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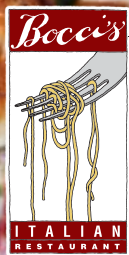


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From the Editor



Spring Fever

The sporadic days of 70 degree weather in January and February taunt us as outdoor venues douse their fire pits and remove the heat lamps from the patios. The flowers and trees begin to bud and throughout the Lowcountry, people begin to find reasons to be outside, celebrate and eat, drink and be merry. How epicurean! Farewell Winter Blahs, see you next year.

John T. Edge, Director of the Southern Foodways Alliance noted, "we are witnessing a proliferation of festivals in the South and across the nation". It comes as no surprise to find one of the best known festivals takes place here in Charleston. BB&T's Charleston Wine and Food Festival kicks off February 28th through March 3rd. With events such as the Waffle House Smackdown and Soul Food Shuffle, this festival continues to draw hundreds of thousands to our evolving culinary town. What about the beer you ask? Timmons Pettigrew, our Beer-Geek extraordinaire tells it from the tap about this year's Brewvival. Check out our Follow This! on Irvin-House Vineyards, home to local Charleston Wines and

the Annual First Flush Festival, where you can sip on their highly-anticipated moonshine as the plantation transforms into an outdoor folk music fest.

April is Eat Local Month. This March marks my one year anniversary in participating in Ambrose Farm's CSA. I look forward to my weekly email from Babs, Subject Line: In Your Bag. Localvores rejoice. If you are interested in checking out any of the CSAs available, whether you are cooking for one or five-our Community Table gives a list so you can save money on your grocery bill, support and eat local and truly embrace this place we call home.

EAT THIS! aims to bring you Food Culture. There will always be new foodie trends and restaurant openings. What changes are the people and the way we all embrace food and how it shapes our daily lives. After all, we are what we eat.

Dee Lambert
Editor

Contents

In This Issue

- 32 Chef Recipe**
Shrimp Skewers with Satsuma and Pink Grapefruit Glaze & Kohlrabi Coconut Slaw
Eric Huff of Burwell's Stone Fire Grill
- 34 Reader Recipe**
Dutch Baby Pancake
Stacy Howell of James Island
- 36 Dining Map**
- 40 Restaurant Directory**
- 42 Events**
- 44 Foodie Quiz**

Features

- 5 From the Cellar**
Lowcountry Wine Flight
- 9 From the Tap**
Brewvival Evolution
(and other words with lots of "V"s)
- 12 Chef Spotlight**
What's Really Good for You Can Be Really Good
Ellis Grossman of Black Bean Company
- 14 Server Spotlight**
Fahver-Gluten! The Joy of Gluten-Free Baking
Carmen Quartieri Martin
- 16 Bartender Spotlight**
Bartenders Become Buzzness Partners
Michael Moore & Eli Wolfe
- 18 Dine or Dash**
Burgers & Stuff
The Sloppy Cow
- 21 Community Table**
Seize the Bounty
Local CSAs and Community Gardens
- 25 Follow This!**
From Farm to Bottle
Irvin-House Wines
- 30 Do This!**
Eat Local Month
BB&T Wine + Food Festival
Chef's Feast
Taste of the Bridge Run
Charleston Honey & Bee Expo



Stomping Good Time

Cover photo by Stacy Howell



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Lowcountry Wine *flight*

**What's in your glass?
Local oenophiles share a taste of
what they are sipping and selling.**

DOMAINE MARTIN 'PLAN DE DIEU' COTES DU RHONE VILLAGES ROUGE | 2010

BOTTLES BEVERAGE SUPERSTORE

Every once in a while a wine under \$15 comes along and delivers big time! This recent discovery passes both quality and value tests and has quickly become a store favorite. Domaine Martin farms this limestone plain from the recently elevated AOC vineyard 'Plan de Dieu' with a winning combination of 60% Grenache, 25% Syrah and 15% Mourvedre. Powerful and spicy with ripe black plum fruit and a touch of minerality and forest floor make this ever so old school. The real estate is neighboring of famed Chateauneuf du Pape and Gigondas and has the same powerful finish as those two for half the cost! Bottled unfiltered, this gem is worth a case buy and should be a great addition to any cellar for the next 5-6 years.

MELON QUEUE ROUGE

ACCENT WINE & MORE

The wine I chose is a "Melon Queue Rouge" from Arbois in Jura, produced by Jacques Puffeney. The Melon Queue Rouge is, in fact, a white grape, most likely a relative of the Chardonnay but has been unadulterated for so long, that its now said to be its own varietal. It takes its name from the tint of red color at the stem end of the grape. The characteristics of the wine are quite wild from most whites we think of today. The nose has an intriguing cinnamon and clove spice, with hints of nutmeg and hazelnuts. The feeling of the wine, once it hits your tongue, is big, round and very full. The flavors are bursting with stewed spiced apples and a complex depth of fresh cinnamon sticks. This would pair beautifully with a al dente style penne pasta, and a garlic butternut squash. \$35



ROW ELEVEN VINAS 3

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SERAFINA BARBERA

IN GOOD TASTE

The past few weeks have been almost Spring-like but my wine clock still is craving reds. So I have been drinking a good bit of Barbera, which is a smooth versatile red wine that originated in Italy. One of the fun characteristics of Barbera is its high level of natural acidity, which helps keep it from being fat or flabby in your mouth. It has a wonderful deep ruby color with full body and relatively low tannin levels. Pour a glass of this with a rich pasta and tomato dish, or bring it to the table with roasted meats. Drink now through 2015. Find this delight in small restaurants and of Course at In Good Taste. ^{\$15⁹⁹}

BODEGAS VALDESIL MONTENOVO 2011

CRUSHED FINE WINES

An interesting wine not that well known from the Valdeorras Valley region of Spain just north of Portugal in Galicia. Godello is the grape. A light yet full bodied white with citrus and apricot overtones. Wine pairs nicely with roasted clams, salmon and chicken. Very versatile and a tremendous value at \$15. All of our customers who have tried the wine come back and tell me how much they enjoyed it. \$15

DOMAINE CHANDON, CARNEROS, PINOT MEUNIER | 2011

LAURA ALBERTS

Bright cherry and raspberry aromas and flavors are balanced with subtle earthiness and well integrated oak. This wine is exceptionally versatile with food and can be enjoyed as much with falafel or grilled tofu with teriyaki sauce as with a rack of lamb or chicken braised in red wine. With roots in France and hearts in California, their wines reflect California character. Today, they sustainably farm Chardonnay, Pinot Noir and Pinot Meunier on 1000 acres in California's finest appellations: Yountville, Carneros, and Mount Veeder.

RIAS BAIXAS

UNCORKED

With the promise of Spring already teasing us, it is time to remember the crisp, clean and lively flavors found in white wines. If you are searching for a new adventure to lure you away from Chardonnay and Sauvignon Blanc, hopefully you will find yourself in Rias Baixas, Spain – drinking a beautifully crafted Albariño. Light grapefruit, apricot and apple blossom perfume the nose and are laced with fresh sea breezes. That first burst of zesty citrus acidity on the tongue will soon fade to exotic fruit, offering that perfect balance we all seek on hot days. Racy, vibrant and elegant, Albariño will surely leave you saying “Chardonnay who?”

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HOW ART THOU CAFE

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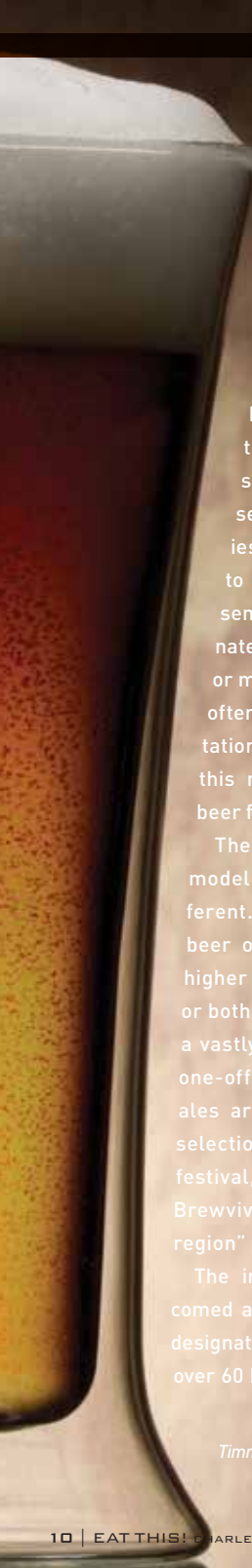
Brewvival Evolution

(and other words with lots of "V"s)



By Timmons Pettigrew

In 2010, the last Saturday in February became an annual, shining beacon on the Southern Beer Geek calendar. Brewvival was born. Charleston, like most cities, had its share of prior beer events, but COAST Brewing Company and The Charleston Beer Exchange set out to produce something unique. This would be an outdoor event with "hand-picked" written all over it – from the food vendors, to the live music, to the focal point: the beer. >>>




Know it, like it, or not, most beer festivals work on a pay-to-play basis — meaning, the majority of beer shown at these events is donated by the respective breweries. In some cases, the breweries further pony up sponsorship fees. Organizers sell this as a chance for breweries to showcase their products to a larger audience. Breweries send what they can afford to donate. Often this means flagships or mainstay seasonals are shown, often without in-person representation. There's nothing wrong with this model, it's simply how most beer festivals work.

The Brewvival model (and the model for festivals like it) is different. The organizers pay for the beer outright. This translates into higher ticket prices, lower margins, or both, but it can also translate into a vastly superior beer list. Rarities, one-offs, barrel-aged beer, and cask ales are the order of the day. The selection is clearly the focus of the festival, and it's what has catapulted Brewvival into, arguably, “best in the region” status.

The inaugural event in 2010 welcomed a crowd of 1,300 (not counting designated drivers), and featured well over 60 beers. With a keynote address

from Stone Brewing Co-Founder, Greg Koch, and a smattering of other national beer illuminati in attendance, credibility was established out of the gate, literally. This led to a bigger fest in 2011: 1,800 non-DD's drinking over 90 beers. Once again, the fest was a grand slam.

The story changed slightly in 2012, the biggest Brewvival to date. 2,500 drinkers walked through the gates eager to try over 115 beers. Allagash Brewing Founder, Rob Tod, would be the main speaker, and food and music lineups were as solid as ever. Unfortunately, due to a combination of higher capacity and crowd shenanigans, some beer lines were out of control by midday. Nearly everyone still left happy, but a few left miffed.

Brewvival 2013 comes with a course correction. Capacity has been limited to 1,800. Designated driver tickets are not being offered (though your DD can still drop-off and pick-up, and are encouraged to!), and we're seeing the first price hike since 2010. That hike takes care of not only three years with no price increase, but also goes to pay for the biggest festival ever in terms of beer, food vendors, etc., for a crowd limited to the size of year two. Throwing in a co-keynote from American craft beer superstars Ken Grossman (Founder of Sierra Nevada) and Sam Calagione (Founder of Dogfish Head) may seem gratuitous, but Brewvival has a reputation to uphold. Go big, or go home thirsty. 

Timmons Pettigrew is the author of Charleston Beer: A High-Gravity History of Lowcountry Brewing, and co-founder of CHSBeer.org with Chrys Rynearson, his book's photographer.

Follow him on Twitter @CHSBeer.

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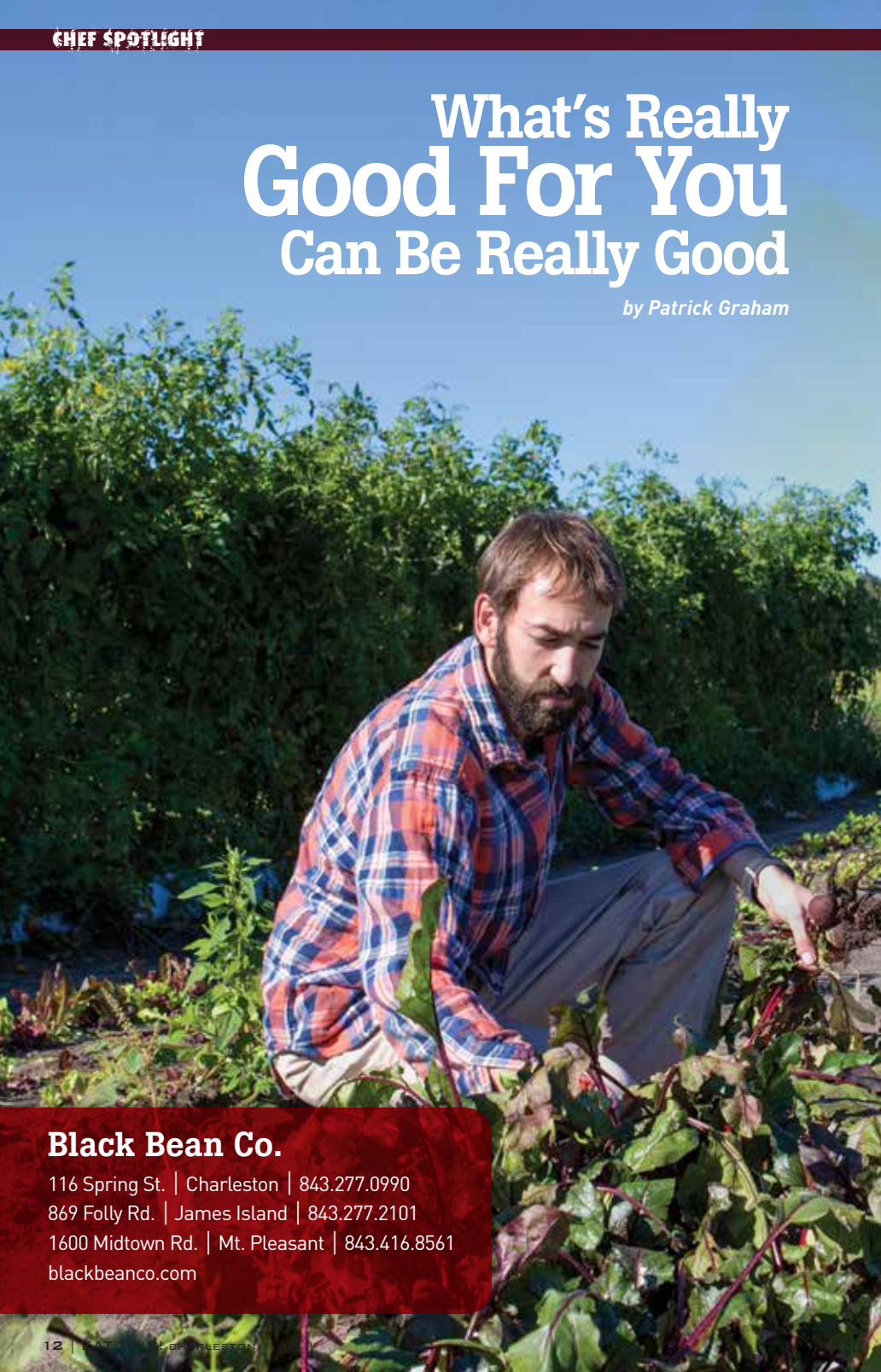
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What's Really Good For You Can Be Really Good

by Patrick Graham



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“A local guy in a local spot cooking local food.”

Such was the mission statement for the Black Bean Company in its infancy. With the first location on Spring Street in downtown Charleston came a movement for support of a community on a grassroots level. On James Island's Folly Road, the second incarnation of the BBC, a former Church's Chicken became a laboratory borne of a chef's experience in fast food to create healthy fare in record time. A third location is up and running in Mt. Pleasant, and a West Ashley location is in the works on Savannah Highway.

SUBJECT: Ellis Grossman

Executive Chef/Owner, Black Bean Company

ORIGINS: Charleston, SC

EDUCATION: Johnson & Wales University Culinary Institute of Charleston with degrees in Culinary Arts and Business Technology Certificate Program for Farming, Clemson University

EVOLUTION: After passing on a career in medicine to investigate what would lie beyond working in fast food joints, Grossman embraced the local food-to-table concept, working closely with Shawn Thackeray (of Wadmalaw Island's Thackeray Farms) to bring health food to the fast food industry with concepts like “nutrient density” and “green restaurant”.


CULINARY PASSION: “Food is a chemistry, it's a science ... Black Bean food is energy food, it's what you need to power your body.”

PASSIONATE DISTRACTIONS: The farm. “The average age of a farmer is 59 years old, it's kind of a dying art ... actually taking responsibility for creating an all-natural product [is] something I take a lot of pride in.”

GUILTY PLEASURE: “Sometimes I break down and have Sour Patch Kids.”

GUIDING PHILOSOPHY: It's all about listening to the people, be it the customers or his staff; he's very big on the “we” concept because he is but one person in the operation.

WHAT THE FUTURE HOLDS:

Exploiting his growth potential. “I would love to see a Black Bean Company just off the interstate in Atlanta someday.” 

Fahver-Gluten!

The Joy of Gluten-Free Baking

by *Patrick Graham*

Carmen met her husband David Martin when they served in the U.S. Navy together in the Norfolk/Virginia Beach area, moving to Mt. Pleasant six years ago. Serving her country during her enlistment gave her a break from the restaurant business for a few years, but got back into it like riding a bike. Upon her diagnosis with celiac disease, she decided to go in a different direction: gluten-free baking.





SUBJECT: Carmen Quartieri Martin
Server and Gluten-Free Pastry Chef Crave
Kitchen and Cocktails

ORIGINS: Gloucester, VA

EVOLUTION: Two and a half years ago, her gluten-free diet sparked her interest in baking, launching NoWheatTreats.com with the idea that working at Crave would give her a convenient sounding board for her creations.


WHAT MAKES A GOOD SERVER: "This might sound funny, but [servers who come from] corporate ... brutal work for small tips can make you into a great server."

BIGGEST CHALLENGE: According to Carmen, she is her own worst critic. Being able to have confidence in her new creations helps bolster her creativity.

PASSIONATE DISTRACTIONS: Her baking. "If I have a weird craving, I'm going to go into my kitchen and make it really quick."

NEW VENTURES: She would like to be able to present her wares not just to personal clients, but to larger distributors, i.e. grocery stores.

LIFE MANTRA: "Life is short. Sing as loud as you can, even if you don't know the words."

FUTURE GOALS: "Everything I'm doing [that] I'm putting into NoWheatTreats is to get my own bakery." 

A photograph of two beekeepers in protective suits and veils working with a beehive in a field. One beekeeper is leaning over the beehive, which is a light blue wooden box with a wooden top. The other beekeeper is standing behind it, holding a small wooden bucket. The beehive is placed on a concrete block. The background is a grassy field with some trees in the distance.

Bartenders Become Buzzness Partners

by Chris West

From overseas trips to Thailand and Panama to building a 300-gallon backyard irrigation system to practicing their fly-fishing casts, the adventures of Rue de Jean's Michael Moore and Red Drum's Eli Wolfe are storied and plenty. Currently, it is their newest business endeavor that is providing them a buzz away from their respective bar scenes. And while most moneymaking ventures involve things like start-up capital, cost analysis and minimized risk/maximized profit ... this business plan started with a bet.

"It was golden tomatoes," said Eli. "We were sitting on the back porch with our neighbor Ed Lapine (of Hall's Chophouse) and we were talking about who could grow the best tomatoes. We have nine fully-irrigated raised beds in our backyard but it came to us 'You know what we need, we really need some bees.'" And like that, Eli and Michael took the initial steps to becoming beekeepers.

Initially, Michael and Eli contacted the Charleston Area Beekeepers Association (CABA) for the startup of the venture and found it surprisingly easy. "We called them and it's a no-brainer," Michael said. "They have a class, it's \$30 and consists of two eight-hour lectured courses and a half-day out on an actual farm. With that you get a one-year membership to CABA and basically it is a group you can reach out to, of mentors, and you can ask any question about anything to try to help your success."

The after the initial groundwork, the guys partnered with their newfound 250,000 partners and set about beekeeping as a full-time endeavor. "Our first batch was through the group and basically a semi truck comes through just full of bees," Eli said. "There

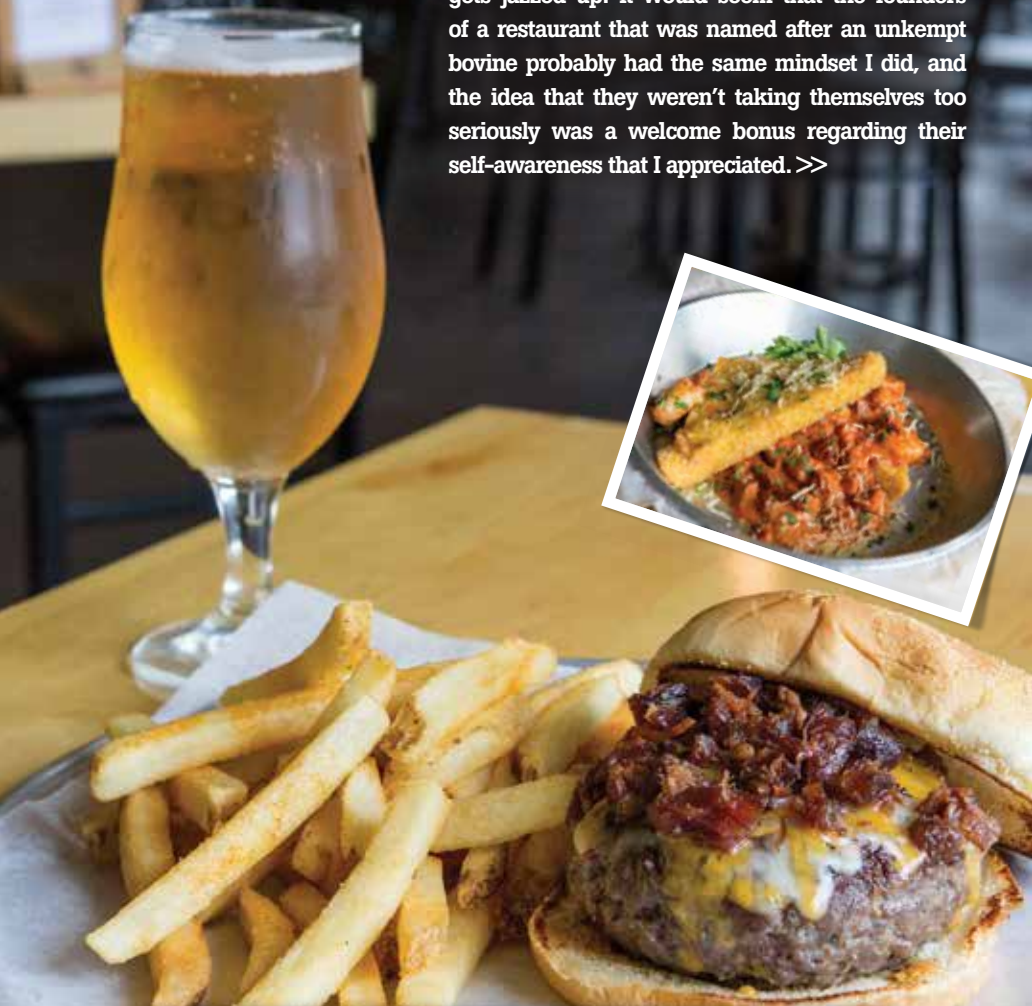
are basically 15,000 bees per each three-pound package." "It's real quick, it's real fast. The truck leaves at one time and knows all of its stops," Michael continued. "The more you start off with, the healthier they are, the more they build. You start them in Spring and they grow in numbers all through the year, that way when they start back up the following Spring they have big enough numbers to work and fight off predators."

Their current operation consists of five hives (each hive containing roughly 50,000 bees) located on Meg Moore's Dirthugger Farm — a five-acre tract of organic farmland on James Island. The small production farm is a welcome home to the bees, with ample plants to collect pollen from. Within the two honey collecting seasons (Spring nectar flow and Winter nectar flow) the five hives are yielding roughly 200 pounds for the Spring and another 100 for the Winter. "But we always leave the comb," Michael said. "You can harvest it but that makes more work for them. By leaving it the bees have a head start for the next production and they aren't left with nothing. It just helps bring the hive back stronger, faster."

With their current yield, they have limited supply for sale to a few accounts but the next step is natural to business — expansion. "We want to try to quadruple the operation," Michael said. "We want to see if we can get to 20 healthy hives and obviously supply more. But that's where the whole management of the hives comes in. You know, we get all the time: 'You're the guys that make the honey.' But what we're really trying to do is make sure these guys have a good environment to live and thrive in, a safe environment." **FAKE**



Upon hearing that the selection for Dine or Dash this issue was The Sloppy Cow, I was ecstatic. I do so enjoy checking out restaurants that are gourmet versions of extremely casual fare (i.e. the burger joint) because I am always keen to find out how a staple of our sad American diet gets jazzed up. It would seem that the founders of a restaurant that was named after an unkempt bovine probably had the same mindset I did, and the idea that they weren't taking themselves too seriously was a welcome bonus regarding their self-awareness that I appreciated. >>



The Sloppy Cow

1023 Harbor View Rd.
James Island
843.795.5955

FOOD	
ATMOSPHERE	
SERVICE	
PRICE	
OVERALL	

Five Tomato Scale



Found on James Island's Harbor View Shopping Center and present tenant of the former Skibo's building, this establishment's fare is, in fact, upscale casual, what with a baby spinach salad and a tomato bruschetta with boursin cheese adorning the menu, but this place has a hook that makes it unique for Charleston-area burger joints — the stuffed burger — but those are entrées. Let's start at the top.

Dining before six o'clock in mid-December might as well have been in the middle of the night, as at that time of the year it had been dark for an hour courtesy of the winter solstice. As it happened, the hour was a happy one, and the atmosphere was relatively calm for a Thursday. I was very pleased to see a wine list and a set of craft beers on tap. My dining companion ordered up a Yulupa Valley pinot noir while I helped myself to a Little Yella Pils. They were retrieved with all due speed by our server who was genuinely happy to see us and briefly walked us through the menu. After I scanned the appetizer menu, and even though I knew that a stuffed burger was in my immediate future, I selected the fried grit cakes topped with sautéed shrimp and Andouille sausage with its spicy tomato cream. The next tough selection was picking which stuffed burger.

Last summer, I was introduced to the concept

of the "juicy Lucy", a burger stuffed with cheese and whatever goodies the cheese would bind to while still attempting to hold the shape of a meat puck. While noshing on the fried grit cakes (their savory version of a deconstructed shrimp and grits), I made the decision to go with the Spicy Cow, a selection that incorporated jack cheese, jalapeño relish, chipotle onions, bacon, and spicy mayo, while the wife ordered the Moink, simply bacon and cheddar on top of a burger stuffed with, you guessed it, more of the same. With fresh-cut fries for all, what could go wrong?

The consummate error in judgment was mine: why in the world would I have thought I could have attempted to consume an appetizer and a stuffed burger platter from a place named The Sloppy Cow? In my zeal for gluttonous "journalism" I forgot my spare stomach that was required to take care of all of the food. A doggie bag became an essential part of our exit strategy.

All in all, I was impressed with what the management and staff at The Sloppy Cow were (and, presumably, are) doing. James Island's restaurant scene could use a shot in the arm every once in a while, and this was it. Just plan ahead ... don't eat lunch that day.

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When it comes to local Community Supported Agriculture (CSA), there is no better time than Winter to sign up so you don't miss the boat on the Spring and Summer produce. The early bird certainly gets the worm and a bag full of delicious locally grown goodies. While these farms will likely be present at most local farmers markets as the weather warms, a CSA is a wonderful solution to the average family or single person's busy lifestyle. Support your local neighbors who farm for a living, working long and hard, dirt-filled days to give you the best food possible. Check out our community table and listing for these amazing local farms and their Farm Share information. Sign up for your CSA share today.

Area Community Gardens


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CSA starts April 2

2349 Black Pond Lake

Wadmalaw Island, SC 29487

843.559.9999

ambrosefamilyfarm.com | 

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Johns Island, SC

843.768.0508

rosebankfarms.com


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CSA starts mid to late April

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Irvin-House Wines From Farm to Bottle

by Chris West



It goes without saying the farm-to-table movement has been in the Charleston restaurant nomenclature for some time now. A bulk of local chefs have been clamoring for heirloom, organically-grown local vegetables and meats while local boutique and artisan farmers have been trying to stay abreast of the supply and demand. Even those who prefer to eat at home, but desire to know where their food is grown, have the opportunity to join seasonal community supported agriculture programs from the myriad local farms.

To learn more visit

Irvin-House Vineyards
6775 Bears Bluff Road
Wadmalaw Island, SC
843-559-6867 | charlestonwine.com
info@charlestonwine.com

The symbiotic relationship of restaurants and consumers to indigenous farmers keeps the best of locally grown foods on the tables of Charleston's restaurants and families alike; while the demand for such items allows the farms to operate from season to season.

However, one oft-overlooked facet for which the movement is also culpable is the ability to carve out a niche and create demand. And with the number of producing farms, how does one create demand and stand out? One way is to provide something that isn't available.

With all of the aforementioned farms and their abundance of fruits and vegetables; one scan of the Charleston viticulture landscape yields only one return and there are ample reasons for that. Primarily is the fact that South Carolina lacks the microclimate producing valleys and rivers systems of say, California. There is also the labor-intensive nature of grape growing: the planting, irrigation and waiting for an initial harvest. And finally, there is the eking out of a fruit formidable enough to stand the rampant humidity, inconsistent rainfall patterns and often non-existent Springtime typical of the Lowcountry.

Enter the Muscadine Grape and you've found your fruit. Indigenous to the South, the Muscadine has flourished in the region as far back as can be recorded. Due to its thick skin and therefore, abundance the Muscadine became known as "the grape of the South." However, the magic of this fruit doesn't stop there.

First, the Muscadine contains an extra chromosome pair that makes it highly re-

sistant to disease, pests and completely immune to fungus. And for the health conscious, the Muscadine renders good news for you as well. According to one National Institute of Health study on wines of the South, it reportedly found that Muscadines contain seven to ten times the amount of Resveratrol (a naturally-occurring antioxidant reported to have strong health benefits) than California grapes.

So when retired contractor, Jim Irvin and his wife, Ann, decided to retire on a tract of land on Wadmalaw Island in 2000, the new couple "wanted to do something different." Initially, that "something different" came at the behest of Ann who proposed they raise free-range chickens. "We had a couple hundred of them out here and then we started learning all the rules of DHEC, having to have an inspector out here when you killed them and everything else under the sun," Irvin said. "Well about that time we had a pack of dogs come through and kill a couple of them. I gave one to Ann, asked her to pluck it and that was the end of the chickens."

It was a conversation with a neighbor that sparked the idea of Muscadines, so Irvin looked into the fruit and decided to go headlong into growing them. In 2001, he planted around 2,700 vines claiming: "My wife didn't know how to say 'no' yet and let me plant 11-1/5 acres of grapes." Irvin decided on four varieties of Muscadine: two reds, Ison and Noble; and two whites, Tara and Carlos. Then Irvin sat back, ready to wait the four years it was supposed to take to yield a harvest. Little did he know that in half that time, the high yield nature of the grape would take over and the crop began

to flourish. "I guess the man above blessed us," he said. "Because we planted them in April of 2001 and in August of 2003 we had 26 tons of grapes. That Summer I panicked because I didn't know how to make wine and didn't have anything to make it with. So I started visiting a few Muscadine wineries and round that time a winery in Lake City went out of business so we bought all of their equipment."

But, the making of the wine is the downtime in comparison to the elbow grease required to get it to that point. "During the growing season, we don't do a whole lot," Irvin said. "Other than sticking a finger in the dirt and making sure there is enough moisture in the ground. We start picking

them in August when it's about 95 degrees out there, but the Muscadines don't ripen uniformly so you have to pick them one grape at a time rather than by the cluster, and we generally pick each vine three times." Once the entire vineyard has been harvested, "the grapes will yield 10-12 tons of juice per acre [average 253,000 pounds] where a bottle typically takes just over two pounds of grapes to make."

While Irvin has been at winemaking for around the decade mark, that's not to say there hasn't been a learning curve to the process. Aside from the surprise early yield in 2003, he recalls one hiccup through the years and it serves as a reminder that the Summer harvest season



PHOTO: TIMOTHY BURNHAM

coincides with national hurricane season. "The biggest hiccup we've had, one Fall we had the remnants of five hurricanes come through and gave us 27-inches," Irvin said. "And we couldn't get anything of any size in because it would just sink in the vineyard. We ended up having to put a basket on the front of the Bush Hog to get the grapes out without tearing up the vineyard."

Irvin's goals beyond maintaining his vineyard and making good wines are to cultivate wine tourism to the area. He not only makes the vineyard available to the ubiquitous tastings and tours but also through family-oriented events, festivals and afternoon concerts. "Besides just wanting people to come out, last Summer

we started something called 'Sippin' Saturdays' where we have a band and a food vendor out here for people to come out, spend the afternoon and drink wine," said Irvin. "And we always do tours and tastings every Tuesday through Saturday."

Currently, Irvin-House makes five wines: Tara Gold (semi-dry white), Mag-nolia (sweet white), Live Oak Reserve (red blend), Mullett Hall (dry red) and Palmetto (light, fruity red). All his wines are available at local retail outlets (World Market and Whole Foods) as well as on premises with more distribution in the works. For more information on Irvin-House Vineyards see their website at www.charlestonwine.com. **FAVE**



Eat Local Month

TAKE THE EAT LOCAL CHALLENGE THROUGHOUT APRIL | FREE

Here in the Lowcountry, we are blessed with an abundance of delicious, locally sourced food. Take our Eat Local Challenge for the month of April and invest in our local food system! When you sign up for the challenge, you get to choose your goal(s) for the month. You could aim to buy 10% more local food than usual, learn to can seasonal produce, or dine out at restaurants that source locally produced food.

PLOW TO CHOW

APRIL 13 | FREE

Join us for the 2013 launch of the Charleston Farmer's Market in Marion Square. Several local restaurants and farmers will be on hand to offer plow to chow and cooking demonstrations throughout the day.

LOWCOUNTRY FARM TOURS

APRIL 20 | PRICE TBD

This one-day farm tour event features a variety of farms on both Johns and Wadmalaw Islands. Tour participants will be able to pile into their cars with friends

& family or jump on their bikes and pick their must-see farms. From meeting farmers and touring the farm to learning about the agricultural process and indulging in food truck fare along the routes - there is something for everyone!

6TH ANNUAL CHEF'S POTLUCK

APRIL 28 | ADVANCE: \$60 LLF MEMBERS, \$70 ALL OTHERS / DAY OF: \$70 LLF MEMBERS, \$80 ALL OTHERS

The Chef's Potluck is one of our most popular events of the year, with more than 350 attending in 2012. The event takes place at beautiful Middleton Plantation, where several of Charleston's most high-profile chefs partner with growers, producers and food artisans to prepare dishes with all local ingredients for the public to enjoy. Current 2013 participants include: Cru Cafe, Cypress, Daniel Island Club, EVO, FIG, Firefly, The Glass Onion, Grass-roots Wine, The Grocery, Heart Woodfire Kitchen, Monza, Poogan's Porch, Social Restaurant + Wine Bar, SNOB, and Two Boroughs Larder.

Charleston Honey & Bee Expo

April 7 | Cinebarre Theatre

963 Houston Northcutt Blvd. | charlestonbees.org

CHARLESTON HONEY AND BEE EXPO

What's the buzz about honeybees? Visit the 2nd annual Charleston Honey and Bee Expo! A free and fun educational event for the whole family. Meet beekeepers; buy local honey. 11am-5pm, Sunday, April 7 (day after the Bridge Run) at Cinebarre Theatre, 963 Houston Northcutt Blvd in Mt. Pleasant.



Taste of the Bridge Run

April 5 | 3 locations | Bridgerun.com/events

Mt. Pleasant | Harbour Side East

Downtown | Maritime Center

North Charleston | Charleston Area Convention Center

THE TASTE OF THE BRIDGE RUN

Friday, April 5, 5pm-8pm

This year's Taste of the Bridge Run will have your taste buds cheering. With over 23 participating restaurants, this is a good way for locals and visitors alike to "taste" what Charleston has to offer.



Chefs' Feast

March 10 | Grand Ballroom

Charleston Area Convention Center

lowcountryfoodbank.org



CHEFS' FEAST

The 14th annual Chefs' Feast gala is March 10 from 6 - 9:30 pm at the Embassy Suites Charleston Area Convention Center. Guests can indulge in fare from more than 30 of the lowcountry's most celebrated chefs, enjoy a hosted bar, and soak in the sounds of the Ray Michaels Band. Proceeds benefit the Lowcountry Food Bank's childhood hunger programs. Purchase tickets at www.lowcountryfoodbank.org.

BB&T Charleston Wine + Food Festival

Feb. 28-Mar. 3, 2013 | Charleston, SC
charlestonwineandfood.com

BB&T CHARLESTON WINE + FOOD FESTIVAL

The BB&T Charleston Wine + Food Festival is a world-class and nationally recognized festival that showcases the local culinary experience that is distinctively Charleston. The four-day event, praised as one of the top food and wine festivals in the U.S. by Forbes Traveler, infuses home-grown flavor with the most celebrated chefs, culinary professionals and winemakers in the world.



PHOTO: ANDREW STEPHEN CEBULKA

Grilled Shrimp Skewers

1 pound large local Shrimp, Soak Skewers in water for 5 minutes
 Devein and Skewer (3-4) each Grill until underside is pink and turn (Chef suggests a wood fire grill if available)

Kohlrabi, Apple and Bacon Slaw (serves 6)

3 small kohlrabi bulbs
 1 medium Granny Smith apple, peeled and cored
 15 sugar snap peas, peas reserved and pods cut into strips
 6 slices bacon
 4 oz of toasted coconut
 3oz of shallot, fine julienne
 1 Red bell pepper, fine julienne
 Salt and freshly ground pepper, to taste

Ginger-Sesame Dressing

½ cup extra virgin olive oil
 ¼ cup balsamic vinegar
 2 T low-sodium soy sauce
 2 cloves garlic, minced
 2 T local honey
 2 T peeled and minced ginger
 1 t toasted sesame oil

Satsuma and pink grapefruit Glaze

¼ cup Satsuma juice
 ¼ cup Pink Grapefruit juice
 1 t Satsuma zest
 2 cloves garlic minced
 2 springs of thyme, minced
 1 T olive oil
 2 T local honey
 ½ t salt
 ¼ t fresh cracked pepper

1. In a small sauce pan bring the ingredients to a boil. Boil for 1-2 minutes till syrup consistency is reached.
2. Fry bacon in a pan until very crisp. Drain on paper towels and set aside.
3. Peel the outer layer of the kohlrabi bulbs; run through the shredding blade of a food processor or shred using the largest holes of a box grater. Repeat with the apple; add to the peas and pods in a large mixing bowl. Add in julienne of pepper and shallot; crumble the bacon on top and add the dressing. Toss until thoroughly coated; taste and season with salt and pepper. Garnish with toasted coconut and green onions.
4. To make the dressing:
5. Combine all ingredients in a blender. Add 2 T of water, process until smooth.
6. Cover and refrigerate for 30 minutes before serving to allow flavors meld.



Grilled Shrimp Skewers

Satsuma and Pink Grapefruit Glaze, Kohlrabi Coconut Slaw

by *Eric Huff*

Burwell's Stone Fire Grill

I chose this dish for a few reasons; it is splendidly simple and local as can be. From the shrimp, satsumas, kohlrabi, and even the honey embrace the bounties of our local environment.

This recipe also reflects my Charleston Heritage, but brings my modern and playful artistry to the menu! I think most locals are comfortable with shrimp skewers and slaw; however with the unique flavor pairings it becomes something much more than just skewers!

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Ingredients

- 4 large eggs
- 1 cup whole milk
- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/2 teaspoon finely grated fresh lemon zest
- 1/4 teaspoon salt
- 2 tablespoons unsalted butter
- 1 cup blueberries, raspberries or other seasonal fruit plus more for topping

1. Confectioners' sugar, for sprinkling
2. For a savory version omit sugar and lemon peel and add fresh herbs and any of the following:
3. bacon, sausage, grated cheese, onions, mushrooms, grated zucchini
4. Preheat oven to 400 degrees. Blend together eggs, milk, flour, granulated sugar, lemon zest, and salt in a blender.
5. Heat medium cast-iron skillet over high heat. Add butter, and melt. Scatter with berries. Bake until puffed and cooked through and tops are set, 18-20 minutes. Top with berries, and sprinkle with confectioners' sugar. Serve immediately.

This recipe works well with what is in season at the time.

Dutch Baby Pancake

by Stacy Howell of James Island

Who does not love pancakes? For the pancake purist out there, here is a recipe you must try. A Dutch Baby, aka German Pancake or Bismarck or Dutch Puff is a pancake that is baked in a single sizzling-hot skillet. If you live here in Charleston and you do not own a cast-iron, shame on you! The sides of the Dutch Baby will rise above the edges of the pan and create a delicious puffy crust with a tender middle. The addition of seasonal fruit or cinnamon make this adult pancake a perfect breakfast for kids or adults. **EAT THIS!**

Email your dish!

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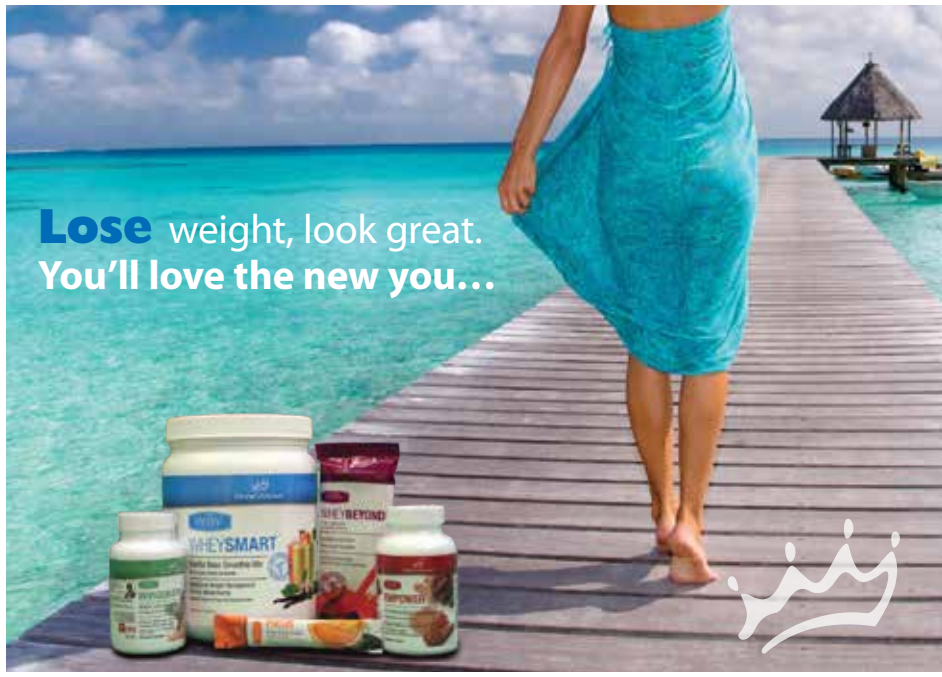
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TASTE *of the* BRIDGE RUN



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Do the Math

Wine + Food = Love + Happiness



1. Ounces in a mini-bottle
 a. 1.0 b. 1.5
 c. 1.7 d. 2.0

2. Ounces in a free pour using a standard jigger.
 a. 1.0 b. 1.5
 c. 1.7 d. 2.0

3. What is the normal alcohol percentage for table wines?
 a. 7 b. 12
 c. 17 d. 23

4. How many different grape varieties are permitted to use in the production of Port?
 a. 12 b. 3
 c. 80 d. 40

5. A beer's label must list calories only if it claims to be a "lite" beer.
 True False

6. Percentage of Free Range Chickens in the West.
 a. 9 b. 13
 c. 26 d. 80

7. When a wine label carries a vintage, this percentage of the grapes must be grown during the stated year.
 a. 75 b. 89
 c. 95 d. 100

8. An ounce of chocolate contains this many milligrams of caffeine.
 a. 5 b. 10
 c. 15 d. 20

9. If a wine label carries the name of a certain state, this percentage of the grapes must come from that state to carry the state's name on the label.
 a. 100 b. 95
 c. 75 d. 99

10. Americans eat approximately this many pounds of tomatoes yearly.
 a. 13 b. 17
 c. 20 d. 22

11. In 2012, the Cooper River Bridge run featured this many finishers for the 10K.
 a. 26,894 b. 36,652
 c. 38,967 d. 42,739

Visit eatthischarleston.com to submit your answers for a chance to win a \$25 gift certificate.

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