amanda, 40, said. "Our friends are foodies, so we're open to suggestions. Nothing is better than something that is tried and true - even if someone else has made it first."

ENVIRONMENT

Blackwater Brewing Company is often a stop for visitors who have been skiing or snowboarding all day. That's why the brewery offers a



warm fireplace to relax near with pool tables, foosball, shuffleboard and darts available. Three flat-screen TVs, complimentary wifi and a lounge area all welcome diners as part of the experience.

"The lounge is where you go and kick back and we can really talk about some beer," Lincoln said. "I can crawl out of the kitchen at some point to talk beer."

The environment of Blackwater Brewing Company is what combines the beer and food to keep visitors coming back.

"It's the atmosphere we're trying to create, that experience," Lincoln said. "Our concept is to be a gathering place for people to come after they've hiked and biked."

And, of course, the local football games or other sporting events are available at the brewery. An inclusive, welcoming environment where one can find great food and even better beer is what drives Blackwater Brewing Company.

"With a three-barrel brew house, we're truly a nano-brewery," Lincoln said. "At our level, it's the hands-on nature of it. The craft part. We have a deep connection to the area, and it's very satisfying to produce something people can derive enjoyment from. That's why we're doing this."

Blackwater Brewing Company is located at 912 William Ave. in Davis, West Virginia. It is open Friday from 5 p.m. to 9 p.m., Saturday from noon to 9 p.m., and Sunday from 1 p.m. to 8 p.m. The pub is open later. For more information, call 304-259-4221 or visit <http://blackwaterbrewingwv.com>.





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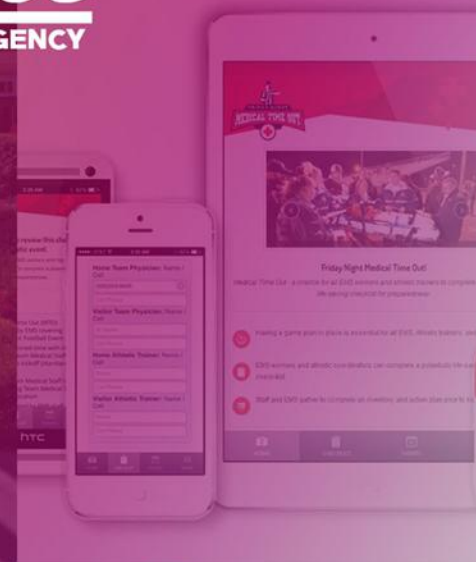
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White Chicken Chili

1 medium onion, chopped
1 jalapeno pepper, finely diced
1 tbsp. vegetable oil
2 cloves garlic, minced
1 tsp. salt
1/2 tsp. pepper

1 lb. boneless skinless chicken breasts, cubed
32 oz. chicken stock
4 oz. chopped green chilies
2 tsp. ground cumin
1 tsp. chili powder
1 tsp. dried oregano
2 14 oz. cans great Northern beans, drained and rinsed

Heat vegetable oil in a large pot and sautee onion and jalapeno pepper until softened. Add garlic, salt, and pepper and sautee approximately one more minute. Add chicken, chicken stock, green chilies, and remaining spices. Simmer approximately 30 minutes, until chicken is cooked through. Add beans and simmer 15 minutes. Top with sour cream and cheese, if desired.

Taste!
West Virginia



French Onion Soup

2 tbsp extra-virgin olive oil
4 large onions, thinly sliced
1/2 cup butter
3 c. beef stock

2 c. chicken stock
1/2 tsp. pepper
8 slices French Bread
8 slices Provolone cheese

Sautee onion in oil and butter for approximately 25 minutes. Add stock and pepper, simmer for 30 minutes. Ladle soup into oven proof bowls. Place one slice of bread and one slice of provolone cheese over each bowl and place under broiler until cheese melts and is golden brown.



Taste!
West Virginia

Creamy Tomato Soup

2 tbsp butter
1 onion, chopped
1 clove garlic, minced
28 oz. whole Italian tomatoes
2 1/2 c. chicken stock

t tsp. sugar
1 tsp. salt
1/2 tsp. pepper
1/4 c. heavy cream

Melt butter in a large pot and sautee onion until softened. Add garlic, tomatoes, chicken stock, salt, and pepper. Cover and simmer for 30 minutes. Puree the soup in batches in a blender and add back to pot. Remove from heat and stir in heavy cream. Serve with grilled cheese, crackers, sliced vegetables, or any other dippers you desire.



Cream of Broccoli Soup

2 tbsp. butter
1 onion, diced
1 clove garlic, minced
1 large head of fresh broccoli
1 quart chicken stock

2 c water
1 tso. salt
1/2 c. heavy cream
8 oz. shredded cheddar cheese

Melt butter in a large pot and sautee onion, garlic, salt, and pepper until softened. Meanwhile, slice florets off broccoli. Add chicken stock, water, and broccoli and simmer for 25 minutes. Puree the soup in batches in a blender and add back to pot. Stir in heavy cream and cheese until cheese is melted.



Junior Cast Iron Cook-Off

By Dawn Nolan

On January 30, over a dozen ProStart and agricultural education students from schools across the state put away their books and picked up pans – cast-iron ones, to be exact. With their instructors and school food service staff in tow, these teams of teens gathered at The Cultural Center in Charleston for a rousing three-course competition, fittingly titled the “Junior Cast Iron Cook-Off”. The event was a new addition to the Collaborative for 21st Century Appalachia’s annual Cast Iron Cook-Off weekend schedule.

Similar to the Cast Iron Cook-Off competition, which challenges teams comprised of culinary professionals and enthusiastic amateurs to prepare a four-course menu of New Appalachian style cuisine while utilizing local ingredients and traditional cookware in 75 minutes, the Junior Cast Iron Cook-Off required teams to create an entrée, side dish and grain-based dessert based on the Office of Child Nutrition’s meal pattern requirements within an hour.

Tucker, Preston, Pocahontas, Nichols and Mineral counties took part in the inaugural event in hopes of having their recipes used for school lunch programs.

In the end, Tucker County walked away with the win. Their menu included cast iron duck breast, with foie gras wild rice in a tart cherry pan sauce with cast iron roasted root vegetables with apple glazed bacon and fire fly farms goat cheese, and a cast iron whole grain mixed

berry short cake stack with mascarpone cream. Nicholas County’s sample entry, however, won over the audience and earned them the People’s Choice Award.

According to the Collaborative for 21st Century Appalachia, the Junior Cast Iron Cook-Off was designed to be a hands-on learning experience, reinforcing “the skills and knowledge learned from the ProStart curriculum” while encouraging the incorporation of “local foods in schools through partnerships with food service staff” and providing “students the opportunity to bring to life the culinary talents they have gained through the ProStart program”.

For more information please visit:
<http://castironcookoff.org/>





February 2015

Winter Soups & Stews (Charleston): February 4

Learn how to make Beaujolais Stew, Caldo Gallego and Salmon and Corn Chowder under the direction of Chef Luisa Di Trapano and her team. www.cucinaluisa.com

My Kitchen Cooking Classes (Morgantown): Every month,

Thursday – Sunday - Chef Chris Hall and staff offer a number of themed, hands-on classes every week at their kitchen.

mykitchenwv.com

A Taste of the Spanish Coast (Roanoke): February 7

This “tapa-style” tasting event highlights traditional Spanish fare and wine. www.stonewallresort.com/wv_deals/culinary-events

Uncork & Create Kitchen – Romantic Date Night

(Charleston): February 13 - Celebrate with your sweetheart while learning to make heart-shaped ravioli and accompanying sauce, mini crab cakes, chocolate bowls with Grand Marnier whipped cream and berries & heart-shaped caprese salad with balsamic vinaigrette from Chef Mandy Gum. www.uncorkandcreate.com/upcoming-events.php

Uncork & Create Kitchen – Chocolate Truffle Making

(Charleston): February 14 - Chef Mandy Gum instructs students on the delicious art of candy making during this sweet session.

www.uncorkandcreate.com/upcoming-events.php

2015 Valentine's Day KVSS & Capitol Market Charity Cookie

Bake-off (Charleston): February 15 - This inter-generational charity bake-off will raise funds for Kanawha Valley Senior Services' programs. www.kvss.org

Berkeley Springs International Water Tasting (Berkeley

Springs): February 19 - 22 - A panel of judges evaluate municipal, purified and bottled (still and sparkling) during the world's largest and longest-running water tasting competition.

www.berkeleysprings.com/water

The 2015 Greenbrier Discovery Series: Culinary Weekend

(White Sulphur Springs): February 20 – 22 & March 6 – 8 -

Enjoy tastings, demonstrations and dinners throughout these annually occurring weekends. www.greenbrier.com/culinaryfebhome

Bluefield Winter Warmer (Bluefield): February 21

This seasonal celebration of craft beer, food and music is a fundraiser for the Bluefield Beautification Commission. www.cityofbluefield.com

The Art of Slow Cooking (Parkersburg): February 21

Chef Rick demonstrates the use of Sous Vide in today's restaurants during this informational lesson.

theblennerhassett.com/food-drink/culinary-school

Uncork & Create Kitchen – Kids Kitchen (Charleston): Feb-

ruary 22 - Details TBA www.uncorkandcreate.com/upcoming-events.php

Kitchen Tour & Dine Around (White Sulphur Springs): Feb-

ruary 25, 28 and March 18 and 21 - Executive Chef Bryan Skelding takes visitors behind-the-scenes of the resort's famed kitchens during this delicious dine-around. <http://www.greenbrier.com>

FeastivALL 2015 (Charleston): February 28

Guests vote for their favorite beverage pairing – craft beer or wine - in each of five courses during this yearly benefit.

www.festivallcharleston.com/content/feastivall-2015

March 2015

Classic Italian Pasta Sauces (Charleston): March 3

Discover the correct process for cooking pasta and standard sauces during this hands-on session. www.cucinaluisa.com

12th Annual Culinary Classic Weekend (Roanoke): March 6

– 8 - *Sold out www.stonewallresort.com/wv_deals/culinary-events

Capitol Market Green Chili Shoot Out (Charleston): March

21 - Details TBA www.capitolmarket.net

Cake Fancy (Parkersburg): March 21

Bake and decorate a tasty treat during this daytime class.

theblennerhassett.com/food-drink/culinary-school

WV Maple Syrup Festival (Pickens): March 21 & 22

This sweet celebration highlighting the state's history of sugar and maple syrup making features pancake feeds, tours of a maple syrup camp, craft booths and demonstrations.

pickenswv.squarespace.com/maple-syrup-festival

Charleston's Second Annual Mac n' Cheese Cook-Off

(Charleston): March 28 - Participants prepare and serve samples of this classic comfort food for charity.

www.childhoodlanguagecenter.org/mac-n-cheese-cook-off-2015.html

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