

EPICUREAN

CHARLOTTE

Food & Wine Magazine

kentucky bourbon
enjoy straight, or
with a splash of history

move over california...
the new napa is in
a southern valley

go flat footing
through floyd, virginia

july · august 2015

BARRINGTON'S

— Northeastern tradition, Southern influence. —

Est. / 2000



Est. / 2009

GOOD FOOD
ON
MONTFORD
TASTE WITHOUT BORDERS.

STAGIONI
FOUR SEASONS OF FOOD.

Est. / 2014



MOFFETT
RESTAURANT GROUP

contents

14

the new napa is in
a southern valley



18

flat footing
through floyd

26

tour kentucky bourbon straight,
or with a splash of history



★ 4-TIME ★
NATIONAL
RETAILER OF
THE YEAR



North Carolina's
Largest Selection of Wine, Beer
and More Under One Roof –
at the Lowest Prices!

Total Wine & More®
& MORE

Total Wine & More®
The selection is incredible.

Total Wine & More is like no other wine store you have ever visited. Each of our stores carries over 8,000 different wines and 2,500 beers. With over 115 superstores, we have the buying power to bring you the best wines at the lowest prices. Our wine team is the best trained in the industry.

They are committed and dedicated to bringing you the Total Wine Experience.™

HUNTERSVILLE | CHARLOTTE-PARK TOWNE VILLAGE
CHARLOTTE-UNIVERSITY | CHARLOTTE-PROMENADE

Get Social With Us
TotalWine.com

in each issue

- 06 ripe for the picking
beer, wine and product
picks for the summer months
- 08 juicy morsels
healthy home market: charlotte's
natural grocery alternative
- 10 seats & eats
evoke is a cut above the rest
- 12 profiles of passion
a white house chef shares savory
secrets and historic cuisine

- 33 places to go, people to see
a calendar of local events
- 34 scene around town
check out who's been
out and about
- 36 local flavor
savory staples for summer
- 38 the juice
must-have products, hot topics and more

Same beach. New can.

Another way to find your beach



EPICUREAN CHARLOTTE

Food & Wine Magazine

Epicurean Charlotte is published locally by Charlotte food and wine lovers for fellow food and wine lovers. We hope you enjoy our publication and find it helpful when choosing wine, a place to dine or events around town. Copying or reproduction, in part or in whole, is strictly prohibited.

publisher/editor

Linda Seligman

associate editor

Ashley Blake Summerlin

contributing editor

Kate Bruce
kate@epicureancharlotte.com

design & production

Ashley Blake Summerlin
ashley@epicureancharlotte.com

advertising sales

Linda Seligman
linda@epicureancharlotte.com
704.904.8249

staff photographers

Linda Seligman, Ashley Blake Summerlin

contributing writers

Teresa Day, Zenda Douglas,
Courtney Matinata, Kate Bruce Terrigno,
Kristy Tolley, Emily Williams

cover image

Courtesy VisitLex.com and
Kentucky Bourbon Trail

printing

Indexx Printing

Myers Park's Neighborhood Restaurant



1039 Providence Rd.--704.372.3335
lumieremyerspark.com

**RUNNING OUT OF ROOM
FOR YOUR VINO?**

Let Kate find your perfect villa, complete with wine cellar!



DICKENS
RESIDENTIAL REAL ESTATE
MITCHENER

KATE BRUCE TERRIGNO
REALTOR | BROKER
kterrigno@dmahomes.com
c: 631.903.3021



Your Myers Park connection for the very best
Vinegars, Condiments and California Olive Oils.
Stop in to Taste, Savor and Enjoy.
2904 Selwyn Ave, Charlotte 28209
704.375.8433

Healthy HOME MARKET
Health & Specialty Foods

SUPPORT LOCAL WE DO

Our Story
Our original location opened its doors almost 36 years ago as the Home Economist, a bulk supply store. Today, we have grown to four health and specialty foods stores, now named Healthy Home Market. We pride ourselves on being locally owned and locally grown!

HealthyHomeMkt.com

CHARLOTTE

ECONOMICAL BULK FOODS SECTION FOR ALL YOUR GOURMET COOKING NEEDS

3 Locations to Serve You!

Dickson 261 Griffin Street Davidson, NC 28016 704.892.6191	Galleria 1816 Galleria Blvd., Ste. G Charlotte, NC 28270 704.371.2172	Plaza Midwood 1330 Central Avenue Charlotte, NC 28205 800.267.1101
--	---	--

Tune Into The Healthy Home Hour
Radio Show Hosted By Holly Adams

Sundays at 9am
on Streets 103.3FM

ZEN FUSION

ASIAN - SPANISH - TAPAS



Historic Dilworth | 1716 Kenilworth Avenue
zenasianfusion.com | 704.358.9688



Tapas • Steakhouse • Wine Bar

Miró
SPANISH GRILLE

Toringdon Market
at Ballantyne
12239 North Community House Road
704.540.7374
www.mirospanishgrille.com

what the presidents ate by kristy toley • images by mike berlin

a white house chef shares savory secrets and historic cuisine

Whether it's Washington's cherry puff pastries or Clinton's "Happy Meal" makeover dish of seared chicken served over roasted sweet potato casserole, Chef Martin Mongiello brings presidential history to life bite by delectable bite. Blending his vast experience in presidential kitchens with his passion for culinary history, this former White House chef and four-tour Navy veteran opened the Inn of the Patriots.

Tucked within the historic hamlet of Grover, NC, the inn was built in 1879 by a descendant of Revolutionary War hero Colonel Frederick Hambricht. Today, it serves as Chef Marti's home base for a thriving bed and breakfast, eclectic cooking classes and an impressive Presidential Culinary Museum.

"We embrace colonial cuisine here," says Chef Marti. "It's difficult to find our type of cuisine anywhere in the Metrolina area, and in few places in the U.S."

Overnight guests wake up to Chef Marti's homemade private recipe breakfast sausage. It's perfectly seasoned with sage and fennel seed and is made locally at Ora Broad River Market with butcher Ervin Price. Also on the menu: fresh blackberry syrup, Hillbilly potatoes and thick slices of sourdough bread served on cast iron skillets.

Overnight guests may enjoy an authentic colonial culinary experience, but slices of presidential history are served up generously throughout the inn for daytime visitors. Mary Todd Lincoln's controversial purple china is displayed prominently in the dining room. Historically, the color purple was reserved for royalty and clergy. Mrs. Lincoln's critics claimed she was celebrating monarchy in America through her china pattern. Other fascinating rarities you'll find include a gold handled cream pitcher from *Downton Abbey's* Highclere Castle and White House menus from various presidents.

What better way to cap off a culinary museum tour than with an enticing meal? After our tour, Chef Marti prepared a savory beef demi-glace vol-au-vents, on which Thomas Jefferson dined during his visit to Paris. This delicate beef tenderloin is sautéed with pearl onions, carrots, asparagus and mushrooms, and served over a flaky puff pastry.

For a hands-on approach to dining, consider the Inn's popular Culinary Arts Food and Fun Institute, with varied classes like farm to table lunches, gourmet pizza making or wine study and tasting classes.

During my visit, I crafted the tastiest pizza I've ever made and gleaned so much from Chef Marti's kitchen tips and historical culinary insights. We used fresh ingredients, and even

incorporated our breakfast leftovers (sausage, fruits and sautéed vegetables) in our recipes. It broadened my culinary creativity and inspired me to reduce food waste by reinventing ways to use ingredients.

Chef Marti's presidential anecdotes are also quite entertaining. We learned President Nixon preferred eating his cottage cheese with a dollop of catchup. Also, President Franklin Roosevelt was criticized for featuring hot dogs on the White House menu during our nation's first visit from King George VI of England.

"We strive to humanize our presidents," explains Chef Marti. "No one usually talks about the trials and tribulations presidents and their families endured throughout history."

The inn's collection of historic treasures isn't limited to the common areas. Each bedroom is akin to sleeping in a mini museum. The Baby Ruth Room, named for President Cleveland's oldest daughter, houses the home's original 1879 fireplace, antique furniture and old photographs. Ideal for history and navy buffs, the Oceanicus Blue Dreams room teems with Civil War Navy memorabilia and love letters between Civil War sailors and their brides.

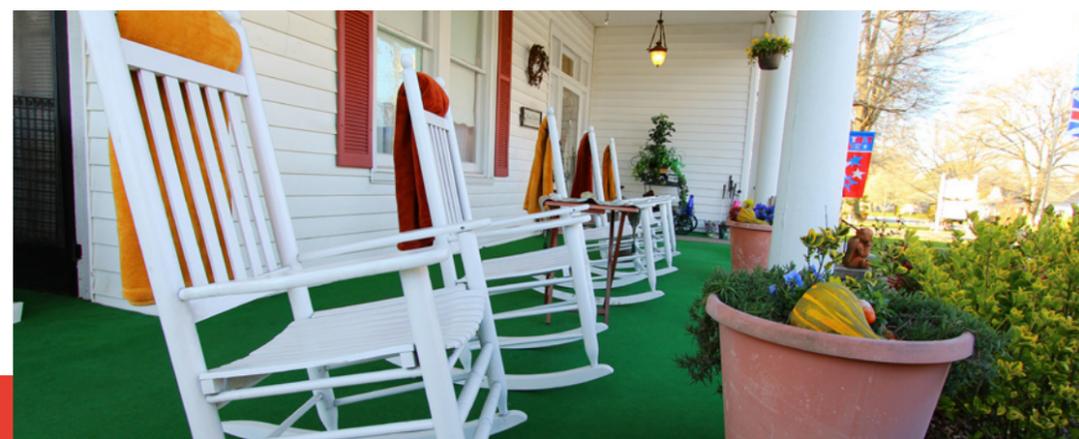
Whether on a day tour or weekend stay, time at Inn of the Patriots is well spent. Chef Marti's passion for our nation's presidential past through food is contagious. It's a history lesson that will leave you craving more! 🍷

jefferson's beef demi-glace vol-au-vents

ingredients:

- 3 lbs beef tenderloin
- salt & freshly ground pepper
- olive oil
- 1 c pearl onions
- 1 carrot, peeled, julienned
- 2 sticks celery, thinly sliced
- 2 pkgs puff pastry shells
- 1 egg, beaten
- ½ c baby or early green peas, sliced button mushrooms, diced and seeded tomato and asparagus tips
- ⅓ c fresh chopped rosemary, thyme and oregano
- 5 c demi-glace sauce
- beef stock (as needed)

Season tenderloin with salt and pepper. Quickly brown in skillet with oil—do not cook all the way through. Set aside. Peel fresh pearl onions and slather with olive oil and salt. Roast with carrots on top rack in 350° oven until tender. Flip halfway through cooking. Sauté the celery and mushrooms in olive oil on medium high until tender. Add a splash of beef stock occasionally. When tender, add tomatoes and asparagus tips. Turn heat to medium. Splash some stock to cook through asparagus tips. Brush puff pastry shells with egg and bake according to box directions. Set aside. Make demi-glace and add all ingredients together in a large skillet and heat through. Use a metal spatula to loosen heated shells from pan. (Reheat if necessary). Fill shells with hot beef mixture. Use a spoon to create a design onto your plate in a circle around the shell. Decorate with fresh herbs.



the inn of the patriots
and presidential
culinary museum

301 cleveland avenue
grover, nc
www.theinnofthepatriots.com
704.937.2940

