



Dining Local and Current in Nelson County, Virginia

In this month's cover story about Nelson County and its Red, White, and Brew Trail, I mentioned the common threads found throughout most of the wineries and breweries. Concepts such as using locally grown ingredients and keeping abreast of culinary trends also extend to many of the county's restaurants.

"I like to take the kitchen staff out to meet the local farmers," said Devils Backbone Brewing Company Chef Shaw Goodwin. "Twenty to 25 percent of our foods are local." Although he looks to Nelson County's traditional farmers for his produce, Goodwin's culinary style — an infusion of Southwestern and local dishes — is strictly contemporary. His Chipotle-Orange Glazed Salmon is a good example.

Chipotle-Orange Glazed Salmon

- 2 pounds Atlantic salmon
 - 2 pounds local Savoy spinach
 - 1 pound fingerling potatoes
 - 8 ounces orange marmalade
 - 2 chipotle peppers
 - 1/4 cup orange juice
 - 1/4 cup chopped herbs
 - 1/4 cup olive oil
 - Sea salt and black pepper to taste
- Start by going to your local fish monger, and pur-

chase two pounds of fresh Atlantic salmon. To save some time, have your fish monger skin and portion salmon for four. Next, stop at a local farm market for two pounds of large Savoy spinach. Go home, open a cold pale ale, and get that grill going.

While you wait for your coals to get to that perfect temperature, put chipotle peppers in a food processor, spin until minced, add marmalade and orange juice, mix well, and set aside for later. Cut fingerlings in quarters lengthwise, put in a bowl, and drizzle with olive oil, season with sea salt and pepper, and roast in oven for 15 minutes or until tender. Chop fresh herbs. Tarragon, parsley, and cilantro are a nice mix for this dish. Reserve for later.

Pull large stems from spinach, drizzle with olive oil, season with sea salt and pepper. Put all spinach on grill at the same time. Leave for 30 seconds, and then scoop as much as you can together and turn over. You are going to lose some through the grates and burn some. Take spinach off grill and keep warm in oven.

Lightly oil salmon and season with sea salt and pepper; then place on hottest spot on grill. You want the show side down and skin side up. Turn fish over once to get nice grill marks. Move fish to colder outer portion of grill, add glaze, and cover until salmon is medium rare. Place fingerlings on plate, season with fresh herbs first, then spinach, and finally salmon. Now sit back with your friends and enjoy with a cold witbier, pale ale, or kolsch. Salute!

Chef Richard Boyd at the Java Depot follows a similar local and contemporary course. Focused on breakfasts, lunches, and light fare, the Java Depot's quaint exterior and homey, open interior are the result of a clever remodeling of the old Arrington train depot, built in 1870, and the last remaining Nelson County station on the Southern Railroad line. His menu is compact and carries the essentials, but everything is created fresh, from scratch, daily. Boyd

smokes all of his turkeys, briskets, pork loins, and chickens on the depot's back porch. All his baked goods come from local bakers. His Butternut Shrimp Bisque is indicative of his attention to detail and the daily specials that augment the Depot's menu.

Reed Hellman is a professional writer living in Alberton, Maryland. Visit his website at www.reedhellmanwordsmith.com, or e-mail your questions and comments to RHWay2Go@yahoo.com.

FOR MORE INFO

Devils Backbone Brewing Company: 434-361-1001, www.dbbrewingcompany.com
Java Depot: 434-361-2324, www.thejavadepot.com



IN STYLE with Wendy Hellman

Think Spring

For those who have the winter blahs, here's my prescription. I'll try to lift your mood with information from two boutique owners who describe what's coming.

Tiger Lili, a shop owned by former beauty queen Lili Kohr, carries clothing which makes you feel good. Her stores have several locations, including one in Rehoboth, Delaware. She carries designer and non-designer items made of high-quality fabrics for business and casual wear. Lily gets very excited about her clothing purchases for her stores.

"I buy whatever intrigues me. If I can wear it, even better," she gushes. "There was this trench coat with bubble hems [at a recent show], very French looking. And, oh, the shoes," she goes on. "There are ones with stones and some with pearls."

What she saw for spring she summarized in a few words: a lot of color, much denim, Khaki.

CraZy LadyZ in Chincoteague, Virginia, and West Ocean City, Maryland, was purchased by Jan Hohman and her partner Louise Reardon five years ago. Hohman is a shopper who much prefers a boutique to a mall.

"The store was originally called CraZy Lady but we added another 'Z' to Lady and changed the name to read CraZy LadyZ! The 'Zs' makes it plural because, in reality, there is a little bit of crazy in all of us," Hohman enthusiastically says.

Hohman's predicts that "this year many of the colors are muted or softer in tone — earth tones are 'in' for this spring . . . colors like 'flax' and 'mushroom.' Don't you love the names!

"Polka Dots are in and will be in our store . . . from jackets to handbags to tops." But Jan also reminds us that because they are in sea resort towns there will be oodles of bright, solid colors.

"Our boutique is an eclectic mix of fine, fun, casual clothing, handbags, and accessories for all occasions. In addition to a wide selection of costume jewelry, we carry many one-of-a-kinds from specialty artists around the country."

Feeling better?

FOR MORE INFO

Tiger Lili: www.tigerlilionline.com
CraZy LadyZ: www.chincoteagueislandvacations.com

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