

FALL
RESTAURANT



GUIDE

THE EXPONENT

McGraw's Tempts Taste Buds, Impresses Every Time



THE EXPONENT
READERS' CHOICE
13

To long-time customers, it comes as no surprise that McGraw's — past winner of the J&C Readers' Choice Award for best "Fine Dining" restaurant — was awarded "Best Steak" honors for the fifth year in a row.

From intimate dinners to festive five-course wine dinners, McGraw's Steak Chop and Fish House is committed to providing great food, excellent wines and superb service in a relaxed and friendly atmosphere.

Located near historic Fort Ouiatenon in West Lafayette, the steakhouse has long been a popular destination for longtime residents, Purdue staff and

friends and visitors from near and far.

Owner Todd McGraw takes nothing for granted, continually seeking out the highest quality beef, finest wines and experienced staff to serve his discriminating clientele.

Known for excellent prime rib, hand-cut steaks and daily seafood specials, McGraw's proudly offers one of the most impressive wine selections in the Midwest, a fact recognized by Wine Spectator magazine. The restaurant offers more than 230 varieties of choice wines for all occasions and palettes.

However, McGraw's is anything but snobbish. The lodge-like atmosphere,

well-stocked bar and unpretentious wait staff makes all feel welcome whether it's a celebratory dinner or a drink and conversation with a friend. Windows overlooking the usually placid Wabash River offer a unique and natural dinner setting. Look long enough and you might see a bald eagle soaring overhead or swooping down to snatch dinner — from the river, that is.

Treat yourself to the McGraw's experience and find out why Journal and Courier readers consider it a go-to favorite.



Steak Dinner: Photography provided by Ed Lausch



McGraw's Steak Chop & Fish House
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Phone: (765) 743-3932



Big Ten Network dines at McGraw's. BTN Analyst, Gerry DiNardo (who has done it all - including 1973 Notre Dame National Championship), BTN Studio host, Dave Revsine, two-time Super Bowl Champion, Howard Griffith.

Easy spaghetti dinner

By Michael Austin
Chicago Tribune
(TNS)

When a dish has plenty of richness of its own, such as this pasta with olives and Gorgonzola, take care to pick a wine without too much richness — such as this novel white from Italy, a rare red from Greece and a classic red from Italy. All of them will stand up to the dish without pushing the flavors over the top.

MAKE THIS SPAGHETTI WITH OLIVADA AND GORGONZOLA

Cook 1 pound spaghetti in a large pot of well-salted boiling water until al dente; drain. Return pasta to pot. Drizzle with 2 tablespoons extra-virgin olive oil; toss. Sprinkle with 1/2 cup grated Parmesan cheese; toss. Stir

in 1/4 cup olivada (aka tapenade, aka olive paste); top with 1/2 cup Gorgonzola cheese crumbles. Makes: 6 servings

DRINK THIS

Pairings by sommelier Alan Beasey of The Purple Pig, as told to Michael Austin:

2013 Velenosi Villa Angela Pecorino, Marche, Italy: Made of 100 percent pecorino (yes, it's a grape and a cheese), this white wine has aromas of yellow flowers, stone fruit and subtle herbs, plus a crisp brininess that will accentuate the salty, savory olivada and cheeses. Flavors of ripe golden apple and apricots will also contribute balance.

2014 Douloufakis Dafnios, Crete, Greece: This powerful yet elegant red wine offers

notes of herbs and olives, plus ripe red fruit. The savory aromas will boost the savory elements of the olives and cheese in the dish, and the combination of fruit and herbs will enhance the dish's richness. The wine's lovely acidity will tie everything together.

2014 Altesino Rosso di Altesino, Tuscany, Italy: This quintessential Tuscan blend of sangiovese, merlot and cabernet sauvignon has silky tannins and a rich texture, plus ripe, plummy fruit tempered with subtle earthiness and tangy acidity. It will showcase the flavors of savory olives and rich cheese in the dish, without being too heavy.

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When the food is rich, pick a wine that's not too rich itself. (Dreamstime/TNS)

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FDA takes 'love' out of bakery's granola

By David J. Neal
Miami Herald

(TNS) – Among the myriad problems the FDA listed after inspecting Nashoba Brook Bakery's manufacturing facility: Love in the granola. Deep in a Sept. 22 warning letter by Food and Drug Administration to the Concord, Massachusetts, manufacturer is this admonishment: "Your Nashoba Granola label lists ingredient 'Love.' Ingredients required to be declared on the label or labeling of food must be listed by their common or usual name [21 CFR 101.4(a)(1)].

'Love' is not a common or usual name of an ingredient, and is considered to be intervening material because it is not part of the common or usual name of the ingredient.

Nashoba Chief Executive Officer John Gates told Bloomberg that particular part of the FDA's letter "just felt so George Orwell."

"I really like that we list 'love' in the granola," Gates told Bloomberg on Tuesday. "People ask us what makes it so good. It's kind of nice that this artisan bakery can say there's love in it and it puts a smile on people's face. Situations like that where the government is telling you you can't list 'love' as an ingredient, because it might be deceptive, just feels so silly."

(c)2017 Miami Herald

Farm to table grows in popularity

Farm-to-table is a movement that promotes serving local products, preferably food and beverages acquired directly from a producer.

Farm-to-table eateries source ingredients locally as much as possible, and diners are increasingly expressing a preference for these establishments. According to the National Restaurant Association's "What's Hot in 2015" survey, locally sourced meats and seafood, locally grown produce, environmental sustainability, and natural ingredients/minimally processed foods were among the most popular food trends. Farm-to-table establishments reduce carbon footprints by cutting back on the amount of resources necessary to get food from the farm to the restaurant. The farm-to-table movement began as a countermeasure to big agriculture and chemically controlled produce. Although there is no hard data on just how many restaurants can be considered farm-to-table, organic farming in general is big business. In its 2014 Organic Survey, the U.S. Department of Agriculture's National Agriculture Statistics Service reported that sales of organic products increased by 72 percent since 2008. California, Washington, Pennsylvania, Oregon, and Wisconsin were the top five states for organic farming, accounting for 78 percent of organic sales in the United States at the time of the survey. Supporting farm-to-table

establishments can benefit the planet, but consumers should know that there are additional advantages to patronizing such businesses.

- Support for local businesses: Local restaurateurs who embrace farm-to-table can support and promote other local operations. Restaurants can help farmers by purchasing excess crops or simply providing the demand for farmers' products.

- Greater control over ingredients: In some instances, chefs can travel to nearby farms during harvest to personally select items for their restaurants, ensuring excellent quality.

- Better taste and quality: Fresh food is picked at its peak instead of being forced to ripen during a long journey. This typically translates to more flavorful foods.

- Evolving and updated menus: Because farm-to-table means sourcing in-season ingredients, restaurants must have fluid menus that change based on the availability of ingredients and fishing and harvesting quotas. This can lead to greater variety and prevent menus from becoming dated or overly familiar.

Hyper-local sourcing that fuels farm-to-table operations continues to be an in-demand restaurant trend. Diners can rest easy knowing that patronizing such establishments benefits both the environment and the local economy.

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THE EXPONENT

Cuban restaurant returns after hurricane

By Mimi Whitefield
Miami Herald

HAVANA (TNS) – Stretches of the famed Malecon boulevard are still closed for repairs and seaside businesses show the scars of 30-foot waves that crashed through the seawall during Hurricane Irma.

But tourists have returned to the capital, even as areas hit hard by the storm continue to struggle.

In the seaside town of Jaimanitas, west of Havana, three vintage red convertibles dropped a group of tourists at the fanciful mosaic-encrusted home of artist Jose Fuster and merchants on the block sold coconut water, wooden statues and other souvenirs.

Just blocks away, 53-year-old Alberto Sanchez Borges stood in the shell of his home. Irma smashed a retaining wall and washed away the front of his waterfront home.

“I’ve been here nearly 40 years and I’ve never seen anything like this,” he said. “The house is not habitable. The water was chest-high when it came through.”

Hurricane debris littered the nearby beach, small fishing boats were tossed like toys against some homes and other houses showed gaping holes in their roofs, but neighbors tried their best to get back to their routines, casting nets for sardines and hanging clothes to dry in ruins of homes.

Closer to Havana in Cojimar, the town where author Ernest Hemingway kept his fishing boat and where the fisherman believed to have inspired “The Old Man and the Sea” used to live, dozens of homes abutting the sea were damaged.

“The water came through the bedroom, destroyed the mattress, and then washed away the front door on its way out,” said Tamara Valdes, who lives in the coastal town.

She and her husband returned the day after the storm surge to clean up. But what worries her most now are the damp walls and ceilings and the home sitting above hers. Since the storm, the precariously sagging ceiling in her front room has been reinforced by boards.

Glancing overhead she said, “I’m afraid the ceiling could fall.” In Havana, residents described

a hellish week after Irma passed. Irma’s winds weren’t that strong in the capital but the water began rising Sept. 9 and pushed about a third of a mile inland into low-lying neighborhoods and adjoining towns.

There was no electricity, scarcely any cooking gas, water shortages and businesses whose interiors floated away. The Fifth Avenue tunnel was completely flooded, neighborhood streets were coated with a mixture of mud and sand, and many buildings had a strange mottled appearance where the water had washed away layers of paint.

It took two days for the water to recede, but then the government authorities, along with residents and business owners, hit the streets. They cleaned, sanitized and repainted. Entrances to tunnels that looked like swimming pools were pumped out and reopened.

Soldiers and Ministry of Interior personnel manned equipment to shovel up the muck in the Vedado neighborhood that was hard hit by flooding. And neighbors themselves got out and scrubbed, residents said.

In grittier Centro Habana, meanwhile, people sat on doorsteps to repair furniture damaged in the flood or hung damp mattresses out to dry. Some of the homes were already so decrepit it was hard to tell three weeks later whether they had been damaged by Irma or were like that before the storm.

“It is going to be really hard for some people to recover. If they’ve lost a TV and have to

buy another in a store, it’s very expensive. They’ve lost furniture, sound systems,” said an electrical linesman. “What we have recovered are electricity, telephone service, but I think there are other countries and Puerto Rico that are worse off than we are. We’re more or less.”

Within a week of the storm, power and telephone service resumed in Havana. And tourists are starting to trickle back in. Evidence of a potential comeback for the tourism industry was apparent in recent days.

Norwegian Cruise Lines’ Norwegian Sky was in port, a group of Europeans on an island bike tour pedaled down the Malecon unimpeded by traffic and guests were back at the lobby bar of the waterfront Melia Cohiba hotel. The high water never reached the 5-star Gran Hotel Manzana Kempinski near Old Havana or the luxury shops on the ground floor selling Mont Blanc pens and designer clothes.

Other than a few detours because of the Malecon closures, getting from Jose Marti International Airport into the city’s tourist areas is easy.

Before Irma hit, the Ministry of Tourism hoped to welcome a record 4.7 million foreign visitors to the island by year’s end. With tourism such an important source of revenue, the cash-strapped government was quick to announce that it was making the recuperation of tourism facilities a priority.

The Ministry of Tourism even took to Facebook Live to communicate the message that

the beach resort of Varadero was open for business. Despite some technical difficulties, a young man riding on an open-top tourism bus pointed out the beach, the turquoise water, the sun and other attractions that have reopened.

But Havana and Varadero didn’t feel the brunt of Irma’s fiercest winds. The hurricane made landfall along Cuba’s north central coast in Cayo Romano as a Category 5 storm and it tore through Cayo Coco and the Jardines del Rey area where beachside resorts attract international visitors.

About 5,000 tourists, as well as the dolphins from a local attraction, were evacuated from the northern keys. In all, 1.7 million Cubans were evacuated and there were 10 storm-related deaths reported.

Despite extensive damage to resorts in the northern cays, the government has an ambitious target of completing repairs at most hotels there by Nov. 1 and at the few remaining ones by Nov. 15.

But it will take far longer to recover from other damages inflicted during the more than 72 hours that Irma lashed the northern Cuban coast. A United Nations report says between 210,000 and 220,000 homes were severely damaged, agricultural crops and livestock hit hard, and 14 municipalities from the northern coast of Villa Clara province east to Camaguey critically impacted.

But those who make their living catering to visitors, from



Niuris Higuera Martinez gives her daughter, Ysabella Cabeiro Higuera a big hug inside their Havana restaurant, Atelier. The restaurant suffered some wind damage and minor flooding from the wind and storm surge from Hurricane Irma’s outer bands. Atelier reopened two weeks after the storm. (Emily Michot/Miami Herald/TNS)

taxi drivers to private restaurant owners, were eager for things to get back to normal.

Along the Malecon, both neighbors and workers, were busy pumping out buildings and repairing large holes that had opened up in the highway. Pieces of a wall and large boulders from the sea were scattered around a Malecon ice cream shop with the prophetic name Hola Ola (Hello

Wave).

“A senora called Irma came and that was the end of it. She took the windows and the walls,” said Dulce Maria Corujo as she passed the Coppelita shop in the Cayo Hueso neighborhood. But less than a block away, an agro market was open, where she picked up what she needed to make a salad for lunch.

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Writer explains how to make perfect pie crust

By Noelle Carter
Los Angeles Times

(TNS) – When I tell people I grew up in a family of pie bakers, it's easy to imagine I'm bragging. My mother's pies are legendary — rich, velvety custard fillings or mounded fruit pies, each cradled in an ornately decorated crust, golden and with the most delicate layers. And don't get me started on my grandmother; in her day, she was known as the "Pie Baker of Villa Park," a small suburb west of Chicago.

When I went to start baking my own pies, I didn't think much about it. Pie-making was something my family took for granted. But then I sliced into that first homemade pie — it was pumpkin, brought to a work potluck — and found to my horror not a perfect take-for-granted pie, but a bubble of raw dough beneath the layer of filling. There are some mistakes not even a truckload of whipped cream can cover.

A dozen or so years later, a career change, several restaurant

and catering jobs and a few hundred pies later, my skills have improved — though they still don't quite match those of my mother or grandmother. But I've learned a lot and continue to pick up tips. Recently, I spoke with some experts and tested more than a dozen combinations of fats, flours, ingredients and tricks. Here are my results.

CHOOSING THE RIGHT FAT

Passionate pie bakers tend to have a religious zeal about what type of fat goes into their crusts, and not without good reason.

"Fats and shortenings are absolutely critical to pies," says Ernest Miller, research and development chef at Coast Packing Co., a major supplier of animal fats and shortenings for cooking, baking and frying based in Vernon. The type of fat determines flavor and can influence the final texture and color of the crust. Bakers tend to use one of three kinds — butter, shortening or lard — or a combination. But which, and why?

Lard is among the most traditional of kitchen fats, once made

from heritage pigs specifically bred for their fat. "In certain points in our history, lard was actually more expensive than pork," says Miller. Never mind the cost of butter. "You wouldn't be using butter for baking unless you were wealthy."

Miller notes that shortening, with the introduction of Crisco in 1911, was created to mimic the effects of lard, but at a fraction of the price. "An all-Crisco crust will give you the best border," notes Rose Levy Beranbaum, author of "The Pie and Pastry Bible," "but I don't use shortening, because there's no flavor."

As people began shunning shortening for health reasons, bakers looked for alternatives such as butter, even oil. Over the years, I've taken to making my crust using a ratio of two-thirds butter to one-third shortening. I've found, particularly when I keep the fats cold until the crust goes in the oven, I get some of the benefits of shortening in my detailed borders, along with the flavor of butter. (For savory pies,

I'll usually substitute shortening for lard, or even bacon, goose or duck fat, which lends great savory flavor and rich coloring to the crust.)

Although my grandmother and mother preferred shortening, they would often brush the formed crust with butter, and occasionally dust with sugar, before baking, for added flavor and color.

And lard is making a comeback. Occasionally, you can find lard from heritage pigs, such as Manga-litza, as well as from specific parts of the animal, such as leaf lard, which is valued by bakers for its delicate flavor.

Coast Packing is currently testing a treated lard and tallow blend, not yet on the market, that mimics leaf lard; in my tests, I could barely tell the difference from the real thing.

Flour, other ingredients
Fat and its ratio to other ingredients, particularly flour, is integral to a great pie. "I think too little fat is not a pie crust," says Los Angeles baker and pie specialist Nicole Rucker, a past

winner of KCRW-FM's Good Food Pie Contest. "Once you remove a certain amount of fat, you're forming more of a bread or biscuit dough."

When it comes to flour, some experts swear by all-purpose, others by lower-protein pastry flour and still others by a host of custom blends, all in the name of making a tender but flaky crust.

If she's using all-purpose flour Beranbaum finds that adding a touch of sugar works to tenderize the dough, mimicking the results she normally gets using pastry flour. (This is a trick she'll be adding to her new book on baking basics, due out next year.)

Rucker also uses the sugar trick in her dough, though she goes an extra step by dissolving the sugar in water before she adds it, ensuring that it's evenly absorbed by the flour and making for a uniformly tender crust.

Another trick is adding apple cider vinegar, which also helps to tenderize or "shorten" the crust. (You might smell it as you make and roll out the dough, but the vinegar will evaporate as the pie bakes and shouldn't affect the taste of the crust.)

MIXING THE DOUGH

When combining the ingredients, it's important to keep them cold — particularly your fat. If the fat, especially butter, softens and begins to melt, the flour will absorb it, creating a tough dough. I actually take the extra step of chilling everything — fat, flour, water, vinegar — even the bowl and food processor blades.

And though some purists may argue, making pie dough in a food processor is wonderfully simple and easy. Just be sure not to over-process it; use the pulse feature and your dough will be tender as if mixed by hand.

Rolling out the dough

After you've made the dough, flatten it into a disk, cover and chill it before you roll it out.

To keep the dough even, work the rolling pin in the center of the dough and don't roll all the way to the edges. You'll have greater control over the thickness of the dough if you keep the pin toward the center

— the closer you get to the rim, the more likely you are to roll the pin off the edges, flattening them and making the dough uneven. Rotate the dough a quarter-turn each time you roll.

To keep the dough from sticking and absorbing too much flour, roll it between lightly floured sheets of plastic wrap or parchment or wax paper.

After you've formed the crust, chill it. I freeze my formed crusts for 20 to 30 minutes, which allows the crust to hold its shape and any designs while it bakes.

BLIND-BAKING, PAR-BAKING AND FINISHING THE PIE

Blind-baking, or par-baking, a crust is common when you're using a filling that doesn't need to be baked or when the crust needs to bake longer than the filling, such as with pumpkin and other custard pies. (Both flaky pie and short tart crusts need to be weighted before baking so the pastry doesn't puff on the bottom or slip on the sides.)

To blind-bake a crust, line the chilled dough with parchment or a large coffee filter, then fill it with weights. If you don't have store-bought ceramic or metal weights, use dried rice or beans.

Finally, watch the pie as it bakes. Most ovens heat from the bottom, so adjust the pie if necessary, moving up or down in the oven as needed. And cover the top or edges of the crust with foil if they're browning too much.

A PRIMER ON FATS

Butter adds flavor to a crust, along with color due to the milk solids in the fat. However, over-mixing the butter can make the crust tough and crunchy.

Shortening has a high melting point, which will give you a light and flaky crust and allow for creative decorations, but it lacks the flavor found with butter or lard.

Lard makes a light and flaky crust. Leaf lard and rendered caul fat (another fat preferred by many bakers) have the benefits of lard with less flavor, perfect for dessert pies.

Oil results in a crust that is generally more mealy in texture, though certain fruity oils, such

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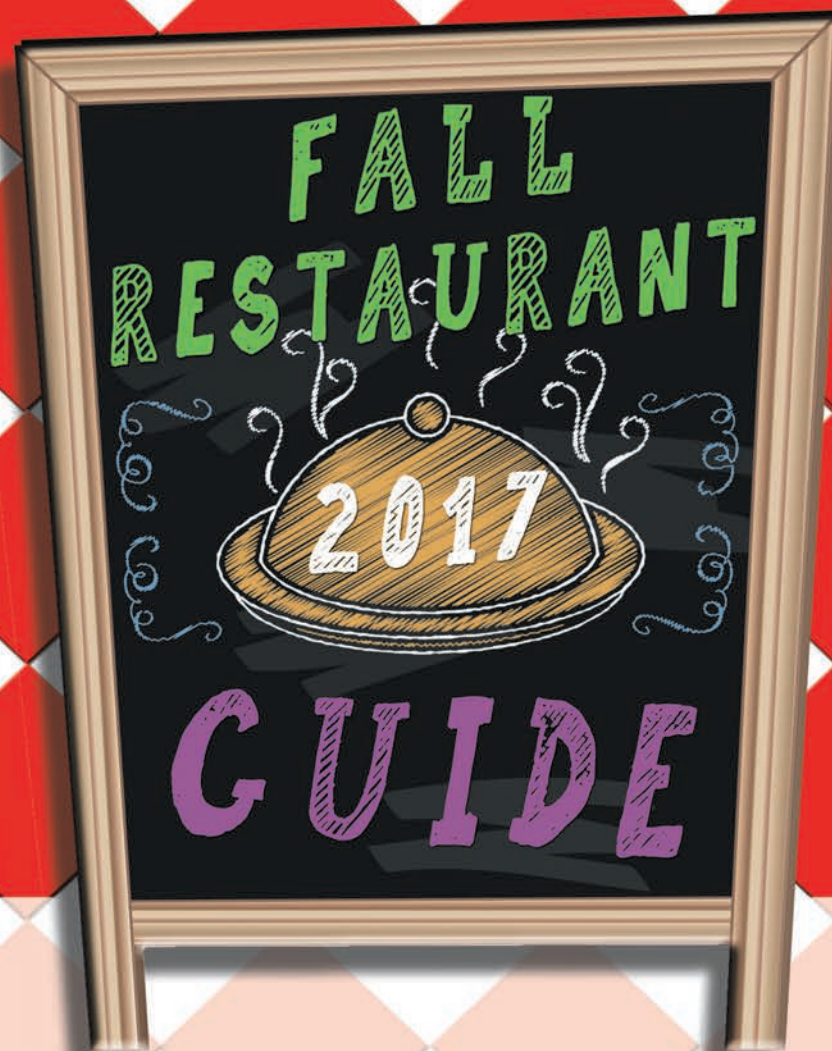
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