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SPRING'S BOUNTY
IN BLOOM:
STRAWBERRIES

STRAWBERRY T. MARGARITA
recipe by Atlas Restaurant
(page 32)

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MARKETING AND COMMUNICATIONS

EDITORIAL

GLOBAL FRESH

The talents of restaurateur Justin Anthony and chef Philippe Haddad intersect at the corner of fresh and fabulous with Cape Dutch, their new dazzler in the former Woodfire Grill space. "The restaurant was conceived when I was in South African wine country at a braai [a cookout] grilling up great steaks and drinking great wines," explains Anthony about a recent trip to his home country. He also owns 10 Degrees South, Yebo and the new Biltong Bar. "In South Africa, we braai a lot—it's a very social experience," he says. When the building—and its namesake grill—became available, it was meant to be.

The space, always a success despite its rather colorful neighborhood and awkward layout, has been magically transformed by interior designer Kelly Anthony, the owner's wife. Meant to evoke wine countries around the world, the interior sports a fresh, bright look complete with cozy banquettes, natural wood accents, a homey lounge in the front and of course, that copper-hooded, wood-burning wonder upon which the menu is based. "The feel and look, compared to what it was, is completely night and day," marvels Anthony.

The lounge, bar and dining room all bustle with a lively communal vibe. Chef tables in front of the busy grill area, which is itself in the heart of the restaurant, encourage interaction. "You're literally cooking in the dining room, so there's a lot of action. You can play on that and have fun," Haddad says. Also in the midst of the action is an expansive trestle table, which groans with bucketsful of white wines and Champagne alongside bottles of red. "All wine service for by-the-glass offerings happens at the table right in front of the guests. It's much more interactive that way," asserts Anthony.

The concept of the braai and all that sizzles, smokes and sears is, however, where the South African influences end (except for the wine list, of course!). The rest is an amalgamation of executive chef and partner Philippe Haddad's far-flung experiences. The Belgium native, who has worked all over the world and extensively here in Atlanta, is bringing together the tastes and cultures that made him the chef he is today. Haddad employs European fundamentals with varying global accents, a vigorous nod toward game and a penchant for highlighting fresh, local ingredients. "I want to serve something completely off the chart that nobody else does," he says. "I feel like I've come full circle, and it's my time to shine." Of course, those who know his cooking realize he's always added sparkle to Atlanta's dining landscape.

"We want to be amazing—and that takes work," Haddad says. "That will be the key for our success." A new-to-town concept, in a stunningly repurposed space? We think that's both fresh and fabulous, indeed.

SUPER SEASONINGS

TURMERIC

This bright yellow spice contains curcumin, a powerful anti-inflammatory. So powerful in fact, it's currently being used in cancer treatment clinical trials. In cooking you can increase the bioavailability in your curcumin by adding black pepper and a little healthy oil (such as olive or grapeseed).



GARAM MASALA

It sounds exotic, but this blend contains familiar spices like cumin, coriander, cinnamon, cardamom, bay leaves and chile pepper. "The mix has a warm, spicy flavor and nutritional benefits: Cumin aids digestion, chile pepper contains vitamin C and coriander may lower blood sugar, according to a 2011 study," says Waldeck.



ITALIAN SEASONING

This familiar spice blend adds a Mediterranean flair with basil, oregano, thyme and other herbs depending on the blend. Basil, oregano and thyme all have a strong antibacterial and anti-inflammatory effect.




PHILIPPE HADDAD

SMOKED PAPRIKA

The pepper used in smoked paprika is the same type used in Hungary to make regular paprika, but it's smoked over a fire before being ground into a spice. "You get tons of vitamin C in smoked paprika and a really meaty taste," she says. "It's like bacon without bacon."

GROUND GINGER

Along with adding a zing of extra flavor, ginger can also ease nausea, morning sickness, upset stomach and gas.



Blini, the baby pancakes that traditionally accompany this dish, are typically made with buckwheat. Chef Haddad uses cornmeal instead for added texture and flavor.

Chef's pairing suggestion:
Laurent-Perrin Champagne or
chilled vodka

Recipes by Philippe Haddad, Executive Chef/Partner, Cape Dutch

Salmon Gravlax with Blue Corn Blinis

Yield: 4 servings

Salmon Gravlax (recipe included)

Blue Corn Blinis (recipe included)

- 1/2 cup crème fraîche
- 1/3 cup plus 2 tablespoons salmon caviar
- 2 ounces caviar of your choice
- 1 bunch chives, finely chopped

At least 2 days before you're planning to serve this dish, prepare **Salmon Gravlax**. Shortly before serving time, prepare **Blue Corn Blinis**.

To serve, top each warm blini with 1/2 teaspoon crème fraîche, 1/2 teaspoon salmon caviar, 1/2 teaspoon caviar of your choice, and a pinch of chives. Serve immediately.

Salmon Gravlax

- 1 side (2–3 pounds) fresh Scottish salmon, skin on, pin bones removed
- 1 pound salt
- 1 pound sugar
- 3 ounces fennel seeds
- 2 lemons, juiced
- 1/2 cup cilantro
- 2 ounces olive oil
- 1/2 beet, juiced

For the Salmon Gravlax

In a medium bowl, thoroughly combine all spices for salmon rub. Turn salmon skin-side up and pierce skin all over so that rub can be better absorbed. Thoroughly smear fish with salmon rub on both sides. Place salmon in refrigerator to cure for 48 hours. After 24 hours, remove from refrigerator and further coat flesh with the natural syrups that have accumulated from the curing process. Return to refrigerator for another 24 hours. Once salmon has cured for at least 48 hours, rinse under cold water.

Blue Corn Blinis

- 1/2 cup blue cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 large egg, lightly beaten
- 1 cup milk
- vegetable or canola oil as needed for frying

For the Blue Corn Blinis

Heat oven to 250 degrees. In a medium stainless steel bowl, combine cornmeal, flour, baking soda, and salt, and stir well to mix. Add egg and milk, and mix until smooth.

Heat a heavy griddle or frying pan over medium heat until hot, then brush with oil. Using a spoon and working in small batches, drop tablespoons of batter into the pan. When bubbles form evenly on the top of the blini, turn (just once) and cook until golden. Transfer the first batch of cooked blini to a heatproof plate lined with paper towels and keep warm, covered, in the oven. Repeat with remaining batter.

Spinach and Arugula Salad with Brailed (Grilled) Oranges, Pistachios, Goat Cheese Sorbet, and Herb Buttermilk Dressing

Yield: 4 servings

- 2 ounces baby spinach leaves
- 2 ounces baby arugula
- 1/2 cup baby tomatoes
- 4 small scoops Goat Cheese Sorbet (recipe included)
- 1-2 oranges, outer rind cut off, lightly rubbed with olive oil and lightly grilled
- 1/4 cup very thinly shaved red onions, rinsed in cold water to remove strong onion smell
- Buttermilk Herb Dressing** (recipe included)
- salt and pepper to taste
- 2 ounces pistachios, crushed, for garnish
- lemon zest for garnish
- snipped chives for garnish

Wash spinach and arugula carefully in cold water. Prepare ice water bath and bring a small saucepot of salted water to a boil. Make a small incision on top of each tomato with a knife point and drop in hot water for 20 seconds. Remove tomatoes and drop in ice water to stop cooking process. Peel tomatoes. Remove Goat Cheese Sorbet from freezer to soften.

Remove orange segments from any pith with a knife. In a mixing bowl toss spinach, arugula, onions, and tomatoes with just enough Buttermilk Herb Dressing to lightly coat, and season with salt and pepper.

Divide salad among 4 plates, add 1 scoop sorbet to each, and disperse orange segments. Garnish with pistachios, lemon zest and chives and serve immediately.

Buttermilk Herb Dressing

- 1/2 cup buttermilk
- 1/3 cup mayonnaise
- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh thyme leaves
- 1 tablespoon chopped chives
- 1 small clove garlic, minced
- salt and white pepper to taste

For the Buttermilk Herb Dressing

In a bowl, whisk together buttermilk, mayonnaise, and olive oil vigorously until smooth. Whisk in vinegar, parsley, thyme, chives, and garlic. Season with salt and pepper to taste. Refrigerate any remaining dressing for future salads.



Goat Cheese Sorbet

- 2 cups whole milk, divided
- 1 tablespoon plus 1 teaspoon cornstarch
- 4 ounces (about 1/2 cup) Capriole chèvre (goat cheese)
- 1 1/2 ounces (3 tablespoons) cream cheese, room temperature
- 1/2 teaspoon kosher salt
- 2/3 cup sugar
- 3 tablespoons agave nectar (light variety, not amber)

For the Goat Cheese Sorbet

At least 1 day before you plan to serve the salad, combine 2 tablespoons milk with cornstarch in a small bowl to make a slurry. In another bowl, combine chèvre with cream cheese and salt. Bring remaining milk to a boil with sugar and agave nectar. Boil for 4 minutes, watching closely so it won't boil over. Whisk in cornstarch slurry

and bring liquid back to a simmer. Cook mixture for an additional 2 minutes to ensure that it has emulsified. Remove milk mixture from stove and pour it slowly into bowl with goat cheese mixture, whisking to combine. If bowl wobbles, place a damp towel under it for traction. Once all ingredients have incorporated, set bowl in an ice bath to cool. (To make ice bath, place ice and water in a mixing bowl that is larger than the bowl you are cooling.) Once mixture is at or below room temperature, refrigerate overnight.

The following day, or up to 2 days later, freeze mixture in an ice cream maker following manufacturer's directions until it is frothy and thick. Transfer sorbet to another container and freeze for at least 2 hours before serving. To make scooping easier when serving, let ice cream scoop stand in hot tap water for several minutes before and between scooping.

Waterzooi with Halibut

Yield: 4 to 6 servings

- 4 cups Fish Stock (recipe included)
- 3 tablespoons butter
- 4 medium leeks, trimmed, white and pale green parts only, julienned
- 2 carrots, peeled, trimmed, and julienned
- 1/2 celery root, peeled and julienned
- 2 shallots, peeled and minced
- 1/2 cup dry white wine
- 1 tablespoon fresh thyme leaves
- 1 bay leaf
- pinch saffron threads
- salt and freshly ground black pepper to taste
- 2 pounds boneless, skinless halibut, turbot, sole or long-line cod, cut into 1-inch cubes
- 4-6 prawn (optional)
- 4-6 cleaned mussels (optional)
- 1 1/2 cups whole milk or heavy cream
- 3 egg yolks
- chopped parsley, chervil, and/or chives for garnish

Prepare Fish Stock.

Melt butter in a medium pot over medium heat. Add leeks, carrots, celery root, and shallots and cook until slightly soft, 3 to 5 minutes. Add wine, stock, thyme, bay leaf, saffron, and salt and pepper. Cover, reduce heat to medium-low, and simmer until vegetables are soft, 10 to 15 minutes. Add fish, prawn and mussels if using and poach until cooked through, 6 to 8 minutes.

Whisk milk or cream and egg yolks together in a medium bowl. Gradually add 1 cup of hot broth from pot, whisking constantly, then stir hot milk mixture back into pot. Heat stew until hot, but do not allow to boil as it will curdle. Taste and adjust seasonings before serving.

Serve in deep, hot bowls or soup plates and garnish with a sprinkling of chopped parsley, chervil, and/or chives.

Fish Stock

- 5 ounces butter
- 1-2 medium onions, peeled and coarsely chopped
- 3-4 stalks celery, coarsely chopped
- bones and trimmings from any white fish (such as snapper, sole, halibut, etc.)
- 8 parsley stems
- 3 sprigs fresh thyme
- 1 bay leaf
- 1/2 lemon, peeled, seeded and chopped
- 1 teaspoon black peppercorns
- 1 teaspoon salt
- 10 ounces dry white wine



This cross between a soup and a stew is a traditional Belgian dish from the province of Flanders. It was originally made with a firm-fleshed white fish from the Lys and Scheldt rivers in and around the city of Ghent where Haddock was born. Nowadays many variations exist.

For the Fish Stock

In a large saucepan over medium heat melt butter and, with the lid on, sweat onions, celery, bones and trimmings, parsley, thyme, bay leaf, lemon, peppercorns, and salt. Once mixture is steaming add wine and a little water and bring to a boil for 20 minutes. Strain, return to stove and simmer for 15 minutes.

Mussels Mediterranean Style

Yield: 4 main course servings or 8 appetizer servings

- 4 pounds mussels*
- 4 ounces unsalted butter
- 2 stalks celery, split in length and diced small
- 1/4 cup minced shallots
- 1/3 cup diced tomatoes
- salt and white pepper to taste
- 1 cup white wine
- 2 tablespoons Sambuca or Pernod (whichever you prefer)
- 1/3 cup finely chopped basil and tarragon combined
- 1/3 cup finely chopped parsley
- additional chopped fresh herbs for garnish
- freshly ground black pepper to taste
- toasted or grilled crusty bread for serving

Open bag of mussels and place mussels in a colander. Using a medium bristle brush, scrub each mussel individually, making sure to clean well. Remove beard from mussel by pulling on it

backwards towards the end where the mussel is attached. After cleaning mussels, do not keep them in water but under ice in a perforated pan or on wet towels.

In a medium stockpot melt butter, add vegetables, and sweat until lightly translucent. Then add mussels, cover and cook for 5 to 6 minutes, shaking the pot well with the lid on (Chef Haddad places towels over the lid). Add salt and pepper to taste. Add white wine, Sambuca or Pernod, and herbs. Shake mussels thoroughly to distribute herbs. Cook a few minutes longer until all mussels are open. Discard any unopened mussels. Keep hot until ready to serve.

To serve, place mussels and their juices in deep individual pasta bowls; sprinkle with fresh herbs and freshly ground pepper. Serve an extra bowl for shells and bread for dipping into sauce. Even better, serve with a huge pile of pommes frites for a traditional Belgian meal.



**Mediterranean Mussels from the upper northwest coast are large and very plump, hence the favorite of Chef Haddad, nicknamed the "King of Mussels," when making his "Mussels from Brussels." If you use Prince Edward Island or Icy Blue mussels, which are both smaller, you will need about 32 pieces per person for an entrée serving.*



Chef's pairing suggestion:
Palmier Jayson Chardonnay



Chef's pairing suggestion:
Fable Mountain Night Sky

Family and Friends Lamb Roast

Yield: 6 servings

- 1/4 cup extra virgin olive oil
- 8 cloves garlic, peeled for fewer if you prefer less garlic, divided
- 2 sprigs mint
- 2 tablespoons fresh lemon juice
- 1 teaspoon finely grated lemon zest
- 1/2 teaspoon chopped sage
- 2 sprigs rosemary, leaves removed and chopped
- 1 tablespoon Dijon-style mustard
- 1 5-pound bone-in or 3-pound boneless lamb leg
- salt and cracked black pepper to taste

In a blender, purée oil, 3 cloves garlic, mint, lemon juice and zest, sage, rosemary, and mustard.

In a baking dish, pour marinade over lamb, make small incisions with tip of a knife and plug a garlic clove into each. Refrigerate for at least 3 hours. Remove from refrigerator 1 hour before cooking. Heat grill to medium. Heat oven to 375 degrees. Scrape off marinade and season lamb with salt and pepper. Grill over moderate heat for 15 minutes, turning once. Remove to roasting pan and cook in oven for 1 hour 30 minutes or until lamb has reached an internal temperature of 125 degrees for medium rare. Let lamb rest for 15 minutes, turning upside down a couple of times to evenly distribute juices. (Letting meat rest after cooking is a very important procedure.) Slice lamb against the grain and serve.

CAPE DUTCH

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