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Publisher's Notes



“It is important that we cater to our readers and deliver the stories that they want to read as well as share the information that is relevant to them. I think we accomplished that once again with this issue that includes a little of the old mixed in with some of the new.”

Since launching our first print issue last September, I can't express our appreciation enough for all of the encouragement and support. From coast to coast and everywhere in between, readers have shared their enjoyment of *Cuisine Noir* in both print and online, which continues to fuel our cultural culinary movement.

Now that we are back with our second issue just in time for summer, we wanted to take this opportunity to make sure we delivered that same great content as we begin to expand. With any publication, it is important that we cater to our readers and deliver the stories that they want to read as well as share the information that is relevant to them. I think we accomplished that once again with this issue that includes a little of the old mixed in with some of the new. It has always been and will continue to be our goal of establishing *Cuisine Noir* as a trusted resource within the African-American community when it comes to all things food, wine and travel.

In this issue, you'll notice a few new additions that we are very excited about. A few features that I want to highlight include our new print and online column called Design & Dine™ with lifestyle expert Maria C. Hunt. If you are like me and love to entertain friends and family, then you know that the look and feel of an event or social gathering is just as important as the food that will be served. For our first styling installment, Maria shows readers how to bring a garden party inside this summer with a great floral theme and recipe ideas. I am excited about this new addition to our magazine and how it will inspire readers.

I am big fan of the show, “Welcome to Sweetie Pie's,” and knew that Robbie Montgomery or “Miss Robbie” would be perfect as our second cover story. Her tenacity and ability to adapt with life's changes is inspirational to me and we are honored to be able to share her story.

I just highlighted a couple of great stories, but there are many more for you to enjoy. I hope you take the time to read each story and try a few of the recipes and then let us know what you think by emailing me at info@vshereepublishing.com. Also, be sure to check us out online for more great articles and recipes monthly and most importantly, don't keep us a secret. Be sure to tell a friend or two!

In great taste,

A handwritten signature in black ink that reads "Sheree".

V. Sheree Williams, Publisher

CUISINE NOIR

www.cuisinenoirmag.com

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LEFT TOP AND MIDDLE: JAMES KNOX; LEFT BOTTOM: WINE GLASS/ISTOCK.COM/LEZH

On the cover: Robbie Montgomery, photo courtesy of OWN/PFFP

Reinvention Key Ingredient to Montgomery's Success

BY DAMON HODGE | PHOTOGRAPHY OWN/FPF

Necessity, as the saying goes, is the mother of reinvention. Robbie Montgomery, a successful 71-year-old St. Louis restaurateur, says the ability to adapt and adjust characterizes her life. A half-century ago, she reinvented herself after lung disease ended her music career, turning a passion for cooking into a catering business. Reinvention came again in the late 1990s when she put her finances and her faith to the test and opened Sweetie Pie's soul food restaurant in St. Louis, Missouri.

In the years since, Sweetie Pie's has transformed itself into a St. Louis soul food landmark with two locations and a third under construction. The restaurant has been featured on the popular Food Network series "Diners, Drive-ins and Dives" and has garnered acclaim for its Mississippi-style take on classic Southern fare such as fried chicken and macaroni and cheese along with creative innovations such as a pear cobbler.

Last year, reinvention for Montgomery came in the form of a golden opportunity: the Oprah Winfrey Network offered her a one hour reality television show chronicling her life as a restaurateur and family matriarch. She was skeptical. "It was [son and business partner] Tim's idea. He thought how I ran the restaurant was funny, but I didn't think it was funny," she says. When "Welcome to Sweetie Pie's" debuted on Oct. 15, she wondered if anyone would watch. "I'm old school, so I didn't think that what goes on in my family would interest the public."

The show explores mother-son relations, extended family dynamics and the struggles of work-life balance. Montgomery (or Miss Robbie as she's known on

the show) and Tim run two Sweetie Pie's restaurants and are opening a third location—their biggest, most expensive and most ambitious. "I prayed that the show would work," she says. "I want it to show that we're a normal family. My son was incarcerated. We've had problems. But we've reinvented ourselves and are pursuing happiness."

For much of Montgomery's life, happiness came from singing. Born in Columbus, Mississippi, but raised in St. Louis, she sang in school talent shows, on sidewalks in front of her house,

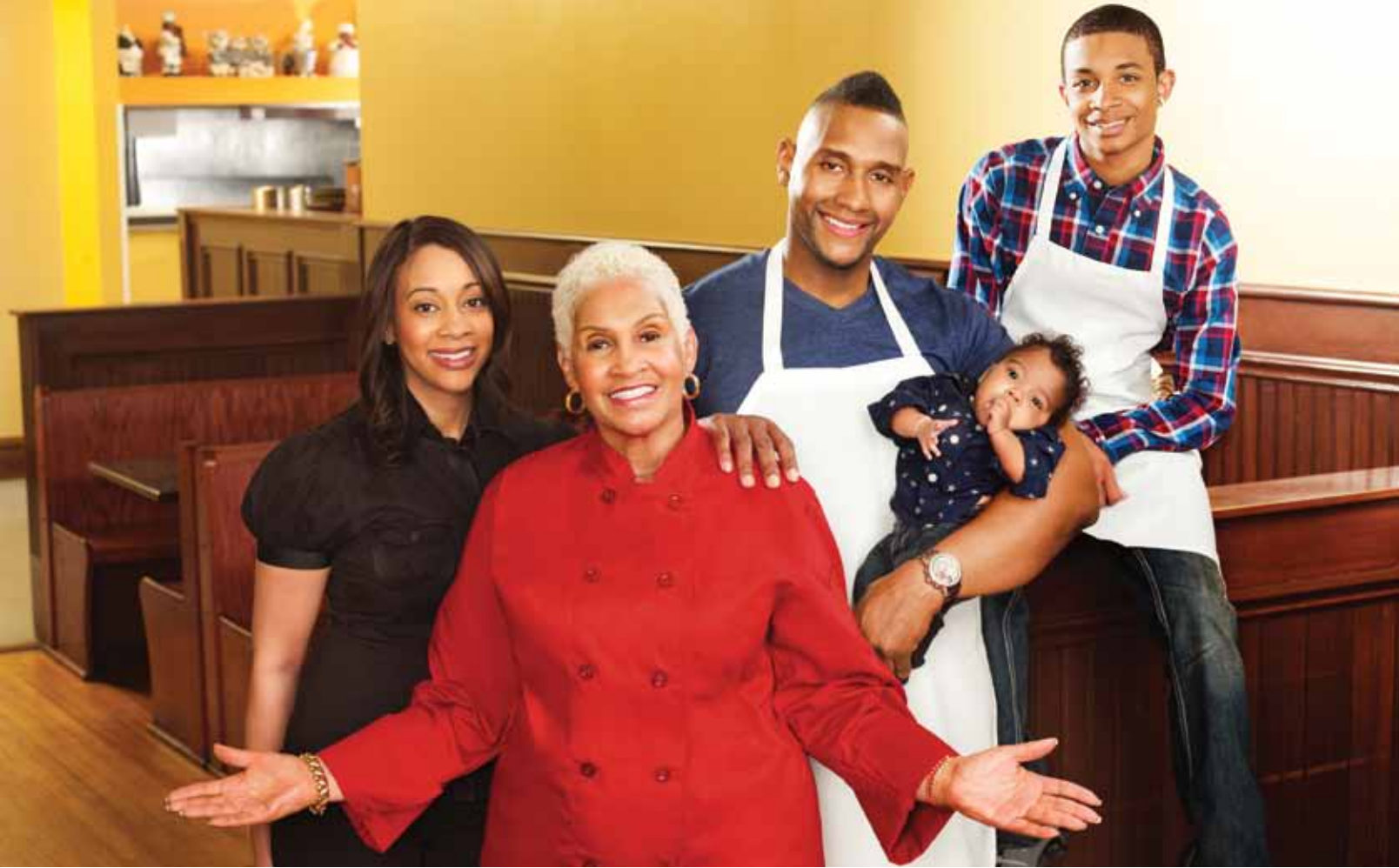
while hanging clothes to dry—basically anytime, anywhere. "I used to look east when I sang because that's where New York was."

Last year, reinvention for Montgomery came in the form of a golden opportunity: the Oprah Winfrey Network offered her a one hour reality television show chronicling her life as a restaurateur and family matriarch.

In 1958, at age 17, she embarked on a professional music career. By 21, she was singing in St. Louis nightclubs. Connections made on the nightclub circuit led to working first with Art Lassiter and then with Ike Turner and Anna Mae Bullock (the future Tina Turner). Montgomery became one of the original Ikettes and embarked on a 30-year career as a back-up singer and studio session performer, providing back-up for the likes of Joe Cocker, Barbara Streisand, Stevie Wonder, the Rolling Stones and more.

On world travels with Ike and Tina—Europe, Italy, Mexico, France, Scotland and many points in between—she became a foodie, often talking to chefs about their recipes. She combined that knowledge with the cooking skills she learned at home. Montgomery often cooked for colleagues while on tour. She opened her





first eatery, Wings and Things, in Pomona, California, after moving there to go on tour with Dr. John the Night Tripper. “I was the oldest of nine, so we had to make food stretch. My mom was an excellent cook. She taught me how to make soul food.”

A bout with lung disease forced Montgomery’s first life reinvention in 1979. “I had a biopsy and it showed a hole. The hole was like a flat tire in an inner tube. I either had to have surgery or stop singing, so I stopped singing because it didn’t heal properly.” Montgomery returned to St. Louis and began working as a dialysis technician, with eventual designs on becoming a nurse. She couldn’t afford the training, so she decided to split her time between health care and catering.

“Everyone always said I was a great cook,” she says.

Montgomery got up early, made a variety of soul food entrées and pies and hit the streets of St. Louis selling meals from the trunk of her car. She used the money to buy chairs and equipment for the restaurant she dreamed of owning. Sweetie Pie’s made its debut in 1997. Opening it required another personal transformation. “It took about a year to open because I didn’t have the resources. But I was fortunate. The man I rented the space from didn’t charge



Sweetie Pie’s

rent until I opened. I didn’t know it took so much to open a restaurant— [the need for things like a] floor sink and grease trap. There were so many things [I didn’t know about the business] that hurt me.”

Lessons learned from that experience—open on time, serve consistently high-

quality food, treat customers well—have served Montgomery well. A second location came in 2005. The newest location, Sweetie Pie’s Upper Crust, is the family’s most ambitious restaurant, with triple the seating capacity and banquet space. “You can’t use butter today and tomorrow use margarine,” Montgomery says. “I’m a harsh critic; I taste all of my food. [Customers] know good food, too. They pass 20 to 30 restaurants to come to your restaurant, so customer service is very important. If I don’t have customers, I don’t need employees.”

Ultimately, Montgomery hopes that “Welcome to Sweetie Pie’s” can serve as a vehicle to reinforce the power of reinvention, family and love to overcome tension, emotional turmoil and financial struggles. “At the end of the day, all you have is family,” she says. “We come together and support each other. We have disagreements, but if there is an emergency or a need to agree on something, we come together. You need somebody that you trust in your corner.”

To try Miss Robbie’s Banana Pudding recipe, visit the Chef’s Corner on Cuisine Noir online at www.cuisinenoirmag.com.

GRILLED CHICKEN AND POLENTA WITH WHITE PEACHES-GOOSEBERRY SALSA

4 servings | Active Time: 15 minutes | Total Time: 40 minutes

INGREDIENTS

1¼ tablespoons canola oil, divided
1 tablespoon ground cumin
1 teaspoon kosher salt
¾ teaspoon freshly ground pepper
18 ounces or 1.13 pound polenta, cooked

1 pound boneless skinless chicken (or pheasant breast), trimmed
2 white peaches, halved and pitted
1 pint gooseberries
2 tablespoons fresh cilantro, chopped
1 tablespoon lime juice
hot sauce to taste

PREPARATION

1. Pre-heat grill to medium-high.
2. Combine 1 tablespoon oil, cumin, ¾ teaspoon salt and pepper in a small bowl. Rub 1 teaspoon of the mixture all over polenta. Rub the rest into both sides of chicken. Cut the polenta crosswise into 8 slices. Rub the cut sides of peach halves with the remaining oil.
3. Oil the grill rack (see tip below). Place the chicken, polenta slices and peaches on the grill. Grill the polenta until hot and slightly charred, 3 to 4 minutes per side. Transfer to a clean plate and tent with foil to keep warm. Grill the peaches, turning occasionally until tender, 6 to 8 minutes total. Grill the chicken until cooked through and no longer pink in the middle, 6 to 8 minutes per side. Transfer the chicken and peaches to a cutting board. Coarsely chop the peaches. Let the chicken rest for 5 minutes and then thinly slice.
4. While the chicken rests, combine the chopped peaches, gooseberries, cilantro, lime juice, hot sauce and the remaining ¼ teaspoon salt in a medium bowl to make the salsa. On 4 plates, layer the polenta, chicken and fruit salsa and serve.

TIPS & NOTES

Cook polenta according to instructions on the label. To oil grill, take a clean rag and moisten with oil. Using tongs, take the rag and rub straight down in one direction to coat the grill. Repeat until entire grill is oiled.

ICED CITRUS CUCUMBER SOUP

6 servings | Active Time: 15 minutes
Total Time: 30 minutes

INGREDIENTS

5 large cucumbers, peeled, seeded and cut into chunks
½ cup fresh mint, chopped
¼ cup scallions, chopped
¼ cup lemon juice
2 teaspoons freshly grated lemon zest
1 teaspoon Splenda, agave nectar or sugar
2 cups crushed ice
salt to taste
freshly ground pepper to taste

PREPARATION

1. Combine cucumbers, mint, scallions, lemon juice, lemon zest and sugar in a food processor or blender. Process until smooth. Add ice and blend until smooth. Season with salt and pepper and serve immediately in chilled bowls.

TIPS & NOTES

You can substitute dill, cilantro or basil for the mint in this refreshing summer soup.

Iced Citrus Cucumber Soup



GREEK CABBAGE ROLLS

4 servings | Active Time: 30 minutes
Total Time: 40 minutes

INGREDIENTS

4¹/₄ cups water, divided
8 large Savoy or green cabbage leaves
¾ teaspoon salt
1 cup whole wheat couscous
2 tablespoons extra virgin olive oil
4 cloves garlic, minced
4 cups plum tomatoes, chopped
2 teaspoons red wine vinegar
1 teaspoon sugar
¼ teaspoon ground cinnamon
1/3 cup crumbled feta cheese
3 tablespoons Kalamata olives, chopped
3 tablespoons fresh mint, chopped

PREPARATION

1. Bring 2½ cups water to a boil in a large skillet. Add cabbage leaves, cover, reduce heat to medium-high and simmer until softened, about 5 minutes. Transfer the cabbage leaves to a clean work surface to cool. Discard the water and dry the pan.
2. Bring 1½ cups water and ¼ teaspoon salt to a boil in a small saucepan. Stir in couscous, cover and remove from the heat. Let stand for at least 5 minutes.
3. Heat oil in the skillet over medium heat. Add garlic and cook, stirring often until fragrant, about 30 seconds. Add tomatoes, vinegar, sugar, cinnamon, the remaining ½ teaspoon salt and the remaining ¼ cup water. Cover and cook, stirring occasionally 8 to 10 minutes until the tomatoes are mostly broken down.
4. Meanwhile stir feta, olives and 2 tablespoons of mint into the couscous. Mound about ½ cup of the couscous mixture at the stem end of each cabbage leaf. Roll into a bundle, tucking in the sides. When the tomato sauce is ready, add the cabbage rolls seam-side down.
5. Cover and cook until the rolls are hot all the way through and the cabbage is very tender, 5 to 8 minutes. Serve the cabbage rolls topped with the sauce. Garnish with mint, if desired.



Greek Cabbage Rolls

FETTUCCINE VERBENA

4 servings, about 1 cup each | Active Time: 20 minutes | Total Time: 30 minutes

INGREDIENTS

8 ounces whole wheat fettuccine
2 large lemons, plus lemon wedges for garnish
1 medium leek (white and pale green parts only), thinly sliced and rinsed well
1 tablespoon extra virgin olive oil
½ cup flat leaf parsley, chopped
2 cloves garlic, crushed
¼ teaspoon salt
1/8 teaspoon freshly ground pepper
4 large lemon verbena leaves
¾ cup finely grated Parmesan cheese
¼ cup fresh chives, snipped

PREPARATION

1. Cook pasta in a large pot of boiling water until tender or according to package directions. Reserve 1½ cups of the cooking liquid and drain the pasta in a colander.
2. Finely grate 1 tablespoon lemon zest and squeeze ¼ cup juice from the lemons and set aside.
3. Pat leek slices dry. Heat olive oil in a large nonstick skillet over medium-high heat. Add leek slices, lemon zest, ¼ cup parsley, garlic, salt and pepper. Cook, stirring frequently until the leek slices are lightly browned and softened, about 6 minutes.
3. Add the pasta, 1 cup of the reserved cooking liquid, the reserved lemon juice and the remaining ¼ cup parsley and verbena leaves to the pan. Cook stirring constantly 30 seconds to 1 minute until the liquid is mostly absorbed. Add the remaining ½ cup liquid, if desired. Remove from the heat.
4. Toss the pasta with ½ cup Parmesan cheese and 2 tablespoons chives. Transfer to a large serving bowl and sprinkle with the remaining Parmesan cheese and chives. Serve with lemon wedges.



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Anguilla's Alchemy

It is the ultimate fantasy island, haven of the rich and famous and a rising star among culinary destinations.

BY WANDA HENNIG | PHOTOGRAPHY ANGUILLA TOURIST BOARD



It sounds too good to be true. An idyllic tropical island haven, remote but accessible, with pristine white sand swimming beaches dotted with indigent palms and beach bars serving rum punch, beer and cocktails. An island where, whether you choose to eat at a five-star resort restaurant, a barbecue stand, a food truck or a casual beach hut where you can dig your toes in the sand while sitting at your table shaded by a beach umbrella, you're equally likely to be served something delectable whipped up by a French-trained chef.

Anguilla, a tiny island destination in the eastern Caribbean with only seven traffic lights but 33 beaches – among which, Shoal Bay East regularly makes it onto the list of the world's top 10 – is

Anguilla, scenically, is the idyllic Caribbean cliché, but because it is small, discreet and remote, and prides itself on its disdain of glitz and glamour, preferring to retain, instead, its laid-back vibe.

the most northern island in the Leeward Island chain. It is 200 miles east of Puerto Rico and about 10 miles north of St. Martin.

It is a laid-back island where a gently swishing ocean, perfect for learning how to scuba dive with an inside and outside reef ensuring minimal underwater currents, sparkles like a sea of perfectly cut gemstones reflecting every shade of blue. It has been discovered by the rich and famous who go there to escape, drawn not just because Anguilla, scenically, is the idyllic Caribbean cliché, but because it is

small, discreet and remote, and prides itself on its disdain of glitz and glamour, preferring to retain, instead, its laid-back vibe. It is, meanwhile, growing in stature as a destination of choice among food lovers.

About 16 miles from end to end and 3 miles at its widest point, Anguilla is relatively flat and low-lying, composed of coral and limestone. A single main road runs through the center of the island, making Anguilla easy to traverse by car in less than a half an hour. On Friday nights, this lone highway comes



alive with pop-up grills and snack vans serving the island's equivalent of street food – aromatic goat curries and chowders. Dusty roads branch off the highway, leading to quaint villages and the island's resorts, hotels, restaurants and beaches.

Anguilla's population is largely of African descent, their roots dating back to the mid-1600s when distant ancestors were brought over by British colonists to work. The narrow arid interior was too inhospitable for the sugar and rice plantations envisioned and the colonialists finally gave up on their vision of exploiting land and people and left for other destinations.

For an island of its size, there is an astonishing array of choices when it comes to dining options ranging from beach huts and the roadside vans – the sublimely flavorful conch soup at Hungry's, a psychedelically painted trailer, has legendary status – to full-on five-star elegant dining at over-the-top luxury resorts (where you can happily wear a sarong and sandals). Creative cuisine fuses the fresh local flavors from land and sea (seafood is abundant) with whatever needs to be imported.

The first resort to open on the island, which only secured electricity and running water in the mid-1980s (around the time it opened), is the Malliouhana Hotel and Spa, winner of Wine Spectator's Grande Award for its cellar that boasts more than 25,000 bottles of wine, set high on a limestone bluff.

Think luxurious jungly garden, rattan and walnut decor, a fantastic collection of Haitian art and a relaxed, expat luxury sort of feel, never ostentatious. You can charter a cruise for deep-sea fishing

or watch turtles in the cove below and children can enjoy a supervised pirate ship adventure playground. After all, this area is historic Pirates of the Caribbean territory.

Malliouhana's world-class restaurant was opened under the guidance of the French chef Jo Rostang, who had won three Michelin stars for La Bonne Auberge in Antibes. It set the bar for what today is Anguilla's fine food culture. Many island chefs have honed their skills in France, which is why you'll get a barbecue stall, food truck or casual beach eatery run by a Paris-trained chef. Visitors meanwhile can sign up for cooking classes at the uber-luxe CuisinArt Resort and Spa on Rendezvous Bay, which has its own organic gardens and hydroponic farm. Paul McCartney, Sandra Bullock and Ellen

DeGeneres are just three of the many celebs who have availed themselves to the pleasures of the Viceroy Anguilla, the island's state-of-the-art newest retreat – that with all the contemporary glamour of its design, manages to maintain an understated, laid-back charm.

This is the sort of dream island where, in the evening, the heady aroma of frangipani wafts on gentle breezes, mingling with the sounds of jazz, calypso, reggae, pop and funk drifting from any establishment where people gather. Speaking of the island's bountiful music scene, Bankie Banx is one of Anguilla's national treasures. He has been entertaining the world via his CDs and many visitors to Anguilla with his personal charm and rockin' reggae for nearly three decades.

Each year, on the first Monday of August, J'ouvert Morning celebrates the anniversary of the British Emancipation Act and kicks off the Caribbean's biggest beach party. Visitors are welcome to join the fun as carnival revelers enjoy a full day and night of barbecues, boat racing and pulsating calypso rhythms.

In many ways Anguilla today is a tribute to the tenacity of the human spirit. Tourism is the mainstay, employing about two-thirds of the population of around 14,000. The island is a hot destination determined to retain its sleepy calm.

For ideas on where to stay, where to eat, what to do – and how to get there – visit the Anguilla Tourist Board website at www.visitanguilla.com.





THE CAPITOL

INGREDIENTS

1.5 ounces Maker's Mark Bourbon
4 ounces ginger beer
1 splash orange bitters
1 orange slice

PREPARATION

Combine all ingredients in an iced Collins glass and garnish with the orange slice. Serves 1.

SASSY

INGREDIENTS

1.5 ounces Partida Blanco tequila
1 ounce lime juice
1 ounce agave syrup
½ ounce mezcal
1 lime slice

PREPARATION

In an iced rocks-old fashioned glass add tequila, lime, agave and shake. Float mezcal on top and garnish with a lime slice. Serves 1.



COURTESY OF DARRYL "DR. MIXOLOGIST" ROBINSON HOST OF "DRINK UP," ON THE COOKING CHANNEL

Making Wine Outside the Box

Winemaker André Mack's Uncommon Inspiration

BY MARIA C. HUNT | PHOTOGRAPHY GET FRAÎCHE CRU

If you look closely at the label of 'Love Drunk' Rosé; there's a little inscription that says, "When reality is better than ur dreams."

It might be a description of this frisky little Oregon wine by Mouton Noir that has the juicy flavor and intoxicating color to induce a giddy sort of pleasure akin to falling in love. Or it might be how winemaker and owner André Mack thinks about his life.

During his days as a sommelier with Thomas Keller's Per Se and French Laundry, Mack earned the nickname "mouton noir" – French for black sheep – because he always had a way of doing things that was a bit different from the corporate norm.

"It was always the running joke when we got bored at work, I'd say I'm going to make these wines and I'm going to call my label Mouton Noir," says Mack, 39, who lives in New York with his family. "It was a dream and something I always joked about and then through some crazy roundabout way it all seemed to come together."

As a winemaker, Mack is about making seriously good wines and having fun while doing it. Taking inspiration from the independent winemakers of Burgundy, hip-hop style and the beautiful fruit he sources from Oregon, Mack is making wine that matters.

Alain Ducasse's Adour in the St. Regis Hotel, New York, pours Mouton Noir wine, as do Bernard's Bar at the Elysian Hotel in Chicago and Rogue 24 in Washington, DC. Mack's Code Noir Merlot – a silky wine full of berries and hints of chocolate – is featured by the glass at the restaurant Michael Mina in San Francisco.

"Dre is one of the coolest people in the wine business," says Rajat Parr, sommelier for the Michael Mina restaurant group. "He has a special talent to finding wines that tell a story."

One of the best-known commercial wines in Mack's portfolio is O.P.P. In case



“It was always the running joke when we got bored at work, I'd say I'm going to make these wines and I'm going to call my label Mouton Noir.”

you're wondering, O is for Other, P is for People and no temple scratchin' needed; the last P is simply Pinot.

Mack makes wine at a custom crush facility in McMinnville, Oregon and heard there was some good wine already in a barrel for sale.

"We bought barrels of wine from a winery down the street that went bankrupt and we referred to them as the 'other people's wine,'" says Mack. "When it came time to name it, we called it Other People's Pinot."

Some wine buyers are flustered when they see the label, but most get it.

"Well the label is very catchy, but aside from the label, the juice on the inside is crisp and clean," says Adam Linet, who sells Mouton Noir's O.P.P. at his wine shop Vino Fine Wine & Spirits in New York's Flatiron District. "It's a nice bridge between the highly extracted pinots America has and something Burgundian."

It's no accident that Mack's wines are both approachable and elegant like the best pinot noirs of Burgundy. He takes his winemaking inspiration from the independent winemakers of Burgundy who buy grapes and make their own individual wines.

"I take a lot of my cues from Burgundy," says Mack. "We're in the Willamette Valley region, one of the most respected in Oregon to produce wines that show individuality of the respective sites, to make a wine that's true to where it's from."

A military kid, Mack says moving every two years gave him the ability to be able to adapt to any social setting.

"I always felt like I was always in two worlds and now when I got to be in business and became a sommelier it was kind of more of the same thing," Mack says.

He puts his two worlds together most graphically in his line of Get Fraîche Cru T-shirts. Most feature puns and plays on pop culture that only a wine geek would love. Vinocidal Tendencies spoofs a punk band, Domaine Dujac is homage to the prized red Burgundy, while Run DRC mashes up the iconic rap group with Domaine de la Romanée-Conti, the world-famous estate in Burgundy.

"I just want to have fun," says Mack. "I don't have a family legacy or heritage in this business, so I can really be me."

Visit www.moutonnoirwines.net for a list of wines currently available and follow Mack on Twitter at @moutonnoirwines. Be sure to read our review of Mouton Noir's 2010 'Love Drunk' Rosé in Wines in Review.

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BLUEBERRY SQUARES

4-5 servings | Active Time: 15 minutes | Total Time: 1 hour 5 minutes



Blueberry Squares

INGREDIENTS

- 1 1/2 cups flour
- 1 1/4 cups oatmeal
- 1/3 cup sugar
- 1/3 cup brown sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup walnuts, puréed
- 1 1/2 sticks butter
- 1 cup blueberry preserves

PREPARATION

1. Heat oven to 350°F.
2. Fold 2 pieces of foil over a 9" square pan. Fold one piece diagonally and the other in the opposite direction.
3. Combine everything except the blueberry preserves in a food processor.
4. Spray pan, then transfer 2/3 of the oat mixture to the bottom of the pan.
5. Press to fit pan and bake for 20 minutes.
6. Spread blueberry preserves over warm oat mixture.
7. Spread rest of oat mixture on top of blueberry preserves and bake for 30 minutes.

CITRUS CHESS TART

4-5 servings | Active Time: 20 minutes | Total Time: 4 hour 25 minutes

INGREDIENTS

COCONUT CRUST

- 1 1/4 cups flour
- 1 1/4 tablespoons sugar
- 1/2 teaspoon salt
- 3/4 stick butter
- 1/4 cup shortening
- 1/2 cup coconut
- 1 egg yolk

FILLING

- 3/4 tablespoon sugar, divided
- 1/2 teaspoon cornstarch
- 1/2 teaspoon vanilla (can substitute 1/4 vanilla bean)
- pinch of nutmeg
- pinch of salt
- 3/4 cup cream, divided
- 1 1/2 eggs
- 1 tablespoon butter, melted
- zest from 1/2 lemon
- zest from 1 lime
- zest from 1 orange
- juice of 2 lemons
- juice of 2 limes
- juice from 1 large orange

PREPARATION

1. In a bowl add flour, sugar salt, butter and shortening together and mix. Add coconut and beat.
2. Beat until dough comes together and forms a ball. Wrap in plastic and chill for one hour.
3. Roll dough out on floured surface and place in tart pan. Prick bottom and freeze for 30 minutes.
4. Take out of freezer, place parchment or foil inside of tart dough and add dry beans or pie weights. Bake for 20 minutes on 375°F. Remove beans and paper and bake for an additional 5-10 minutes. Cool.
5. For the filling, whisk sugar and cornstarch in a bowl. Add vanilla, nutmeg and salt to the mixture and whisk until all is mixed together. Set aside.
6. In mixer, add cream and beat on low speed until frothy. Add dry mixture, eggs, butter, fruit juices and fruit zests. Whisk until mixture slightly thickens. Cover and refrigerate for two hours.
7. After two hours, whisk chilled filling until smooth and pour into coconut crust. Bake on 300°F for 20 -25 minutes. Let cool for 20 minutes. Serve with a dollop of whipped cream and lime zest.

TIP & NOTES

Dry beans or pie weights are used to par-bake or partially bake the crust.



A Road Trip Through Southern Canada

STORY AND PHOTOGRAPHY BY SUCHETA RAWAL

Canada is a big country. From Northern Lights in the Northwest, acclaimed mountains of Banff along the Trans-Canada Highway, glaciers in Alberta's Rockies to Baffin Island located in the east off the mainland of Quebec, the entire country offers varying landscapes and natural beauty that has been admired by outdoor enthusiasts and photographed by artists from around the world.

ROMANCE AT NIAGARA FALLS

If mountain climbing or hiking cross-country is not your thing, you may want to consider at least a weeklong road trip through the southern part of Canada for culture, nature, wine and food. The United States and Canada share the longest international border (8,891 kilometers/5,525 miles), but crossing over is quite easy. A short drive from Buffalo, New York is one of the wonders of the world, Niagara Falls. American Falls, Bridal Veil Falls and the Canadian Falls are collectively known as the majestic Niagara Falls. When you drive in, you will see the falls from both the Ca-

nadian and American sides and get a full picture of the spectacle. While the area is somewhat touristy, spend an entire day taking in the beauty of the falls by walking around the pathways, having lunch at one of the restaurants overlooking the falls or getting up close aboard the Maid of the

Sir Winston Churchill called the drive from Niagara River Parkway to the shores of Lake Ontario "the prettiest in Canada."

Mist. Conclude day one at a hotel on Niagara Parkway and make sure to get a room on a high floor from where you will have a bird's-eye view of the exquisite scenery. There is also a light show over the falls during the summer nights that you don't want to miss.

SIP AWARD-WINNING ICE WINES

In the morning, have vineyards and orchards lead you through 28 or so wineries through the Niagara region. Sir Winston

Churchill called the drive from Niagara River Parkway to the shores of Lake Ontario "the prettiest in Canada." From classic and native grapes to hybrids, fruit and sparkling wines, the tasting along the Niagara Wine Trail is a unique experience. Ice wines are native to this region and well known for their rigorous winemaking specifications. Grapes are left on the vine through the winter and harvest cannot take place until the temperature drops below 8°C for a sustainable period of time. Make sure to stop by Inniskillin Winery and pick up a bottle of their number one selling ice wines.

BE CHARMED BY NIAGARA-ON-THE-LAKE

For lunch, take a pause at Niagara-on-the-Lake, a historic small town in Southern Ontario where the Niagara River meets Lake Ontario. Established in 1781 by the British, the city became the first capital of the newly created colony of Upper Canada. The affluent old homes, historic sites and farmlands attest to the rich past



of this land. Today, Niagara-on-the-Lake is rated Canada's number one food and wine destination by TripAdvisor. The city offers charming cafes, boutique stores and romantic inns where ancient character meets modern beauty.

PARTY IN THE METROPOLIS OF TORONTO

An hour and a half drive east lands you in Toronto, one of the most cosmopolitan cities in the world. Coming from pristine natural beauty and quiet open spaces, it is a considerable contrast to see tall skyscrapers, busy highways and crowded streets. Plan to spend at least two nights here exploring the city's flurry of festivals,

in North America. Don't miss the dim sum if you are there on a weekend.

The nightlife in Toronto is definitely worth checking out. As the population is diverse, you can find a variety of music at clubs and bars. From European-style classy nightclubs to casual beer gardens, you will find something that will please the party animal within you. Popular areas to walk around and club hop are the Distillery District and Yonge Street in downtown Toronto.

GO FRENCH À LA MONTREAL

On day four, drive 5-6 hours from Toronto to Montreal and feel like you have just crossed the Atlantic and landed in

“Go to the Harbourfront Centre where dance, live music and food from around the world is showcased in a lovely, open air, lakeside setting.”

—Mary Luz Mejia



outdoor concerts, galleries and thousands of eateries. Toronto has a lot to offer and in two days you will be barely scratching the surface. It is home to Canada's largest museum (Royal Ontario), zoo (Toronto Zoo), theme park (Canada's Wonderland) and international film festival. Families can enjoy an aerial view of the city from CN Tower, go on a ferry to Centre Island for a daylong picnic or visit Casa Loma, a castle within the city where the movie "Chicago" was filmed. The Eaton Centre is a four-level glass structure filled with 250 stores and cafes that will keep you busy for a few hours.

Toronto Star columnist, Mary Luz Mejia recommends, "Go to the Harbourfront Centre where dance, live music and food from around the world is showcased in a lovely, open air, lakeside setting. Enjoy a good walk around High Park where you can breathe in the floral-scented air near their manicured gardens, or stroll around the Junction neighborhood in the West End and 'laiche vitrine' as the French say."

Many ethnic neighborhoods are sprawled around Toronto that offer authentic cuisines. One of the city's best independent coffee shops and small clothing boutiques live next door to each other in a neighborhood that continually keeps evolving. Krepez Café is a Hungarian coffee shop and perhaps the only place you will find chimney cakes. You won't go wrong at one of Oliver and Bonacini's restaurant locations offering casual to fine dining. Also, Chinatown in Toronto is the second largest

Europe. French gastronomy, art and culture make this city a unique destination in North America. With 106 festivals in a year, Montreal is aptly named City of Festivals. The world renowned Festival International de Jazz de Montréal presents more than 500 free events where you can see Stevie Wonder, Brian Setzer, Ben Harper and more artists without having to spend a dollar. If you are in Montreal in the summer, you will have a choice of attending multiple festivals such as the Grand Prix, hot air balloon, rock, comedy, blues, folk, bike, beer, cultural (Italy, Japan Fest), etc. and the best part is, most of them are free.

You want to book yourself a couple of nights at a hotel in Old Montreal, which is convenient to restaurants, shopping and the metro system. Start your day off at Olive et Gourmando, a lively bakery located in Old Montreal. After a cup of café au lait and freshly baked banana chocolate brioche, stroll through the neighboring attractions of Basilique Notre-Dame, the district's riverside edge and Pointe-à-Callière (Museum of Archaeology and History). Spend the evening wandering at Place Jacques-Cartier, a European-style cobblestone plaza bustling with street artists, performers, shops and restaurants. Have dinner at Le Jardin Nelson where you can sit outdoors in a tropical garden paradise and enjoy live jazz with your savory duck confit crepes.

Hugo Leclerc of Tourisme Montréal has a personal favorite. "The best way to taste Montréal's culinary culture is to visit Jean-



Talon market. It is the largest outdoor public market in North America where many Montreal chefs and locals go to buy fresh and unique ingredients. It is also the perfect place to nibble on abundant samples of local and imported products. Make sure you stop at Le Marché des Saveurs which offers over 7,000 products from all over Quebec,” he says.

For an indulgent nightcap, visit one of the three locations of Juliette et Chocolat. They serve chocolate in every form including dessert, hot drinks and cold shakes, some combined with fruit, spices and liquor. Many locals opt for “poutine,” the French take on french fries, for a late-night snack after clubbing. It is topped with cheese curds, brown gravy and sometimes served with foie gras or lobster. It goes very well with a chilled beer and you can find it at practically any establishment.

WANDER THROUGH HISTORIC QUEBEC CITY

Québec City is another three-hour drive east of Montreal. It is much smaller than Montreal but continues to build upon the epitome of French culture west of Paris. The picturesque old town is situated along the St. Lawrence River with the majestic Fairmont Le Château Frontenac against the backdrop. Cobblestone pathways and old walls enclose the area of Old Quebec, which is ideal for aimless strolling and appreciating the fine architecture. Charles Dickens described it as the Gibraltar of North America, referring to the peculiar geography of the city, divided into an upper part overlooking the lower portion and the impressive fortress that stands on the highest point of the fortifications. Taking a long walk or bike ride in Québec City and surroundings offers an opportunity to



Taking a long walk or bike ride in Québec City and surroundings offers an opportunity to discover cultural and historic attractions in settings of scenic beauty.

discover cultural and historic attractions in settings of scenic beauty.

“I like to walk in the streets of Old Quebec and discover its unique boutiques, art galleries and antique shops,” adds Richard Séguin, a local of Québec City. He suggests you start at Plains of Abraham, a majestic park located in the heart of the city and observe a serene landscaping while reliving, through monuments and plaques, the historic events that took place on the site. Walk along the fortifications of the city and enter through the ancient gates which lead you to the boutiques and art galleries. Stop for a martini or afternoon tea at

Le St. Laurent Bar and Lounge located at Château Le Frontenac which offers one of the best views in town. Finally, make your way alongside the river to Place Royale, another square that is laced with a row of neat little shops.

Quebec City offers authentic French cuisine and you can hardly go wrong at any restaurant. For the best croissants and fresh Parisian macarons, go to the bakery Paillard. Make reservations at Bistrot le Clocher Penche for a unique brunch using locally sourced ingredients from down the street. After a full day of play, have dinner at the relaxed restaurant, Graffiti Resto-Cité, which serves delicious French and Italian fare. Quebec City has a major airport and train station from where you make your way back home.

In just one week and under 600 miles, you will experience the delectable gastronomy, distinctive culture and captivating beauty of Canada. Start at the honeymoon capital of the world, drive through scenic ice wineries, experience one of the most multicultural cities and get a genuine taste of Europe. While each of these destinations merit more of your time, if you have only a few days to spare, a road trip through the southern border of Canada is a great way to explore what our magnificent neighbor has to offer.



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www.microplane.com

Heart and Soul Cooking

With Actress Tamala Jones

BY JEANINE LEWIS | PHOTOGRAPHY TEAL MOSS

I have been laughing for years at veteran actress Tamala Jones' memorable roles such as Tiffany on "The Fresh Prince of Bel-Air," Nikki in the movie "Booty Call" and my personal favorite, Tracey in "Two Can Play That Game." I see how she can play such hilarious characters. Her own disposition is warm with an infectious laugh which makes her easy to talk to. Jones is a down-to-earth non-Hollywood type actress and culinary enthusiast.

Born and raised in Pasadena near Los Angeles, she is easy to relate to and clearly has a passion for food that feeds the soul. She grew up in a peaceful home in an ideal location, which I have no doubt

Even with a busy acting career and family obligations, the ABC "Castle" star is the ultimate multi-tasker by being a fiercely determined working actress, daughter, granddaughter, girlfriend, and heart-chef to castmates.

helped shape her as such a well-rounded individual. Raised by a single mother, she spent a lot of time with her grandmother who is the heart of the family and culinary mentor. It wasn't until her early 20s that she was allowed in the kitchen. "I wasn't allowed in the kitchen as a teenager. One time I was boiling an egg and I left to go watch TV. When I returned, the pot was burned. Another time I had a grease fire and poured water on it. Yeah, after that, I wasn't allowed into the kitchen," she remembers. Since then, she has developed a love for cooking and dazzles her once skeptical family members and castmates with amazing dishes.

Even with a busy acting career and family obligations, the ABC "Castle" star is the ultimate multi-tasker by being a fiercely determined working actress, daughter, granddaughter, girlfriend, and heart-chef to castmates. She gave me much more than

just an interview. She gave me a window into her world. Her energy and witty sense of humor make her an ideal storyteller.

To get the full dish about her foodie side, we had fun sharing stories about a common love for cooking and great food.

When you bring dishes on set, what are their favorites?

They love my gumbo. Crab legs, shrimp, lump crab meat, tomatoes, okra, and the roux are the special ingredients. You have to make sure the butter and flour are heated



and mixed at just the right temperature. When the meat is all gone, they will pour the broth over lettuce and have a gumbo salad. They also love my barbeque and peach cobbler. On my peach cobbler, I use real butter. If you are going to do cobbler, do it all the way.

Being a foodie and a successful Hollywood actress, how do you keep your fantastic physique and indulge in good food?

I have to stay on top of things. In Hollywood, they will let you know when you need to tone up or lose a few. The way I accomplish it is having cheat days. On Sundays, I will indulge in foods I love. All other days of the week, I eat very lean; salads, protein, and fish. No

alcohol, carbs, or sugars. I eat like a bird. Lots of water is also key. Water makes you feel full and I will have green apples, almond butter, soups.

Do you have signature Tamala Treats that you have created?

I do a cracked crab dish that is sweet and savory. I also do a curry Jamaican chicken with sweet carrots, white onions, chives, cloves, ginger, garlic, a hint of lemon grass, Jamaican curry powder, olive oil, and 1/2 water and let it simmer.

What would surprise your fans about you and food?

People usually look at me and assume I'm a "take out" type of girl. I put my

heart and soul in my food. Like my grandmother, it is an expression of love. I aspire to be like her for my own family.

What is your special someone's favorite meal you prepare?

Girl, he loves my tacos. I use ground turkey, black beans, yellow rice, fried plantain, brown sugar, chili powder, and paprika. Turkey tacos!

It was like sitting on a comfy couch at your girl's house talking about food, life, love, and career. Jones made me laugh, she made me think, and most importantly, she made me hungry. Be sure to try her macaroni and cheese recipe below.



MACARONI AND CHEESE

Courtesy of Tamala Jones

INGREDIENTS

- | | |
|--|--------------------------------------|
| 1 teaspoon olive oil | cheddar cheese |
| 1 pound bag elbow macaroni pasta noodles | 2 cups shredded Colby cheese |
| 2 cans evaporated milk, 5 ounces each | 2 cups shredded Monterey Jack cheese |
| 1 1/2 sticks butter | 2 eggs |
| 1 can Campbell's cheese soup | 2 tablespoons paprika |
| 2 1/2 cups shredded sharp cheddar cheese | 1 teaspoon sea salt |
| 1 1/2 cups shredded mild cheddar cheese | 1 tablespoon black pepper |
| | 1 tablespoon garlic powder |
| | 1/4 cup white sugar |

PREPARATION

1. Pre-heat oven to 400° F.
2. Put water into a large pot, add a teaspoon of olive oil and bring water to a boil. Once water is boiling, add the entire bag of pasta, stir in and turn the heat down low. Once the pasta is cooked, strain, rinse and put the pasta back into the large pot.
3. Pour one can of evaporated milk into the pot, add 1 1/2 sticks of butter and return the pot to the burner on low to medium heat. Add can of Campbell's cheese soup, 2 cups of sharp cheddar cheese, 1 cup of mild cheddar cheese, Colby cheese and 1 1/2 cup of Monterey jack cheese, eggs, paprika, sea salt, black pepper, garlic powder and sugar. Stir all ingredients until the cheese is melted and looks creamy. You may have to add an additional 1/2 can of evaporated milk.
4. Pour mixture into a medium baking dish. Add a little of all of the cheeses on top of your macaroni until dish is covered. Place dish in the oven for 25 to 30 minutes or until the top layer is nice and golden. Take out of the oven and let cool before serving.



Summer Vegetables

SUMMER VEGETABLES

6 servings | Active Time: 25 minutes | Total Time: 2 hours and 2 minutes

INGREDIENTS

4 tablespoons extra virgin olive oil
 2 cups thinly sliced leeks, rinsed and well-drained
 5 cloves garlic, thinly sliced
 ½ teaspoon salt
 ½ teaspoon freshly ground pepper
 ½ cup grape tomatoes
 2 medium shallots, finely chopped
 ½ cup dry white wine

2 tablespoons unsalted butter
 2 baby Portobello mushrooms, sliced
 3 large tomatoes, sliced ¼ inch thick
 1 small summer squash or zucchini, sliced diagonally ¼ inch thick
 1 small eggplant, sliced ¼ inch thick
 ⅓ cup finely shredded Pecorino Romano or Parmesan cheese
 1 tablespoon chopped fresh marjoram or 1 teaspoon dried

PREPARATION

1. Preheat oven to 425°F.
2. For sauce, heat 2 tablespoons olive oil in a large skillet over medium heat. Add leeks, garlic and ¼ teaspoon each salt and pepper and cook, stirring until soft and beginning to brown, about 6 minutes. Hand crush grape tomatoes, add to sauce and continue cooking. Add wine, shallots and butter and cook, stirring for 1 minute. Coat baking dish with ¼ of the sauce.
3. Layer tomatoes, summer squash or zucchini and eggplant slices in an alternating shingle pattern over the sauce. They will overlap quite a bit. If you have extra vegetable slices, save them for another use. Sprinkle the vegetables with the remaining salt and pepper and drizzle with the remaining oil. Pour remaining sauce on vegetables and place in oven.
4. Bake the vegetables for 1¼ hours. Sprinkle cheese and marjoram over the top. Continue baking until the edges are browned and the vegetables are very tender, about 15 minutes more. Let cool for about 5 minutes before serving.

DECAPODA GARGIN

4 servings | Active Time: 20 minutes
 Total Time: 30 minutes

This recipe is a quick and easy panko-breaded shrimp dish that can be served as an appetizer.

INGREDIENTS

1 pound raw shrimp, peeled and deveined
 2 tablespoons canola oil
 3 tablespoons sesame seeds, mix black and white
 2 large eggs
 ¼ cup cornstarch
 1 tablespoon ginger puree
 2 teaspoons garlic, minced
 ¼ teaspoon salt
 ¼ teaspoon freshly ground pepper
 3 cups Kikkoman Panko Japanese Style Un-toasted Bread Crumbs
 ½ cup vegetable oil
 ¾ cup Mandarin orange juice
 ¼ cup maraschino cherry juice
 ¼ cup Kikkoman Lime Ponzu
 1 teaspoon sugar
 1 scallion, thinly sliced

PREPARATION

1. Wash shrimp with cold water, strain, toss with 1 tablespoon canola oil and leave moist.
2. Whisk sesame seeds, eggs, cornstarch, ginger, garlic, salt and pepper in a large bowl. Add shrimp and toss to coat. Place panko into a shallow dish and dredge shrimp in the bread crumbs coating evenly on both sides.
3. Heat vegetable oil in a large nonstick skillet over medium heat. Add half the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with the remaining 1 tablespoon canola oil and the rest of the shrimp.
4. Add orange and cherry juice, ponzu sauce and sugar to the pan after all shrimp has been cooked and removed. Bring to a boil and cook, stirring occasionally, 4 to 6 minutes until slightly thickened and reduced by half.
5. Return the shrimp to the pan and stir to coat with the sauce. Garnish with scallions sprinkled on top. Serve immediately.

TIPS & NOTES

For maximum heat distribution, use a heavy bottom stainless clad or non-stick skillet.

JERK PORK RIBS

5 servings | Active Time: 20 minutes

Total Time: 5 ¾ hours

INGREDIENTS

- 1 cups scallions, sliced
- 2 cloves garlic, smashed and peeled
- 1 scotch bonnet or habañero pepper, quartered and seeded
- ¼ cup cider vinegar
- ¼ cup packed dark brown sugar
- 1 tablespoon peanut oil or canola oil
- 1 teaspoon ground allspice
- 1 teaspoon ground coriander
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon freshly ground pepper
- ½ slab of ribs, 4–6 bones

PREPARATION

1. Purée scallions, garlic, chili pepper, vinegar, brown sugar, oil, allspice, coriander, thyme, salt, cinnamon and pepper in a food processor.
2. Pour the spice mixture into a large, sealable plastic bag. Add ribs and turn the bag to coat with the marinade. Refrigerate for at least 4 hours and up to 24 hours.
3. About 20 minutes before you are ready to grill, preheat a gas grill to 500°F or build a fire in a charcoal grill and let it burn down to high heat (about 500°F).
4. If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on your grill). If using a charcoal grill, move the coals to one side. Remove the ribs from the marinade, discarding any of the remaining marinade. Place the ribs on the unheated side of the grill rack. Close the lid and roast undisturbed for 45 minutes.
5. Rotate the ribs at 180°F, cover and continue roasting until an instant-read thermometer inserted into the center of the meat registers 145°F, 20 to 30 minutes more. Transfer to a clean cutting board and let stand for 10 minutes before slicing.

TIPS & NOTES

Prepare the jerk marinade the day before so that the meat can marinate overnight to really enhance the flavors. This also cuts down on total time on the day of the meal.

CHI TOWN STEAK PEPPERS

4 servings | Active Time: 35 minutes | Total Time: 45 minutes

INGREDIENTS

- 1 small onion, halved and sliced
- 2 tablespoons balsamic vinegar
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 1 tablespoon extra virgin olive oil
- 1 tablespoon capers, rinsed
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 1 tablespoon fresh thyme, finely chopped
- ½ teaspoon freshly ground pepper
- 3 small red, yellow and/or orange bell peppers, sliced
- 1 pound sirloin steak or strip steak (1–1¼ inches thick), trimmed and cut into 4 portions

PREPARATION

1. Pre-heat grill to medium.
2. Combine bell peppers, onion, vinegar, oil, capers, 2 teaspoons fresh thyme and ¼ teaspoon of salt and pepper in a large bowl.
3. Stack two 30-inch-long pieces of foil. Arrange the pepper mixture on one half and fold the foil. Tightly seal the packet by crimping and folding the edges together.
4. Sprinkle both sides of steak with garlic powder, the remaining thyme, cumin and ¼ teaspoon of salt and pepper.
5. Oil the grill rack. Place the steak and foil packet on the grill. Grill the steak about 4 minutes per side for medium-rare, 5 minutes per side for medium. Grill the packet until the vegetables are tender, 10 to 12 minutes. Let the steak rest for 5 minutes. Serve the steak with the peppers.



Chi Town Steak Peppers

JAMES KNOX

When Manners Count

Summer Etiquette

BY TINA HAYES | PHOTOGRAPHY MICHELE SOLEDAD

This summer will you attend a backyard barbeque, travel to a foreign country, go on a camping trip, take in a concert, or reunite with relatives at a family reunion?

To make this one to remember, I have listed some simple tips to take into consideration as you are enjoying your upcoming festivities. By keeping these in mind, you create not only great memories for yourself but also for your friends, family and other companions too.

SUMMER FOODS ETIQUETTE

Is it okay to eat barbeque, corn on the cob, or watermelon with your fingers?

- **Ribs and chicken:** At a picnic or casual outdoor event, it is acceptable to disregard your utensils and use your fingers. In restaurants, however, ribs and chicken should be cut and eaten with a fork and knife. This may be difficult at first but with a little practice you can manage.
- **Corn on the cob:** Use both hands to eat an ear of corn. Butter, season and eat just a few rows at a time. Use caution when biting down to avoid squirting incidents.
- **Watermelon:** Watermelon is usually juicy, therefore it is best to eat it with a fork. Seeds are deposited into the palm of one's hand and transferred back to the plate.
- **Use the utensils that are provided when taking finger foods from a serving dish.** Do not hover over and eat food items directly from the serving implement. Place the items on a plate or napkin first.

ETIQUETTE IN PUBLIC PLACES

Summer is all about getting out and having fun. Have the time of your life by remembering these two tips.

- **Make an effort to be considerate of others at outdoor and indoor venues.** Arrive on time for events to avoid bumping and crawling over people. If you must pass over those seated, say "excuse me" or "I'm sorry" and pass facing the person. It's better to see one's face than their backside.



- **When attending a concert, don't allow your behavior to disturb others.** Keep your feet on the floor and not on the seats around you. When talking, keep your voice low or wait until intermissions and between performances. Please don't draw attention to yourself by shouting loud comments or booing performers. Others have paid to hear the headliner so please refrain from singing along or humming unless asked to by the performer.

WINE TASTING ETIQUETTE

This is a favorite activity for many in the summer. Ease from winery to winery with these two important tips.

- **Perfume, cologne, scented hair sprays and any strong smelling products are frowned upon at tasting events.** Smell is a very important part of the tasting experience and strong odors can interfere with a tasters overall judgment. "Taste is 92% smell."
- **It is not necessary to swallow the wine.** Many experienced wine tasters will spit out the wine in a bucket. This procedure is highly acceptable and recommended to avoid becoming tipsy when tasting numer-

ous wines within a short period of time. If you are uncomfortable or feel awkward spitting in a wine spittoon, dump the wine in a wine bucket. It is okay not to drink all of the poured wine during a tasting.

FAMILY REUNION ETIQUETTE

Reunions are very popular during June, July and August. Make it one to remember by keeping these tips in mind.

- **R.S.V.P. in a timely manner.** Inform the planners if you will be attending the event and do not bring others without first checking with the hosts. Promptly pay any costs or fees (often deposits are required to reserve venues, purchase food, etc.).
- **Show appreciation to the organizer(s) for planning your family reunion.** Send a thank-you note expressing sincere gratitude to the organizers for their hard work and efforts. Even though things may not have been "perfect," a note of appreciation lets the organizers know that their work was not in vain.

Tina Hayes is an etiquette expert and author of "Getting Ahead With Etiquette" available at www.etiquetteschool.us.

PEACHY MANGO TANGO MARTINI

INGREDIENTS

- 2 ounces Van Gogh Cool Peach Vodka
- 2 ounces Coco's Cocktails Peach Mango Martini Mix
- 1 lime slice
- 1 ounce Coco's Cocktails Peach Mango Martini Sugar Rim
- 1 peach slice
- 1 mango slice

PREPARATION

Add vodka and martini mix to an ice-filled shaker and shake well. While martini dilutes to desired sweetness, squeeze lime around the rim of the glass, place into the martini sugar rim on a flat surface and make one full circle. Pour cocktail into glass and garnish with peach and mango slices. Serves 1.

COURTESY OF COLLEEN JOHNSON OF COCO'S COCKTAILS. MARTINI MIXES ARE SOLD ONLINE AT WWW.COCOSCOCKTAILS.BIZ.

DULCE FIESTA - PINEAPPLE CILANTRO LIME MARTINI

INGREDIENTS

- 2 ounces Van Gogh Cool Pineapple Vodka
- 2 ounces Coco's Cocktails Pineapple Martini Mix
- a handful of cilantro
- 1 lime slice
- 1 ounce Coco's Cocktails Pineapple Martini Sugar Rim
- 1 pineapple slice

PREPARATION

Add vodka, martini mix and torn cilantro leaves into an ice-filled shaker and shake well. While martini dilutes to desired sweetness, squeeze lime around the rim of the glass and place it into the martini sugar rim on a flat surface and make one full circle. Pour cocktail into glass and garnish with cilantro leaves and pineapple slice. Serves 1.

COURTESY OF COLLEEN JOHNSON OF COCO'S COCKTAILS. MARTINI MIXES ARE SOLD ONLINE AT WWW.COCOSCOCKTAILS.BIZ.

JAMAICAN ME CRAZY

INGREDIENTS

- 1 ounce coconut rum
- 1 ounce banana liqueur
- 2 ounces pineapple juice
- 2 ounces orange juice
- 1 splash of grenadine
- 1 orange slice

PREPARATION

Pour ingredients into an ice-filled cocktail shaker and shake for 10 seconds. Pour into glass and garnish with orange slice. Serves 1.

COURTESY OF TREY "DABARTENDER" WHEAT. RECIPE FROM "I LOST MY JOB AND 99 OTHER REASONS TO DRINK," AVAILABLE AT WWW.DABARTENDER.WORDPRESS.COM.

Bryant Terry

Passion, Community and Justice

STORY AND PHOTOGRAPHY BY SHEREE WILLIAMS

In this new column, publisher Sheree Williams sits down with chef and food justice activist Bryant Terry to chat about food, his new cookbook, and the Grande Dame of Southern Cooking, Edna Lewis.

Nestled in a quiet Oakland neighborhood is the home of chef and food justice activist Bryant Terry. Walking up to his door, you are first greeted by a home garden that will soon harvest an array of fresh greens and herbs. For Terry, eating homegrown food is not only his passion, but a way of life.

With the release of his third cookbook simply titled, “The Inspired Vegan,” Terry once again delivers a book that captures the essence of using seasonal ingredients to create mouthwatering recipes that are full of flavor. Simple yet diverse recipes take you through all seasons with an added soundtrack bonus noting Terry’s musical inspiration. “My work as a cookbook author is really geared toward exploding these myths that foods that are fresh and sustainable or food that might be plant-based, vegetarian or vegan is bland and boring and unappealing,” says Terry.

Terry sees food justice not as an act of engaging corporations as the key source for fresh food supplies but empowering the community to get involved. “For me, the focus is less on corporate sources for getting food. I think it is more important for people to be contributing to local food systems by growing food. Whether it is growing food at their homes if they have some green space or contributing to a local community garden or urban farm. I feel like there’s just something to the act of people actually getting their hands dirty and producing food for themselves,” says Terry. He uses his cookbooks not only to share recipes but to organize and build tools for individuals and communities impacted by food insecurities.

The bigger picture for Terry is working together with individuals and organizations to rebuild a communal mindset to



solve public health problems such as food insecurities and obesity. He advocates for communities pulling resources together (equipment, kitchen space, etc.) and cooking together (sharing big meals for the week) to reconnect with food in a positive way.

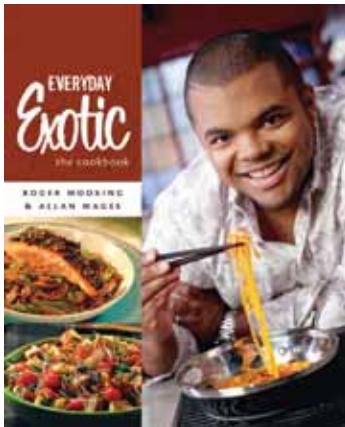
It was chef Edna Lewis, the Grande Dame of Southern Cooking with a new foundation recently named in her honor, who inspired how he looks at and interacts with food. Terry shares, “I just feel Edna Lewis has always been my muse. For me, so much of the way I approach food is modeled after what she did; just really focusing on fresh seasonal ingredients.” Looking up to Lewis and others, one of Terry’s ultimate goals is for his books to present African-American and Southern cuisines in a way

that they automatically become synonymous with good food similar to when one thinks of French or Italian.

Terry remains very hopeful about communities and organizations continuing to build, connect and empower. This is a movement that everyone can get involved in, help to change and be enriched at the same time regardless of whether you follow a plant-based diet or not. We all have a responsibility.

“The Inspired Vegan,” (Da Capo Press, \$19) is available at bookstores nationwide and online. For more about Bryant Terry, his work and cookbooks, visit www.bryant-terry.com. Visit <http://pic.tv/urban-organic> to watch episodes of Terry’s web TV series, “Urban Organic” and follow him on Twitter at @bryantterry.

Celebrating African-American Food, Wine and Travel Authors



Everyday Exotic: The Cookbook

By Roger Mooking and Allan Magee

Whitecap Books
\$29.95

Roger Mooking's hit show on the Cooking Channel, "Everyday Exotic," comes to life in his first cookbook published last year. Filled with beautiful pictures and savory recipes, this cookbook is sure to be a staple in the kitchen for its use of "obedient ingredients" that work together to give everyday recipes an exotic twist. Mooking shows readers how to refine comfort food by adding more flavor, aroma and color. A culinary pleaser for anyone with an adventurous palate who loves to travel around the world one recipe at a time. Available at www.amazon.com.

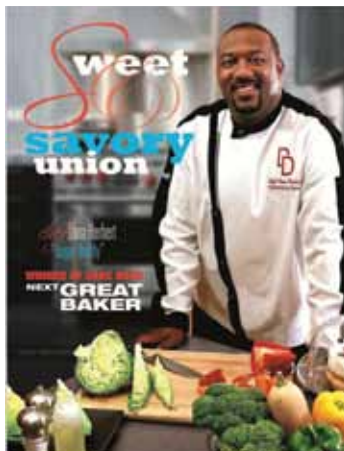


Great Food, All Day Long: Cook Splendidly, Eat Smart

By Dr. Maya Angelou

Random House
\$30.00

It only takes a few bites of a flavorful dish to satisfy the palate. That is the premise which Dr. Maya Angelou now lives by as she exercises portion control and shares recipes created for one person to enjoy all day long or to celebrate with guests for an evening. In her latest cookbook, "Great Food, All Day Long: Cook Splendidly, Eat Smart," Angelou offers the right variety of recipes which include alternatives for vegetarians, pictures, poems and stories. She also shows readers how to transform leftovers into the next day's showstoppers. This cookbook is suited for those wanting to fall in love with cooking again or the novice looking to make something delicious. Available at www.amazon.com.

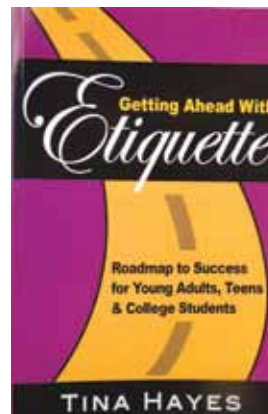


Sweet & Savory Union

By Dana Herbert

\$14.95

Fitting with the title, chef Dana Herbert's cookbook, "Sweet & Savory Union," delivers a soulful collection of recipes that are simple, sweet and savory. Winner of TLC's "Cake Boss, the Next Great Baker," Herbert produced a sure winner that includes dinner delights, sandwiches, soups and dessert recipes as well as libation pairings. Herbert is great at showcasing his versatility in the kitchen which blends his cooking and pastry styles to create everyday meals that are easy to follow for any home or professional cook. The book takes a garden to table approach in using fresh ingredients and does not disappoint when it comes to flavor combinations. Available at www.dessertsbydana.com.



Getting Ahead with Etiquette: Roadmap to Success for Young Adults, Teens & College Students

By Tina Hayes

\$12.95

Etiquette expert Tina Hayes knows the value of using proper etiquette daily and provides the ticket to success for young adults, teens and college students. Don't let this book fool you, there is actually something in it for everyone no matter how old you are. The book walks readers through different occasions chapter by chapter. Learn the proper way to set a table without thinking twice or impress your new boss and colleagues at your next business dinner. Feel confident and secure after following the tips and guidelines in "Getting Ahead with Etiquette." Available at www.etiquetteschool.us.

Proving L.A. Girls Can Do It All

Ameera Leguex

BY CELESTE DAVIE

The spotlight is shining on celebrity chef Ameera Leguex or simply chef Ameera as she likes to be called. She is the fascinating chef and founder of the organization L.A. Girls DO Cook who started cooking at the tender age of eight. Leguex specializes in a multitude of cuisines, including American, Italian, Caribbean, Southeast Asian, and Asian fusion. With so much on her plate, she still manages to balance family time and an eminent career.

Who were your culinary influences growing up and who do you look up to today?

My dad was my first introduction to food and the cooking shows on PBS. I remember rushing home after school to watch those shows. Today I love B. Smith. I love the fact that she's about lifestyle. I'm getting into branding myself and into lifestyle as well. Also, I love Donna Hay, she is out of Australia. She does really simple, really clean, easy food. I love her style, it's rustic. She's like the Martha Stewart of Australia, but she's much better [to me].

What's your culinary education and training background?

I am self-taught and I worked for the most prestigious catering companies in Los Angeles. I learned on the job because I already had the talent. I learned the basics from my father. I learned the technical side of cooking by working for catering companies and working for some of my friends who were chefs.

Who are some of the celebrity clients you have worked with?

I have worked with Rihanna, Lil Wayne, Lamar Odom, Regina King, Vivica Fox, Keri Hilson, Forest Whitaker, Keyshia Cole, Judge Mathis, Vanessa and Angela Simmons, Stevie Wonder, Rick Fox, Spinderella, Bret Lockett, Paul Allen, Bobby Kotick, and others.

What is the L.A. Girls DO Cook movement?

I came up with L.A. Girls Do Cook because L.A. girls get a bad rap for not cook-



“Cooking is a life skill that you should have. That's what I'm trying to teach women. It's simple and you really need to be making your own food. I cook at home more than I eat out.”

ing. I decided on a really cute and catchy name. Then I came up with classes that were fun and inviting to get women in the kitchen. I actually had women who bragged about the fact that they do not cook. They really should keep that a secret, because that is not cute. You can't eat everything out because you don't know where the food is coming from. Cooking is a life skill that you should have. That's what I'm trying to teach women. It's simple and you really need to be making your own food. I cook at home more than I eat out.

Do you have any new projects on the table?

I'm getting ready to shoot videos for vegetarian dishes that are quick and easy for eHow.com. I'm doing a monthly tasting dinner that people can come to and

taste new dishes and new products that I am carrying with different brands. I'm also starting a monthly celebration that will be hosted by whoever it may be. The first one will be hosted by Vivica Fox and I will have different celebrities there. It will be a nice brunch one Sunday with pampering. It's like my own event to brand myself. A lot of people can't taste my food unless they are at an event. I decided to do something monthly where I can thank my clients [that I have] and pamper them and show them a good time. I can't wait for that, it's going to be so much fun.

Chef Ameera Leguex is located in Los Angeles, California. For more information about services, visit www.chefameera.com or call 818-984-1245.

The Garden Party

Lifestyle expert Maria Hunt brings the outdoors inside with this floral summer entertaining look.

STORY AND STYLING BY MARIA C. HUNT | PHOTOGRAPHY JAMES KNOX

Summer is the time for backyard entertaining, lazing by the pool and dining under the stars. But even if you live in condo or apartment sans outdoor space, that doesn't mean you can't have a garden party.

Bring flower power to your space with fresh blooms, floral plates and other accessories with a nature-inspired theme.

For Cuisine Noir's first Design & Dine™ feature, I decided to celebrate the start of summer with a colorful table design inspired by a garden in full bloom.

A great design trick is picking one element in a room, such as a patterned rug or pillow, and then using its colors to select all the other hues in that room. That same idea works when planning a harmonious look for a table.

For your party, choose a favorite napkin, tablecloth or plate and then let it be the guide for everything else. I fell in love with these floral salad plates blooming with red pansies, blue violets and fern fronds on a creamy background.

They'd be perfect for dressing up your plain white dishes, but I decided to bring out the pale turquoise in the plates by setting them on base plates in that same hue. Delicate bubble goblets with fluted edges, twig-patterned cutlery and napkin rings shaped like chrysanthemums echoed the natural theme.

Feel free to get creative with your napkin color. I loved the lacy, feminine look of these creamy cotton napkins trimmed in eyelet. To create an even bolder look, choose a napkin in coral red, gold, pink or one of the other colors in the plate. This look would work on a natural wood-topped table, but I chose a linen tablecloth with soft splashes of flowers that look like they were painted on with watercolors. Tucking a round place mat under each plate softened the look of the table and tied everything together.

A table like this needs some real flowers too and the salad plate offered inspiration



for a rustic bouquet of wild sweet peas, orange-red and pink ranunculas, purple irises and yellow daffodils. To make it feel more casual, I displayed the bouquet in an old favorite cobalt blue glass pitcher and dressed up a plain window sill with extra blooms stuck inside mini carafes.

When your guests see this cheerful, garden-inspired table, they can't help but smile. Make them even happier with this easy caprese appetizer with roasted tomatoes, fresh pesto and golden bread and strawberry smash cocktail I created for Cuisine Noir readers.





Caprese Appetizer

CAPRESE APPETIZER WITH FRESH PESTO, ROASTED TOMATOES AND GOLDEN BREAD

RECIPE COURTESY OF MARIA HUNT AKA THE BUBBLY GIRL.

INGREDIENTS

- 1 basket organic mixed cherry tomatoes
- 1 cup extra virgin olive oil, divided
- 2 cups fresh basil, washed and pulled from the stems
- 1/3 cup pine nuts
- 2 cloves fresh garlic
- 1 teaspoon sea salt
- juice of 1/2 to 1 lemon
- 1 pane rustico (Trader Joe's)
- 1/2 cup grated Parmigiano-Reggiano cheese
- 2 balls burrata mozzarella di bufala (Trader Joe's)

PREPARATION

1. Preheat the oven to 350°F. Spread the cherry tomatoes out in a casserole dish, drizzle them with olive oil and sprinkle with sea salt. Put them in the oven and roast for about 15 minutes, until the tomatoes are slightly puffy, but have not burst. Remove the tomatoes from the oven and set aside.
2. Open the bag of pane rustico and place bag to the side to use later. Using a bread knife, slice the pane rustico cross-wise in 1 1/2-inch thick slices. Then cut each slice into roughly equal thirds.
3. Coat a heavy-bottom frying pan with oil and heat over medium-high heat. When drops of water pop when splattered onto the pan, it's

ready to brown the bread. Add as many slices of the bread to the pan as will fit comfortably, placing the largest white side down in the pan. Watch the bread carefully as it will brown quickly — in a minute or so. Then turn the slices and brown the opposite sides for the same amount of time. Remove the browned slices to a plate to cool.

4. Keep adding more olive oil to the pan as needed for you to finish browning the other pieces of bread. Once you're done, put the browned cubes back in the paper bag the pane rustico came in.

5. Once the bread is done, it's time to make the pesto. Add the basil leaves, garlic cloves, pine nuts and 2/3 cup olive oil to a food processor or blender. Process until the leaves are incorporated and you have a chunky green paste. Now add the juice of 1/2 lemon or more if you need it to make the mixture thinner. Scrape the pesto out of the food processor or blender into a serving bowl. As a final step, stir in the grated Parmigiano-Reggiano.

6. About 30 minutes before serving, assemble the appetizer by setting out a bowl of pesto and the dish of roasted tomatoes. Pile the bread in a basket or a bowl. Transfer a ball of mozzarella into a small bowl, leaving the liquid in the container behind. Use a spoon to crack the outer skin and expose the creamy center, then add a drizzle of olive oil. Place each item on a plate and enjoy.

ALL RIGHTS RESERVED.

STRAWBERRY SMASH

RECIPE COURTESY OF MARIA HUNT
AKA THE BUBBLY GIRL.

Strawberries say summer and they're the perfect accompaniment to our favorite new rum. Pink Pigeon is a spirit distilled off the African coast on the island of Mauritius and infused with Madagascar vanilla.

INGREDIENTS

- 3 ripe organic strawberries
- 6 leaves of a fresh herb such as basil, mint, cilantro or lemon balm
- 1 1/2 ounces Pink Pigeon rum
- 1 1/2 ounces natural sour mix
- 2 ounces Gruet Brut Rosé sparkling wine
- sprig of basil or strawberry for garnish

PREPARATION

Add the strawberries and herbs to a sturdy cocktail glass. Muddle until the berries are a pulp and your herb is fragrant. Add ice, rum and sour mix, then stir to combine. Top off with the rosé sparkling wine. Garnish and serve.

ALL RIGHTS RESERVED.



Strawberry Smash

DESIGN RESOURCES:

Anthropologie: 1. Sissinghurst Castle Side Plate, \$14
Target: 2. Turquoise-Rim Dinner Plate, \$2.49
Pier 1 Imports: 3. Ivory Lace Napkin, \$4.95; 4. Round Flutter Placemats, \$3.95; 5. Fluted Bubble Goblets, \$7; 6. Mum Napkin Ring, \$2.95
Cost Plus World Market: 7. Twig Flatware Set, \$15.96 for 5 pieces; 8. Watercolor Floral Tablecloth, \$34.99

Tips for the Savvy Traveler

BY SHERRA JONES



Travel Tip #1

Have you ever been on a memorable international vacation but experienced the arduous U.S. Customs and Border Patrol Security process at the airport? The experience can be grueling, leaving you with a frustrated feeling and a loss of interest in traveling overseas. However, there is a way the procedure can be five minutes or less through a program called **Global Entry**.

Global Entry is a trusted traveler pre-approved program for international travelers to expedite the U.S. border patrol entry process. There is a \$100 application fee that is valid for 5 years. Simply check in at a kiosk and proceed to baggage claim upon your arrival— it is just that easy. Most recently, **Global Entry** has changed the previous minimum age requirement of 14 to any age, which makes travel for families that much easier. There are 24 airports in the U.S. that participate in the program. To learn more, visit the frequently asked questions page at www.globalentry.gov/faq.html.

Travel Tip #2

Travel should be convenient and affordable. After all, the whole purpose of taking a trip is to relax and get away from the hassles of everyday living. Parking is one aspect of a vacation that can be made easier through the use of a service known as **Global Airport Parking**. If you are a person who values punctuality, nothing makes you more anxious prior to a vacation than the possibility of missing a flight due to time spent looking for a parking space.

How does **Global Airport Parking** work? Simply reserve online, print the confirmation page to be presented at a designated facility and board a complimentary shuttle ride to the airport. You can also show a copy of your reservation on your mobile device. Not only is the service a convenience, but it is much cheaper than paying those daily airport parking fees. Your parking savings can be as much as 70%. Reserve your parking with **Global Airport Parking** for your next trip and relax knowing that you have a guaranteed parking spot with complimentary shuttle service to and from airport terminals. For more information, visit www.globalairportparking.com.

Travel Tip #3

Travel or live abroad knowing that help is not too far away when you enroll in the **Smart Traveler Enrollment Program** or **STEP**. The program is a free service that allows Americans to enter their information about an upcoming trip or overseas residence with the nearest U.S. embassy or consulate so that they can be assisted in the event of a serious legal, medical or financial emergency.

To enroll in **STEP**, first create an account and then add upcoming trip or residence information. There are a variety of services that Americans can receive once enrolled which includes receiving names of local attorneys and doctors, loans for serious financial situations and information about dangerous conditions affecting travel or living conditions. In addition, consulate officers can assist Americans with absentee voting and filing U.S. tax forms. For more information and to enroll, visit <https://step.state.gov>.

Rohan Marley

Marley Coffee – It's A Family Affair

BY MICHELE SOLEDAD | PHOTOGRAPHY MARLEY COFFEE

The legacy of reggae's most popular ambassador, Bob Marley, continues to live on through his music more than 30 years following his death. Songs such as "Stir It Up," "One Love," "Buffalo Soldier," and "Jamming" have become the soundtrack for living a life of purpose, love and unity. Now they are also the inspiration behind the family's coffee brand known as Marley Coffee founded by son Rohan Marley to honor his father's roots which go back to farming. "My father always said he'd return to farming one day. With Marley Coffee, I fulfill his wishes and honor his legacy," says Marley.

The ideal of farming was never too far from this former pro-football player's mind following a career with the Canadian Football League's Ottawa Rough Riders. In 1999, Marley purchased 52 acres of land on top of Jamaica's Blue Mountains and in 2007 founded Marley Coffee as a sustainably grown, ethically farmed and artisan roasted line of gourmet coffees and teas that continues to grow worldwide. "I'm determined to deliver that same soulful aroma and rich flavor in every cup, while supporting communities and the environment through organic, sustainable and ethical practices," says Marley regarding his vision for the brand.

As an international coffee company, Marley sources beans locally from his own farm in Jamaica as well as from around the world, including Central America and coffee's birthplace, Ethiopia. "It is our hope that the Marley Coffee farm will inspire other farmers in Jamaica and elsewhere to join the sustainable farming movement by showing them that ethical farming can be profitable," says Marley.

When it comes to inspiring family members, specifically Marley's siblings, it didn't take much and they are all on board making this movement another family affair. Given the impact that their father made around the world not only in music but with social justice, it may not be a surprise that many expect the offspring of this legendary musician to do



just the same. "It definitely comes with responsibility and a shared mission among our entire family to carry on our father's legacy and the message of his music. We frequently ask, 'What would Bob do?'" In addition to Marley Coffee, Marley and his family are involved in a variety of business ventures such as the House of Marley, a collection of earth-friendly personal audio and lifestyle gear, and of course there are the music careers of brothers Ziggy and Damien. Marley says, "I support all the family businesses that my brothers and sisters are working on. We are nothing without our families," which definitely sounds like something their father would both encourage and do.

With Marley Coffee expanding its reach to coffee lovers worldwide, many will be transported by the intoxicating aromas and rich flavors delivered in every cup. Staying true to their father's beliefs and way of life, the family is committed to

making sure Marley Coffee products live up to the Rastafarian standards of Ital, standing for all things pure, true and vital. They also plan to hit the road and come to a town near you with their new mobile franchise concept, Marley Coffee-branded BikeCaffe, an earth-friendly way of becoming part of the Marley Coffee movement. Be sure to check their website for a date when they will be coming through your city.

With farming and a relatively new brand now at the center of the family's legacy, the Marley family continues to find ways to keep the essence of their father's life, music and messages alive. With a special invitation to join the movement, Marley compassionately says, "Come enjoy a cup of Marley Coffee with me...One Love!"

Visit Marley Coffee at
www.marleycoffee.com for coffees,
 teas and additional products.

A Summer With Mushrooms

BY PRAJAKTA REMULKAR MATHUR | PHOTOGRAPHY MICHELE SOLEDAD



With approximately 5,000 types available in the United States to choose from (100 of which can contribute to mushroom poisoning), mushrooms are the perfect ingredient for some of your favorite summer dishes.

If you have a trained eye and are into foraging, looking for mushrooms can create just as much excitement as it does cooking with them. The business Back to the Roots, based in Oakland, California, makes growing your own mushroom garden as easy as 1-2-3. But if you want to just play it safe and take the easy route, check out your local farmers' market which is known to sell a nice variety to choose from.

THE EDIBLE STARS

For the most part, we're all familiar with the mushrooms that become the stars of a recipe and therefore make their way into our dishes and onto the dinner table.

Shiitake mushrooms have a wonderful smoky flavor and a meaty texture. They are a great addition to cultural dishes such as Buddha's Delight, a traditional vegetarian dish served on New Year's Day.

Try some maitake mushrooms while making a Béchamel sauce, a white sauce made of flour, butter and nutmeg and also known as one of the mother sauces of French cuisine.

Another mushroom with a meaty stem that makes for a delicious meal is the king trumpet. When cooked it develops an umami flavor which is a combination of sweet, sour, bitter and salty.

Dishes such as portobello ravioli pasta and grilled stuffed portobello mushrooms are must-haves on a restaurant menu. The earthy and meaty flavors are savory enough for stuffing and soup recipes.

Fruity mushrooms such as chanterelles, which have a slight apricot taste, are great for making a cool sorbet. Purée some chanterelles, add lime juice and sugar syrup and blend in an ice cream maker.

Finally, if you are ready for a savoir-faire treat, truffles, also known as "the diamonds of the kitchen," can be a definite winner. These underground mushrooms are a high-priced ingredient in haute cuisines. Truffles have a subtle, musty and floral taste and are used to make the esteemed truffle oil.

Whether you choose to hunt, grow or buy, grill, roast or sauté, one thing is for sure, mushrooms are a must for summer savory meals. Start your summer off right with this recipe for roasted mushrooms in smoky pot rice. For more mushroom recipes, visit the Chef's Corner at www.cuisinenoirmag.com.

ROASTED MUSHROOMS IN SMOKY POT RICE

2 servings | Active time: 40 minutes
Total time: 1 hour

INGREDIENTS

- 2 cups rice
- 1/2 cup sliced shiitake mushrooms
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 teaspoons ginger-garlic paste
- 2 small green chilies, chopped
- 3 cups water
- 1 cup mushroom broth
- 1 piece charcoal

BOUQUET GARNI

- 1/2 teaspoon rosemary
- 1/2 teaspoon thyme
- 1 bay leaf

PREPARATION

1. In a bowl, add water and soak rice for 15 minutes. While rice is soaking, pan roast mushrooms with salt and pepper until brown.
2. In a cooking pot, add olive oil and heat on medium heat. Add onions, ginger-garlic paste and green chilies and sauté until the onions turn light brown. Add the roasted mushrooms and sauté for 2 more minutes.
3. Drain water and add rice to the pot.
4. Place the bouquet garni ingredients in a cheesecloth sachet. Drop the sachet in the pot. Add water and mushroom broth to the pot and stir gently.
5. Cook rice on medium heat for 5 minutes and then cover with a lid and cook on low heat for 10 more minutes.
6. After rice is cooked, remove bouquet garni. Place a piece of charcoal in a ramekin and heat until it turns red. Place the ramekin over the cooked rice and add 2-3 drops of olive oil over the charcoal. Cover the pot with a lid. Cook on low for 2 more minutes so that the charcoal infuses a smoky flavor to the rice. Remove the ramekin. Serve the rice with a spicy sauce.



“Every Sunday can be
a Family Reunion.”

– **Chef Cassandra Loftlin**

Personal Chef, “Celebration” Caterer | Augusta, GA

Good food brings families together. These ribs are my grandmother’s recipe. All that I do in the kitchen today is everything she taught me. That’s why I’m sharing this and other recipes so you can celebrate special family moments too, whether it’s a big reunion or just a Sunday afternoon. Publix makes it easy for people to sit down and connect over real food that’s really good.



Pictured

Chef Cassandra’s Slow Cooked Short Ribs
with Roasted Fingerling Potato Salad

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Chef Kevin Sbraga

Living His Dream

BY CELESTE DAVIE | PHOTOGRAPHY JASON VARNEY

No introduction is needed for chef Kevin Sbraga, unless you've been living under a rock. If you are a foodie or just hooked on watching all the reality cooking shows, then most likely you have seen Sbraga on Bravo's "Top Chef" competition show where he beat 16 chef contestants to win the title and \$125,000 cash prize during season seven. "Being on the show was both challenging and rewarding," says Sbraga who also became the show's first African-American chef to win. "You don't hear a lot about African-American chefs, so to win was pretty cool."

Since winning in 2010, he has been featured in magazines such as *Food & Wine*. He has been a guest chef at the Food & Wine Classic in Aspen, Colorado and is set to sail aboard Holland America's Noordam cruising to the Mediterranean this July as part of the cruise ship's Culinary Arts Center programming.

Some chefs cultivate their passion for cooking through culinary school. However, Sbraga's passion began at the age of 10 when he started baking at Harvey's Bakery owned by his parents. "My love for cooking and love for food is the reason why I became a chef," says the New Jersey native. Sbraga took culinary classes during high school and attended Johnson & Wales University where he earned his degree in culinary arts. While attending the university, he studied abroad in Brussels and earned an apprenticeship with chef Dominique Michou at the world class L'Alban Chambon restaurant. He has worked at the Ritz-Carlton in Florida and Philadelphia and in 2009, joined Rat's Restaurant at Grounds for Sculpture in New Jersey.

Today, Sbraga is making his dreams come true with the opening of his restaurant, Sbraga, located on the Avenue of the Arts, one of Philly's hottest neighborhoods. "Philadelphia is where I hang my hat professionally," says Sbraga. Wall slats line the walls of this 60-seat dining room and antique lighting hangs from the ceiling. Sbraga is one of the city's greenest



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restaurants with most of the materials being repurposed.

The restaurant's modern American cuisine menu includes foie gras soup, chicken liver pate, parsley risotto, Spanish mackerel, gnocchi, buffalo chicken, meatloaf and pork belly and also offers a \$45 four-course prix fixe menu. "The wedge salad is one of my favorites," shares Sbraga. "I'm constantly inspired to try and present the familiar in an unfamiliar way." After your main course, try one of the desserts made by his wife, pastry chef Jesmary Sbraga.

Sbraga is not only a dream come true but a family legacy. The father of two loves working alongside his wife. "It brings us close together and gives us something else to share."

The next time you are in the Philadelphia area, be sure to stop by Sbraga at 440 S. Broadway. It is open Monday through Thursday from 5-10 p.m. and Friday and Saturday 5-11 p.m. For more information visit www.sbraga.com or to make reservations call 215-735-1913.

STRAWBERRY TART

12 SERVINGS | ACTIVE TIME: 25 MINUTES | TOTAL TIME: 2 HOUR AND 40 MINUTES



INGREDIENTS

BUTTERNUT CRUNCH CRUST

1½ cups walnuts, puréed
1⅓ cups flour
¾ teaspoon baking soda
¾ teaspoon cinnamon
¼ teaspoon salt
½ cup sugar
1½ sticks butter
1 egg yolk

PASTRY CREAM

1⅛ cups milk
¼ cup sugar
⅛ cup cornstarch
⅛ teaspoon salt
2 egg yolks
1 teaspoon vanilla
1 dozen strawberries,
chopped lengthwise

PREPARATION

1. For the crust, purée the walnuts and add all ingredients to a bowl and blend completely. Take a tart pan and thoroughly spray it with baking spray. Press dough into a tart pan, cutting off the edges. Chill in freezer for 20 minutes.
2. Take out of freezer and bake for 15 minutes on 350°F. Take out of the oven and let sit until completely cool.
3. For pastry cream, heat milk in a saucepan. Whisk the sugar and cornstarch together and add to the milk. Beat yolks and whisk into the hot milk. Whisking constantly, add vanilla. Whisk for 10 more seconds until all ingredients are mixed thoroughly and strain in a wire mesh strainer. Cool in the refrigerator for about 2 hours.
4. Once cream is cooled, fill butternut crunch crust.
5. Place chopped strawberries around the edge of the baked tart crust. Row by row, continue to place them around the crust until the entire tart is filled with strawberries and the pastry cream is no longer visible. Take one whole strawberry, cut it in half and place it in the center of the tart and serve.

SUPER SOFT SNICKERDOODLE COOKIES

1½ DOZEN | ACTIVE TIME: 10 MINUTES | TOTAL TIME: 40 MINUTES

INGREDIENTS

1½ eggs
1 stick butter, unsalted
½ cup dark brown sugar
½ cup white sugar
1½ cups flour
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg
½ teaspoon baking soda
¼ teaspoon salt
½ teaspoon vanilla extract

CINNAMON SUGAR

⅛ cup white sugar
½ tablespoon cinnamon
⅛ teaspoon nutmeg

PREPARATION:

1. Pre-heat oven to 425°F.
2. Gently melt the butter in a saucepan or in the microwave and let it cool while you mix the dry ingredients. Stir together the sugars, flour, spices, baking soda, and salt. Whisk the eggs into the cooled butter and add the vanilla. Stir the wet ingredients into the dry ingredients, stirring just until it comes together.

3. In a soup plate or shallow bowl, mix together the white sugar, cinnamon, and nutmeg to create the cinnamon sugar. Form small 1½-inch balls of dough and roll them in the cinnamon sugar. Place them on an unlined, ungreased baking sheet and flatten slightly. Bake for 7 minutes then remove and let cool on the baking sheet for 5 minutes. Move to a wire rack.

TIPS & NOTES

The dough can be refrigerated for up to 5 days, well-wrapped. It can also be frozen in logs.

Enjoy festive days and warm summer nights with 10 of our latest top wine selections from our experts.

WHITES



2010 Concannon Livermore Valley Reserve Assemblage Blanc (\$18.00)

A total surprise. This new blend by Concannon (featuring the Bordeaux whites of sauvignon blanc and semillon) combines the crisp acidity of sauvignon blanc with the sultry viscous nature of semillon. The flavors are expectedly citrus, melon and peach.



2010 Fetzer California Gewürztraminer (\$10.99)

Fetzer Vineyards has built a legacy on being green and creating wines that are simply outstanding. This gewürztraminer is rich and complex with aromas of tangerine, mango and orange spice.



2011 Kim Crawford Marlborough Unoaked Chardonnay (\$16.99)

A beautiful example of a true chardonnay that's not overoaked. White peach, nectarine, citrus and green melon dominate the palate on this wine and are backed with hints of vanilla and nutmeg.



2009 Seven Sisters Buketraube Odelia (\$13.99)

A South African favorite that is light and full of flavor. This white wine is not too sweet and is a wonderful selection to end a delicious meal. Balanced with flavors of honey and fruit of apples and pears, it can be enjoyed any time of the day or night.

REDS



2007 Concannon Vineyard Livermore Valley Reserve Nina's Cuvée Petite Sirah (\$30.00)

Petite sirah is first about color and Nina's Cuvée is no exception. Deep purple colors highlight this wine that gives off blackberry on the nose and full pepper, blackberry and black cherry on the palate.



2010 Kim Crawford Marlborough Pinot Noir (\$18.99)

Kim Crawford's pinot noir is a fresh, New World representation of this varietal. Rose, violet and strawberry notes are present on the nose and on the palate those are joined by cherry and cola flavors.



2010 Quady Red Electra Madera (\$13.00)

A sweet party wine for people who don't normally like wine, Red Electra's 5.5% alcohol is less than half that of traditional wine. The wine is unashamed about tasting typically "foxy" (grapelike) and the bright red color and light fizz make it a perfect drink for socializing.



2010 Todd Taylor Napa Valley Alphawolf Cabernet Franc (\$40.00)

Cabernet franc, one of the parent grapes of cabernet sauvignon, is typically used for blending but the 2010 vintage by Todd Taylor stands well on its own as a varietal wine. As with most cabernet francs, this one has the distinctive nose of violet and red fruit. The palate is surprisingly sturdy with blueberry, currant, plum and fall spices on the finish.



2009 Wente Vineyards Livermore Valley Nth Degree Cabernet Sauvignon (\$60.00)

A masterpiece of black cherry, chocolate, coffee and black currant, this dark-fruit heavy cabernet shows off the muscular nature of California-style cabernet sauvignon. The wine's flavors make it a meal in itself, but it also pairs well with lower acidity cow's milk cheeses (avoid the higher acidity of goat's milk cheeses) and, of course, beef.

ROSÉ



2010 Mouton Noir Oregon 'Love Drunk' Rosé (16.99)

Despite the American style swagger in the name, this is a delightfully delicate dry rosé that whispers Provence from its pale salmon hue to the aromas and flavors of minerals, savory herbs and tart red fruit like currants, raspberries and strawberries. Close your eyes and you might be transported to the south of France — just for a moment.

If you have a question about one of the wines featured as well as other wine selections or general questions, please email Greg B.C. Shaw at info@vshereepublishing.com.

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What is Kara-Áge

(KAH-rah AH-geh)?

It's one of the most popular appetizers in Japan, and once again, Kikkoman has made age-old traditions modern, by simplifying the recipe.

Kikkoman Kara-Áge, seasoned with soy sauce and ginger, seals in juices for a light, crispy texture, and is the secret ingredient to making fried chicken nuggets more exciting.

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