

FOOD & *Spirits*

Volume 1 / Issue 2 \$4.95

The Omaha Metro's Only Guide for Food, Dining, Spirits and Wine.

MAGAZINE | OMAHA EDITION

7 Monkeys Reviewed

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Culinary
Federation
Newsletter Inside**



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- Local food and entertaining by someone who knows.
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7 Monkeys Reviewed

They've been here for over a year but no one has reviewed 7 Monkeys yet. Our second round table review includes Sarah Benck, Steve Villamonte, David Ahlquist, Matt Whipkey and Derek from gastronomicfightclub.com. Find out what everybody had to say and how 7 Monkeys fared.



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Restaurants, Bars, Lounges, Hotels & Specialty Shops Listing

Our listing of restaurants, bars, lounges and speciality shops in the Omaha metro area has been revamped and is more comprehensive than ever. Find your favorite place to eat, drink or stay from over 1,000 different locations.



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LETTER FROM THE PUBLISHER

I'm proud to present the second issue of Food & Spirits Magazine. Although it was only a little over three months ago that we premiered our first issue, so much has happened in that time. We've made adjustments and changes, some minor, some not, some sections were added, some deleted, and some just cleaned up - but all of it was done to better accommodate you, our readers and supporters, and

create the publication you want to see.

The listing guide, while certainly comprehensive last issue, also needed updating in a fairly significant way and hours upon hours have been poured into it to do so. While updating the listing guide, we also wanted to refine the design of that section as well. We've added smaller, localized maps along with a better mapping feature that should make it easier to find the particular establishment. As well, over 300 places have been added which brings the listing section to well over 1000 restaurants, bars, lounges, specialty shops, and clubs throughout the Omaha metro area.

Our editorial content also saw some changes in various ways. The 'Expert's Panel' was a hit so we added more of Omaha's fine food and beverage experts into the fold. They in turn helped us create content that responded to what our readers wanted to see - more lists, more recipes, shorter articles that could be understood by the amateur and gourmand alike, and a few other surprises we think you'll enjoy as well.

Finally, we left some things the same. The format for the restaurant review was a hit with everyone and, while we will still continue to do just one review per issue, we will also continue to dedicate the same amount of coverage and space to the review so that you can truly get a feel for the restaurant. As well, the photography was certainly a key component in the last issue and while maintaining our standards for quality, we also wanted to shoot more photos on location to try and capture the complete experience.

The incredibly positive reaction to the first issue was more than we could have hoped for and we've created what we certainly feel like answers the call, from everyone that commented on the first issue, to maintain the production and editorial standards of a national quality magazine. The quality of our magazine has been a defining theme from everyone who has talked to us and that has been rewarding. We wanted to do it, but more than that, you wanted to see it.

I hope we got it right, but more than that, you should know we're trying to get it right. We want this publication to represent the incredibly dynamic industry that the food and spirits scene is in Omaha through our readers and the incredible bars, restaurants and lounges that this city has to offer. So, if you see something you like, let us know - and if you see something you don't like, let us know that too. Either way, we're listening.

FOOD & Spirits
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thursday,
february 7

ConAgra Foods
presents
*cooking up life lessons
with celebrity chef*

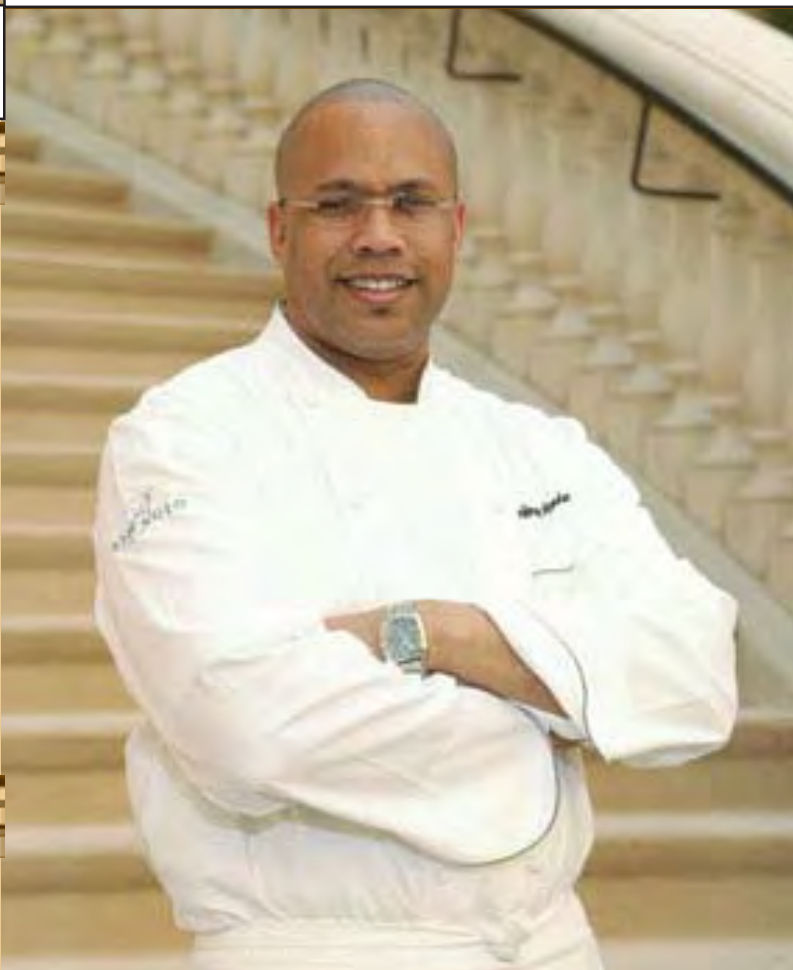
jeff henderson

Holiday Inn Central

5:30 - 9pm
Cooking Demo
Dinner
Silent Auction

\$125 per person
To Benefit The Food Bank

For tickets call 402-331-1213



THE FOOD BANK

LETTERS TO THE EDITOR

From Alison F. :

Thank you for publishing Food & Spirits. I have been looking for a comprehensive guide like this for a while and love it!! Informative, sophisticated, and a dynamic presentation.

My cousin is getting married in a few weeks and is providing her out of town guests with a welcome to Omaha bag. I would love to include this in it. Her soon to be mother-in-law used to work for a food and wine magazine in Minneapolis and I believe would appreciate having this available to the guests. Would it be possible for me to have 40 copies? If so, where could I pick them up?

Thanks again for putting this together. I commend you on a beautiful premier issue.

From Steve R. :

A few days ago I stumbled across Food & Spirits at Aroma's coffee house. I've spent some time with it and must commend your efforts to do an upscale salute to Omaha's

food and drinking establishments.

The look is engaging with nice photography and the writing is good. I was a little confused by the graphic complexity of the review of Espana but appreciated the honest, open commentary.

Speaking of graphics (my own field of work), I can't look past a few problems which I'm sure are being addressed. First off -- typos! Your staff shouldn't overlook the power of spellcheck. "Resturaunts" is wrongly shown in all the headings starting on page 52. And the large map graphics take up a lot of room while not being particularly useful to anyone without much patience and a magnifying glass. I was amazed with their detail, however.

The "massive listing" of establishments as your cover states, is certain to be difficult to keep current. But with a number of places being closed for so long (i.e. Cafe de Paris), it's odd they were included. Moreover, does just listing a name and phone for

an establishment do enough to enlighten the reader? Why not the street address, too, as there is room? And maybe one line describing the food? Yes, that would be a complex and large undertaking but, again, more useful for the reader than just the name of some restaurant called Faro's (oops, they're gone, too).

Sorry for the critical and unsolicited commentary, but it is out of concern as I do think the magazine has a valid place among Omaha's publishing community.

From Gail :

Hello. Saw the premiere magazine in my dental office this morning. Where/how might I obtain a copy?

If you'd like to write the publisher he can be reached at
eriktotten@foodandspiritsmagazine.com

HOW WE DID IT

THE DESIGN

With every line pushed and every curve bent, we used our great and powerful Apple computers to be the digital horses that drove all the pixels to freedom. By raising a fist to RGB and praising CMYK, every image was brought to sweet and glorious justice before our eyes. We made the evil Garamond and its 1/4" gutter leave the village and voted Baskerville the new sheriff along with Futura, the deputy which helped the village become clearer and even more legible. We were able to ride off into the sunset knowing we'd see them all again at the Issue Three Roundup.

Thanks to Jake's for all the great service whilst dealing with us and our weekly "magazine meetings" (a.k.a. reason to visit a great bar).

Simply Tandem
Christopher Kollars
Matthew Goddard

THE PHOTOS

Lights, camera, act... Umm... lights? Lights please. O.K. we'll make do. Action! Photographing food on location isn't trivial. Restaurants are dark. Backgrounds are limited. And, while the great chefs in Omaha do a fine job of presenting a pleasant feast for the eyes, hungry diners don't generally look past the pleasing arrangement and colors. Food isn't meant to look good indefinitely and the Canon 40d's 10.1 million effective pixels find every errant detail. The smaller APS-C sensor of the canon creates more difficulties shooting on location with limited space. The Canon EF-S 17-55 lens, however, is wide enough to get close to the subject and provide a sharp, colorful image. Some innovative bounce flash using whatever reflective surface may be at hand (why do all these restaurants have high, dark, ceilings?) provides adequate light to shoot with.

David Ahlquist

THE PUBLISHING

Along with design and photography, the actual publishing of Food & Spirits Magazine encompasses nearly everything else as well – the writing, printing, sales, distribution and anything else that presents itself along the way – all fall under publishing, which makes for a very rocky road indeed. While also arranging for top-notch writers and photographers (including doing our own writing and photography) to cover all the various aspects of editorial content, our actual printers also have to be arranged and accommodated for. All along the way the juggernaut called sales rears its ugly head and, finally, it's distribution that is the final force to be reckoned with.

Throughout it all, the need for strong team of talented individuals becomes critical, and it's in this area most of all that Food & Spirits has certainly been fortunate.

Erik and Steph Totten

EXPERT'S PANEL

Meet the fully qualified panel of industry experts who have devoted their palates to this issue



DR. JOHN FISCHER

Dr. John Fischer is a member and two-time president of the Omaha Branch of the International Wine & Food Society, past director of the Nebraska chapter of LADV, and the founding member of the Council Bluffs Branch of the International Wine & Food Society. He teaches a course on matching wine with food at the Institute for the Culinary Arts in Omaha and is the author of the books, "The Evaluation of Wine – A Comprehensive Guide to the Art of Wine Tasting" and "Wine and Food – 101."



JUDY GILLIARD

Having grown up in the restaurant business in Ventura, CA, Judy Gilliard pursued her love of the hospitality business and obtained a degree in Hotel Restaurant Management and received her teaching credentials in food and food technology. Judy has authored ten cookbooks, including: Fast and Fabulous, Today's Gourmet; Fast and Fabulous, Flavor Secrets; and Fast and Fabulous, Quick Cuisine. She is a member of the International Association of Culinary Professionals, American Culinary Federation, American Women in Radio and Television, and The American Institute of Wine and Food -- which keeps her in tune with the latest happenings in the food world. She moved to Omaha, NE, from New York City to join News Radio 1110 KFAB as the food talk show host. Since arriving in Omaha, Judy has become actively involved in Omaha's emerging food culture. She teaches regular cooking classes for the home chef, is a TV host for Metro Culinary Show, Cook Omaha on Fox42 and a nationally syndicated show "Around Americas Table" what she enjoys most... debating the use of kitchen gadgets with Chef Brian O'Malley.



BRIAN O'MALLEY

Brian O'Malley is a chef instructor at Metropolitan Community College's Institute for the Culinary Arts. A graduate from New England Culinary Institute and a member of the American Culinary Federation, O'Malley worked as the chef/owner of Spread. He was a manager/instructor at the New England Culinary Institute, head chef at Vanilia in Santorini, Greece, and BackNine Grille, assistant food and beverage manager at the Champion's Club and opening chef at BOJO. Brian O'Malley can usually be found in MCC's kitchens, teaching, creating works of culinary genius or debating the perils of out of season tomatoes.



ANN SUMMERS

Ann Summers is a writer, amateur naturalist, mother, and cook. She is the author of two children's nature books and a new book on healthy lunch tips and nutrition called Healthy Lunch, Healthy Mind. She believes that fresh local food is the best present we can give ourselves and our children.



RON SAMUELSON

Ron Samuelson has co-owned M's Pub for over twenty years with business partner Ann Mellen. They also own Vivace, which will soon celebrate fifteen years of operation in the Old Market. Ron's thirty three year restaurant career has spanned from Dallas and Denver to Omaha, with stints in the kitchen as well as front of house management for both corporate and locally owned concepts. He has served as President of the Omaha Restaurant Association, is a recent inductee to the Omaha Hospitality Hall of Fame, and is currently serving a five year term on the board of the Downtown Business Improvement District.



JEREMY HUNTER

Jeremy Hunter has lived off and on in Nebraska for 18 years. He has been in the industry for nearly 20 years. His experience as a food service warrior spans from starting out as a dishwasher to owning his own pizza restaurant. He has been a part of every aspect of the industry, but loves being a server and bartender above all. When he is not behind the bar or helping customers, he can be found with a nice microbrew and a glass of Grand Marnier.



JOHN LARKIN

John Larkin is co-owner of Jake's Cigars & Spirits in both Omaha and Lincoln. He's been smoking and selling cigars for close to 10 years having begun his career as a tobacconist right out of high school in Salt Lake City. John moved to Lincoln in 2002 to run Jake's for longtime friend Alex Roskelley. After serving a tour in Iraq with the Army Reserve he came home and bought into the original Jake's in downtown Lincoln. In August 2006 John and Alex opened a new shop in downtown Benson where he now resides with his fiancé. John spends most of his time smoking cigars while questing after the best beers, bourbons, and wines he can get his hands on.



BRENT UDRON

Brent Udrón has written beer articles for Omaha City Weekly and Heartland Healing Magazine. He has sampled thousands of beers from around the world and is passionate about the growth of the craft beer industry in Omaha. He is currently the "beer specialist" for Beertopia. When Brent isn't writing about beer or selling it, he sure the hell is drinking it.



MONIQUE HUSTON

Monique Huston is the General Manager of the Dundee Dell, boasting control over the largest spirits selection in the western hemisphere. She hosts liquor, beer and wine tastings for the public and travels all over talking single malt scotch. Love your bodies... here's to looking up your kilt.

COMINGS & GOINGS

Upcoming food, wine, and spirits related area events

Cascio's

Despite reports to the contrary, Cascio's, located at 1620 South 10th St., is indeed open and still serving some of the best steaks to be found in the Omaha Metro. Practically an Omaha landmark after over 60 years in the city, Cascio's is one of the last remaining great, old-school steakhouses left.

Dixie Quicks

Dixie Quicks, at 1915 Leavenworth, has expanded to include an art gallery. Hours are from 11-2 and 5-9 Tuesday through Friday and 9-2 for Saturday and Sunday brunch. As always, you should call before you go as they do still schedule banquets and parties throughout the year, 346-3549.

Jobber's Canyon

Jobber's Canyon has scaled things back and is now focusing exclusively on banquets, events and catering. There's a new catering menu for 2008 as well as some more changes planned for the space.

Sage Student Bistro

Operated by the Institute for the Culinary Arts at Metropolitan Community College, the Sage Student Bistro is now offering a Sunday brunch. January 6th is the first brunch of the winter quarter and features prime rib, smoked salmon and some of the most delectable pastries you'll find. At \$15, it's one of the best deals around. Call 457-2328 for reservations. The students at Sage will also be serving their annual Valentine's Day Dinner on February 14th. Check it out or make reservations online at www.mccneb.edu/bistro

Hartland BBQ

The latest BBQ joint to appear in Omaha is Hartland BBQ in Benson (5402 Northwest Radial). Specializing in brisket, ribs and chicken along with some excellent sides, including creamy cucumbers and baked beans, it's worth

checking out – and during lunch the \$5 special is a great deal.

Mia's Bongo Room

Mia's Bongo Room recently opened, serving their style of South American cuisine. The menu is very vegetarian and vegan friendly but, if meat is your deal, try the teriyaki pork tenderloin sandwich. The pulled pork sandwich topped with coleslaw makes one of Food & Spirits' top sandwiches in Omaha.

M's Pub

M's has recently revamped their menu. Gone is the whiskey steak, as well as a few other items. In their place are black bean cakes, various satays and, of course, their mainstays, which include the lahvosh and baked appetizers.

Food Bank

February 7th the Omaha Food Bank will hold its Celebrity Chef Fundraiser featuring Chef Jeff Henderson. The event will take place at the Holiday Inn Convention Center and you can get tickets for breakfast, dinner or both, by contacting the Omaha Food Bank at 331-1213. A silent auction, book signing, cooking demo and dinner are planned.

Beertopia

Beertopia will hold its second annual Extreme Beer Fest on February 23rd. Call 905-2603 for more information. They will also hold a Bock Festival March 8th.

Easter Seals Nebraska's Wine Event

The Nebraska Easter Seals will be holding a wine event at the Qwest Center on Saturday, February 9th beginning at 5 p.m. Proceeds will help fund the Easter Seals Nebraska's programs and services for individuals with disabilities throughout the state. The event will feature some of the country's most prestigious and knowledgeable vintners and their wines at a five-course dinner along with a silent auction. Call 1-800-650-9880 for

ticket information.

Fleming Prime Steakhouse & Wine Bar

Flemings has introduced its own wine label called 46 Diamonds. The wine is aged for 26 months and consists of 70 percent Cabernet Sauvignon, 17 percent Merlot, 5 percent Cabernet Franc, 5 percent Malbec and 3 percent Petit Verdot. It can be found at the Omaha Flemings for \$85.00.

Bones, Brew and BBQ

Chef Glen Wheeler, also with the Liberty Tavern, has opened Bones, Brew and BBQ at 8045 South 83rd Street. Their website says they 'feature the best burgers in town' so it certainly sounds like it's worth a try. The rest of their menu includes the normal BBQ fair backed with an ample amount of side dishes.

Omaha Press Club

In April The Omaha Press Club will be moving to the Joslyn Castle while their location undergoes major renovations. They will move back to their original location on September 1.

Stella's

Stella's, a Bellevue burger tradition that goes back 72 years, has recently reopened as Stella's Bar & Grill. Located at 106 South Galvin Road, new owner Stephanie Francois says Stella's will continue the traditions that made it a landmark, including some of the best burgers in town.

International Wine & Food Society

Council Bluffs Chapter

The Council Bluffs Branch of the International Wine and Food Society has initiated a dinner and wine pairing competition between the culinary programs at Metropolitan Community College (Institute for the Culinary Arts) in Omaha and Iowa Western Community College. The competition will be evaluated by members of the Council Bluffs Branch, and will be judged on presentation, creativity, wine-food pairing, food quality, and service. The event is not open to the public.

American Wine Society

The Omaha Chapter of The American Wine Society will be holding a vertical tasting January 20th. Featured wines will include the 1992 - 1998 vintages of Marietta Cellar Angeli Cuvée, along with the 2003 vintage. Tickets are around \$20 and can be had by calling 502-5794 or going to their website at www.omahaaws.org.

Whole Foods

Enjoy samples of artisan cheeses and other specialty items along with terrific wine January 25th at Whole Foods' Wine & Cheese free open house. Or, get a glass of their featured wine for \$1.99 and enjoy it at the bar or while you shop. Ask their specialists all of your wine questions during this informal open house event. Buy six bottles of wine and you'll get a 10% discount.

Soaring Wings

On February 16 a special Valentine's Day dinner, 'Wine, Roses and Chocolate,' will be held for \$65 per couple and includes choice of a select bottle of wine. For ticket information call 253-2479.

Dario's Brasserie

Dario's has updated their menu to accommodate the winter season. While some of the previous menu's hallmarks remain, Duck Shepherd's Pie and a grilled lamb steak have also made an appearance. Nightly specials, including lobster and pheasant, as well as a new crepe, are also available.

The Boiler Room

New culinary Braintrust between Chef Paul Kulick and Mercer Management is shooting for a March opening. The chalkboard menu will be driven by local ingredients and change daily. Look for developments at 1110 Jones. Open for dinner.

Local Food Symposium

The Nebraska Sustainable Agriculture Society and the University of Nebraska-Extension are hosting the annual Rural Advantage Conference at Metropolitan Community College February 1st and 2nd. All those interested in sustainable foods should attend the two day conference which includes a wide variety of seminars:

from integrated pest management to how to cut up a chicken. Meals will be prepared from local sustainable foodstuffs by the students at the Institute for the Culinary Arts. Call 274-4755 for ticket information.

Art and Soup

On Sunday February 17th, the Visiting Nurse Association's 11th annual Art & Soup event will be held. The finest soups are created for this event along with every type of art imaginable for you to buy. This year a few new events are planned including a Patron Party event featuring a light three-soup meal prepared by Sage Student Bistro at the Institute for the Culinary Arts, early entrance to Art & Soup and to buy-it-now on the silent auction and an opportunity to meet artists one-on-one and purchase original artwork. To purchase tickets call 930-4021.

1st Annual Temple Israel Chicken Soup and Challah Cook-Off

On Sunday March 9th more than 15 Professional chefs and talented amateurs will compete for prizes and bragging rights in all varieties of chicken soup – matzo ball, noodle, kreplach, even curry. Expert challah bakers will also put their braided loaves to the test. A \$5 entry fee gets you in and includes plenty of soup, challah and drink. Proceeds for the event go to the Omaha Food Bank and the 2008 Israel Trip Fund. Open to the public; all are welcome to attend. Contact Rosie Zweiback at 556-6536 for more information.

Le Voltaire

Saturday January 26Th 12:30pm

Wine Tasting and Wine sale from OverstockWineOnline.com and Le Voltaire.

Come and have lunch with us (\$15+ tax). Taste wines, buy some and/or open them with your lunch with no corkage fee. It will be a fun event!

Wednesday February 13Th

Saint Valentines VIP

One seating (arrival between 6:30pm and 7pm)

Susie Thorne Concert

Set menu \$180 per couple (tip, tax and wine included)

Thursday February 14Th

Saint Valentines

Two seatings, One set menu (\$150 per person, include tip + Tax + gratuity)

5:30pm-6pm to 8pm

8:30pm-9pm to close.

Thursday March 6Th

OTBN (Open That Bottle night) Fun concept where Le Voltaire will waive the corking fee during this night. The only difference is that we will do this event on a Thursday night and not a Saturday.

Thursday March 27Th

French Wine Tasting (\$70 per person + tax + tip)

Five courses, five wines. Menu TBA

Openings

Old Mattress Factory, Nebraska Brewing Company, Gusto Cuban Café, Mia's Bongo Room, Hartland Bar-b-que, Beer & Loathing, Old Market Tavern, Jets, Patrick's Market, Chicago Dawg House, Bones, Brew and BBQ

Closings

Caribou Coffee, Scarlet & Cream, The Letter Club, China One, Atomic Dog, Aunt Emma's, Darwin's Bistro, Planet Sub, Back to Guangzhao (one of the few dim sum places in town), Tin Star, Mister C's, Boston's Pizza

Food & Spirits Magazine

Food & Spirits will hold its Quarterly Industry Garde Manager Brunch at Metropolitan Community College's Institute for the Culinary Arts on February 3rd. The event is open to any owner or manager in the food and spirits industry. The event is free but seating is limited and available on first come basis. Contact Food & Spirits for more information.

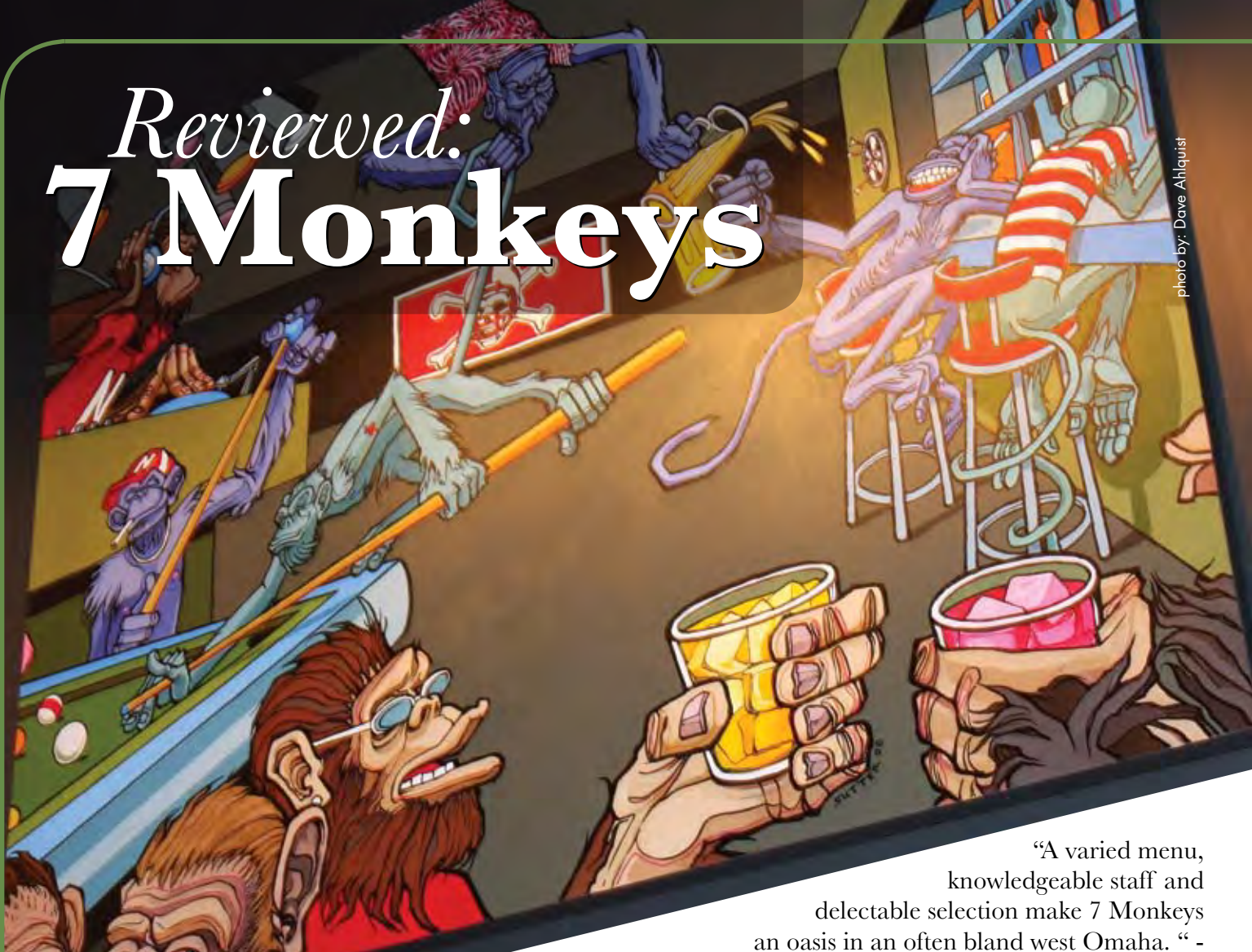
**To have your listings, events
or activities in Food & Spirits
Comings & Goings section
contact**

eriktotten@foodandspiritsmagazine.com
or

Call 402-660-9867

Reviewed: 7 Monkeys

photo by: Dave Ahlquist



“A varied menu, knowledgeable staff and delectable selection make 7 Monkeys an oasis in an often bland west Omaha.” - Matt Whipkey

For Food & Spirits Magazine’s second review we ventured out west to check out 7 Monkeys located at 15805 West Maple Road. 7 Monkeys, started by Lincoln natives David McBride, Kent Forke and Bret Schnittgrund, has been open for just over a year and seems to be one of those places that we hear a decent amount about, but have a hard time getting all that way out there to actually try it. Following a recommendation we went and had a look and, from just walking in, the atmosphere and décor were great, the place was packed (although most seemed to be drinking rather than eating), and the menu had some interesting items on it, so we decided give it a try.

We followed the same format for the review as last issue; Rather than just one reviewer, we sent five different people, representing different levels of the culinary food chain (and just downright interesting people), to give us their take in a round-table sort of discussion. We did this because, while we also wanted the high-end and very-knowledgeable food consumer to be represented, we wanted the more average or general eater to have a place at the table, and in an atmosphere that was close to the same way we all go out to eat with friends and family. Our hope is that the different perspectives provide a more-rounded review of the experience while also giving you, the reader, a chance to see what someone who might be similar in their tastes said about the meal.

We notified the restaurant what night would be coming and allowed the restaurant to order the entire meal for the table.

Scores were given in various categories on a scale of one to five (with five being the highest). The diners were also asked to identify their favorite (and least favorite) dishes and to tell us a little about themselves and where they are coming from with food. With that, here are your reviewers...

David Ahlquist: David Ahlquist has lived in the East, South and West in between stints in his native Omaha. He imagines himself a man of many talents and interests, but currently spends his time working as a computer programmer and watching television. Dining out, he tends towards the familiar – a filet, shrimp or the unadorned sandwich (meat, cheese and bread please.) His favorite food is the Philly cheesesteak from Doc’s in Atlanta. David’s brief vegetarian experiment ended when he realized there wasn’t a very exciting menu for someone who dislikes tomatoes, mushrooms and squashes. Soups, frozen entrees, Almond butter and fruit spread on toast make up the bulk of his diet. He occasionally envisions a lifestyle change involving healthier eating with fresh foods prepared in interesting fashions. These daydreams inevitably end with the spoiled food from his impulsive grocery shopping spree in the garbage and an ever increasing collection of exotic, unopened condiments and spices in the cupboard.

Sarah Benck: Sarah Benck is 23 years old, and was born and raised in Omaha NE. She is a songwriter/ musician, and currently plays in Sarah Benck and the Robbers. Growing up, her annual birthday dinner was her Mom's Swedish meatballs. One of her best dishes to prepare is a spicy spaghetti sauce, with veggies and spicy turkey sausage, stuffed red peppers, and homemade wheat bread. Like sounds in music, there are limitless combinations of flavors to cook with, and she enjoys the creative process. When her music takes her to other cities, her budget is usually minimal, and the diet consists mainly of gas station snacks or fast food (two of her least favorite things). Her recent favorite is in Sheboygan WI, at Jalisco's. She had the Avocado burrito, stuffed with fresh ingredients and sealed with toasted perfection. Her local favorites are Brother Sebastians, Jaipur, and El Aguila.

Steve Villamonte, B.S. C.E.C.: Steve is the Executive Chef/ Owner of Villamonte's Cuisine, a fine dining caterer. Steve contracts with the Omaha Press Club, where he serves as the Executive Director, and he has been a CEC, or Certified Executive Chef, recognized by the American Culinary Federation since 1984. Steve also has an Associate of Arts and Bachelor of Arts and Science. He has spent most of his career in country club kitchens throughout the Midwest. As a young boy, after a day of swimming at the Happy Hollow pool he would be assigned to a cook/ baby sitter who would keep him busy until his father was ready to leave at the end of the evening. "I remember making Thunderbird salads on a step stool when I was just five."

Derek (aka Sneks@GastronomicFightClub.com): Derek was a picky eater as a kid. Oddly, he always liked to cook and fancied himself a chef, but his list of acceptable ingredients was fairly short. Meeting the woman he would marry, and moving to California changed all of that. His wife was a budding foodie when he met her and they explored the nooks and crannies of the food world together. Doing so forced him to learn to appreciate all tastes and textures regardless of his initial impression. He's gone from a person who dislikes fish so much he wouldn't even eat a fish stick to a person who thinks there is no better way to eat fish than a gleaming plate of sashimi. Because food for Derek is about experiencing new things, he's been drawn primarily to fine dining and regional cuisines. Both have great potential for challenging him with dishes he never would have conceived on his own. As for that kid who aspired to be a chef, he's contentedly abandoned that dream. He still cooks occasionally, though not nearly as often as he'd like - but when he does cook, he cooks with reckless abandon.

Matt Whipkey: One of the simplest and sweetest pleasures in Matt's life has been a good meal. Over the last decade, careers in politics and music have led him down many an interesting culinary path. Whether dining on a perfected catfish on tour in the Deep South or a gourmet Cornish game hen at a political fundraiser, his appetite and work seem to coincide. Along with his chosen artistic career path comes unstable and sometimes nonexistent income, easily making food choice limited. While he can say wholeheartedly the gourmet Cajun of Denver's Gumbo's is his favorite meal of recent memory, in equal measure \$2.25 at 2:30 AM goes a long way at Burger King. Bon Appetite!

1 Thai Eggrolls with daikon radish salad - \$7.99

These eggrolls were pretty and colorful, featuring a textural and bright salad in the middle of the dish and a tart and yummy Thai dipping sauce.

Combined Average Presentation Score: 4

Combined Average Flavor Score: 3.375

Combined Average Score: 3.56

SELECTED COMMENTS

Sarah: The cucumbers in the salad were soft but not soggy and still had a lot of crunch. I like the combination of the bite in the radish "sprouts" with the vinaigrette and sesame seed. The eggrolls themselves were good and the filling was delicious. The shells were crunchy. I would have liked more filling in the shell.

Derek: Slightly greasy shell, but good flavor overall. Always love the Thai dragon sauce, sweet and hot. The daikon are like half pickles. Good, but needs more wasabi in the sauce. I'm not sure what type of meat it contained.

Matt: At first taste, it was somewhat bland. Not mind blowing, but comfortably pleasing. Could stand a stronger flavor. The salad that accompanies the rolls is amazing. I would order that by itself.

Steve: Presentation was good, but I am not a fan of colored plates, I really think they detract from the natural food colors and presentation. I thought the accompanied daikon radish salad had a great flavor, but the sweet Thai was a little too spicy for me. Maybe too much cayenne.

Dave: Tasty and sweet with the red sauce provided. I liked the texture, crunchy with soft stuff in the middle. Also good rubbed across the wasabi mayonnaise dribbled across.

2 Bacon wrapped scallops with black beans, avocado sauce and onion crunch - \$12.99

The scallops were everyone's favorite, and with good reason. They were big, tender and cooked perfectly.

Combined Average Presentation Score: 4.375

Combined Average Flavor Score: 4.5

Combined Average Score: 4.5

SELECTED COMMENTS


Sarah: Avocado sauce was a bit spicy, but very good and flavorful. The scallops and bacon are cooked to perfection. I enjoyed the presentation as well. The very edges of the bacon were crunchy which gave it a complex textural experience.

Derek: Very well cooked scallops. It's great to see diver scallops in Omaha, especially such large ones. The slight spiciness almost overpowers the scallop. (pepper?) Scallop almost plays a supporting role.

Matt: The smoky aroma was very inviting. The scallops and bacon were very complimentary. The visually stimulating black beans sent this dish out of the stratosphere. The evening's victor.

Steve: Bacon was cooked just done. Scallops were al dente - perfect! Presentation was very good. Nice amount of heat with the ground cayenne.

Dave: Really spicy salad dressing on the greens. First bite with bacon and scallop tasted really good. Smoky flavored, bacony. Second bite I just did the scallop. I really liked the texture of the scallop. Firm and seemed perfectly cooked. It was firm and not rubbery - the way I think a scallop ought to be. Really good for something fishy (I'm not a big fish fan.) Easily my favorite.



Bacon wrapped scallops with black beans, avocado sauce and onion crunch - \$12.99. Photo by David Ahlquist

4 Kung Pao osso bucco pork with cilantro rice and asparagus - \$16.99

This dish featured a tender, moist pork that was delectable. The asparagus was fantastic.

Combined Average Presentation Score: 4.5

Combined Average Flavor Score: 4.625

Combined Average Score: 4.625

SELECTED COMMENTS

Sarah: Pork cooked to perfection, falling off the bone. Sauce on pork is great, a bit spicy. Pork was very lean. Wow – amazing pork! Rice was a bit mushy and the cilantro seemed to overpower the Thai wonderfulness of the pork. Asparagus – again, cooked perfectly.

Derek: Nice asparagus. Almost barbecue like scent. Very tender, lots of interesting flavors. Not a typical osso bucco, great spices. May be an acquired taste, but I like it. The rice is crap. Might be the cilantro in the rice, which I hate, but the rice is mushy too. Great pork, sweet and spicy flavors.

Matt: The pork is literally falling off the bone. The taste of the braised pork exceeds it's visual appeal. Tender and perfectly smothered in the sauce, the pork may be best of the evening.

Steve: A classic dish that requires lots of cooking time. Nice presentation, clean bones, good flavor, fell right off the bone. Too good to be true! I hate to say, but this may be prefabricated.

Dave: Pork is really tasty. Saffron rice was really, what, salty? Actually, the rice sucked. I really liked the pork though, really tender and tasty.

3 Coconut Chicken Wrap - \$7.99

The wrap was large and looked nice on the plate. It was served with a choice of regular or sweet potato fries. It was agreed that the sweet potato fries were fantastic.

Combined Average Presentation Score: 3.125

Combined Average Flavor Score: 3

Combined Average Score: 3

SELECTED COMMENTS

Sarah: Typical “burger and fries” presentation. The wraps were good, but I didn’t taste the coconut part. I liked the dipping sauce – a lot of spice! The fries were amazing, especially the sweet potato fries.

Derek: Not enough strong flavors to stand up to the peppers. The chicken was not dry, but not moist either. Sweet potato fries even better than Taste restaurant. Crunchy on the outside, creamy on the inside.

Matt: Admittedly not a coconut connoisseur (or even fan), but it’s flavor did not distract. The wrap was somewhat pedestrian. The slightly dry chicken was easily remedied by the delectable sauce.

Steve: Seems more like a lunch entrée. The sauce was the same as for the eggrolls, I would have preferred a straight sweet and sour sauce.

Dave: The sweet potato fries rocked, and I kind of have a hang up with sweet potatoes. They seem to fall into the squash and other “icky” veggies category. These were really good though - I like the contrast salty sweet. The wrap was pretty plain - I like the one I ate a few days earlier much better but I forget which one it was. It was much better dipped in the chili sauce. If that’s the way you’re supposed to eat it, it improves my flavor and overall score by one. Without the sauce, I thought the coconut chicken would have been sweeter. Less than impressive without the sauce though.

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Thai Eggrolls with daikon radish salad - \$7.99.
Photo by David Ahlquist





Almond encrusted salmon on rice pilaf with fresh asparagus and saffron butter - \$16.99.
Photo by David Ahlquist

5 Almond encrusted salmon on rice pilaf with fresh asparagus and saffron butter - \$16.99

The salmon looked very beautiful and was served on a bed of rice ringed with asparagus spears.

Combined Average Presentation Score: 3.625

Combined Average Flavor Score: 3.75

Combined Average Score: 3.625

SELECTED COMMENTS

Sarah: Salmon was good, cooked well. It could have been cooked a little less for my taste. The almond encrusting was tasty, but not overpowering in fish and added a nice texture. The texture just got better as the dish progressed. Asparagus had a good crunch. Saffron butter mostly tasted like butter, but I liked that. Rice was good, but tasted just like Rice-a-Roni.

Derek: Basic fish-on-rice presentation. Fish is done really well. Ratio of asparagus to fish is light. Not perfect fish, but good for such a thick cut. Seasoning matches well with fish.

Matt: The hearty portion of salmon proved quite enjoyable. Tastefully balanced, pleasingly flavored and pleasantly filling.

Steve: Pretty standard presentation, nice big portion and cooked perfect, the way I like my pasta Al Dente (just done but not over done), I didn't think the Spanish rice was a good fit for the dish. I would suggest maybe a saffron risotto.

Dave: Rice is pretty good - it's just buttery rice. The salmon is really pretty good, maybe a touch overcooked. The flavor's really nice, just a little dry. Either there's not enough fat in it or it's cooked too much.

6 Crab Cakes - \$7.99

We were pleasantly surprised, as these were not the typical mundane crab cakes served on most menus.

Combined Average Presentation Score: 3.75

Combined Average Flavor Score: 4.125

Combined Average Score: 3.875

SELECTED COMMENTS

Sarah: Crab cakes were light and fluffy, well grated. Not overcooked, hard, greasy pancakes like most. I liked the consistency of the cakes with the spice from the rice and sauce.

Derek: Rice is mushy. Crab cakes are spicy and crispy on the outside. My thought was what the f*&# is with the zucchini, but it's pretty good. Lots of butter? Rice still sucks.

Matt: Pleasing taste, slightly spicy. At this point I'm getting quite full and less verbose.

Steve: The cakes were served just warm but that seems to be the trend. I like them hot. You can't go wrong with asparagus; maybe trim them back just a little bit more to get rid of the tough straining ends. The saffron butter sauce looked good and tasted good. I did not like the smokey remoulade.

Dave: Crab cake was really spicy and unremarkable after that. I only had one bight though, 'cause I was getting pretty full and wanted to save room for the crème brulee that I knew was coming.

7 Crème Brulee - \$5.99

The crème brulee was pretty, and had a great crust on top. It is made with banana liqueur, which was not overpowering at all, but gave it a slight banana taste.

Combined Average Presentation Score: 3.75

Combined Average Flavor Score: 3.5

Combined Average Score: 3.5

SELECTED COMMENTS

Sarah: Very thick. I like the banana liqueur. The crust was delicious. The blackberries served with it were plump, delicious and ripe.

Derek: Very thick. Nice crust, but basic flavored crème brulee with banana liqueur. Just too many egg yolks.

Dave: Not my favorite crème brulee. I need more water. Sugary top was fine but it was really thick and just had a hint of banana and isn't . . . sweet the way I want my dessert. After a few more bites, it got better but that may only be because I lowered my expectations. I need more water.

FINAL SCORES AND COMMENTS

Service: 4.625

Atmosphere: 3.75

Food: 4.375

Overall Experience: 4.375

SELECTED COMMENTS

Sarah: Not typically a fan of the strip mall modern atmosphere. I appreciated the effort to originate and make the space comfortable and non-sterile. The service was extraordinary – friendly, attentive and knowledgeable. The food was nothing short of delicious on all accounts. The taste and presentation far exceeded my expectations. The service, food and atmosphere was better than my former experiences with west Omaha bars and restaurants. I would dine here again and try one or more of the many selections on their extensive specialty cocktail list.

Derek: Unique atmosphere. Kind of a GastroLounge. Better food than I expected. Good place to hang out, have drinks and get good food.

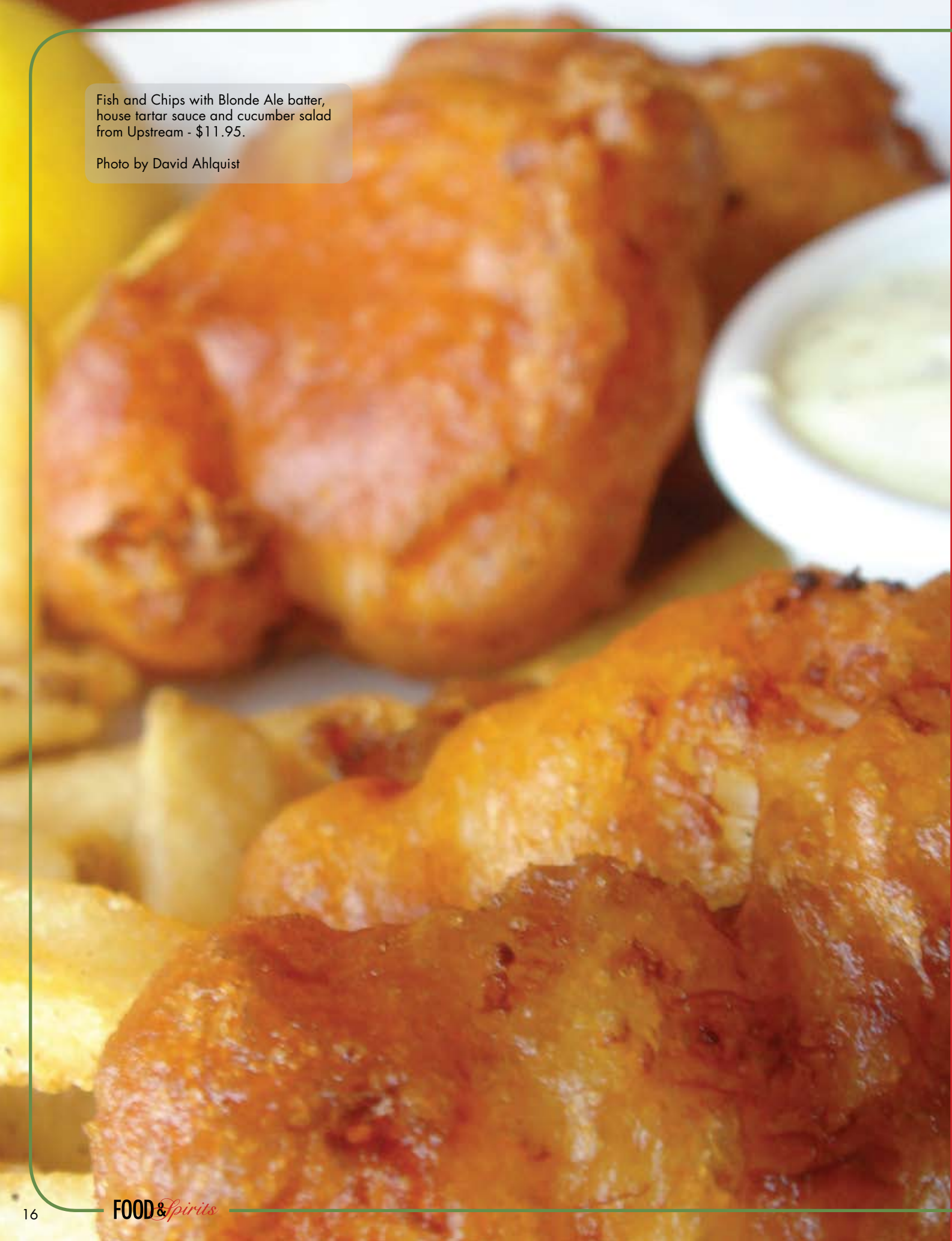
Matt: Quite an enjoyable dining experience. A varied menu, knowledgeable staff and delectable selection make 7 Monkeys an oasis in an often bland west Omaha.

Steve: Very crowded for a Thursday evening. Trendy – I would recommend it.

Dave: Combination of “pretty good” food and great atmosphere earns an overall rating of 4 even though food alone would get it a 3. The Charlie Macbride gameplans added a boost too. This would be the kind of place where I would find a favorite and stick to it. Of course, that's the way I am everywhere, but here it would be for a reason. There was a big variance in the food. Much of it that sounded good wasn't really, but the stuff that I liked, I really liked. That's the pork shank and scallops. I'd be ordering those whenever I went and not taking my chances on anything else.



Coconut Chicken Wrap - \$7.99.
Photo by David Ahlquist



Fish and Chips with Blonde Ale batter,
house tartar sauce and cucumber salad
from Upstream - \$11.95.

Photo by David Ahlquist



Only You... Only Here

By Ann Summers

Getting together with friends and family? Good food and good company are reasons enough to celebrate; but whether it is a holiday, a big sporting event or just being together, do it in a way that only you can do, and make it special with ingredients you get here in Omaha. My family now has a reputation for starting time-honored, history-steeped traditions, handed down from as much as three minutes ago. And like all great traditions, food is always involved.

We are not Omaha natives, but we do all the cool, corny, seasonal fun stuff that comes around every year and we put ourselves into it with gusto. It's winter now, and it's time to play in the snow, to braise, and to bake. I am a cook. I love to feed people. But I am no Martha. I don't do it just so. I think people might notice your placemats, but what they will really remember is the food.

I think there is no secret to great entertaining. If you focus on fresh, local ingredients, keep it seasonal and fresh, add your own tastes, and put your heart into it, no one can upstage you - not even your floral arrangement. Focus on quality, not quantity. And you don't have to mill your own flour, but if you do start with delicious, fresh ingredients, you end up with something only you can do. The more pre-processed your food is to start, the less of a mark you can make on it. And don't be afraid of food. Good recipes are simple. Skim your cook books, and if you don't find a simple way to make your dish of choice, get on the internet and find one. If you can't understand the recipe, find a simpler one - it's probably the recipe, not you. And don't be afraid to adopt new traditions. We are not Japanese, but sushi is comfort food for my children. We are not

Italian, but we make killer fresh pasta. If there is something you love, adopt it, make it a tradition, invite your friends over, and as long as you do it with care, they will love it.

Look for recipes that use what's fresh and seasonal. Not that you can't use oranges in winter, Florida and California farmers are happy when you do (and we don't want anyone getting scurvy). Overall, base your menu on what's here and what looks good. Just because you saw some guy on Food-cam making it in Sonoma County doesn't mean it's a good choice for you here, now, in the Midwest, in winter.

You can find good stuff. Swiss chard, carrots, fresh trout, grass-fed meats. And where are these marvelous things? Some of them are at the supermarkets, but the Nebraska Food Coop is a one-stop year-round market of local wonders, each one unique, produced with care, and fresher because they haven't been shipped from across the country, or worse.

Make a peach tart from peaches you

froze in the summer, and tell everyone about the guy who grew them and where his farm is. I guarantee your guests will feel the same as my kids do when getting free plums at his market - they will feel special. Local food is a connection to our land here in the Midwest, and the people who farm it. If we share it with our friends in the form of wonderful dishes and new traditions, we create memories.

Celebration menus should follow the seasons but they should also reflect you and your tastes. I like recipes that are versatile enough to add your own touches. Here are some ideas for entertaining that are simple, look like a million bucks, and don't require an entire new battery of pans to cook them.

The first is meatballs. I know you can go to the freezer at Sam's and get a bag of 400 for ten bucks and slop them into a dish with a packet of sauce, but what if you didn't? What if you got some truly wonderful local ground lamb, or beef, or pork, or turkey, or all of the above, and added fresh bread crumbs (chop up some fresh bread) and herbs and milk and eggs and mixed it lightly until it resembled muffin batter, and then onto baking trays and browned them - even the day before. And then what if you put the meatballs into a big casserole or bowl and sauced them, or put out toothpicks and served some soy-mustard or dill-sour cream or tomato sauce on the side? If you did that, you'd have a delicious and memorable dish for any winter party or buffet. And you could make big batches of meatballs with only extra sheet pan or two.

Or what about potatoes? Winter is great for potatoes, the nice starchy kind, russets.

Local is best if you can find them, or organic ones shipped in if you can't. Do a twice-baked potato with some great local cheese. You can do this part ahead of time, on sheet pans. Serve these guys on a buffet with bowls of chopped chive (I grow my own and freeze them, but you can use dried), sour cream, bacon (mmm, bacon),

steamed broccoli, capers, caviar (mmm caviar) and you have a great twice-baked potato bar. Everyone can do their own thing, to their own taste. Fabulous, and something you won't see anywhere else.

For dessert, do something special. Something you don't normally do, or even

If there is something
you love, adopt it,
make it a tradition,
invite your friends
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you do it with care
they will love it.

see. You can't get this in a restaurant, and it takes a little time, but again, you can do it well and everyone will think you are a genius. Or at least a good cook. My grandmother called it a jelly roll, the French call it a *buche de Noel* (or Yule Log). I call it yummy. These are great for many reasons, not the least of which is that you can add whatever you like to flavor all the different parts. Like the meatball and the potatoes, you can make most of it ahead. You need a sponge cake, which practically anyone can make (again with the sheet pans) in whatever flavor you like. And you need some wonderful artisan farm-made fruit jam, to which you can add liqueur, and you need whipped cream,

to which you can add more liqueur, and you need a chocolate ganache, to which you can add, well, liqueur. Refrigerate everything and assemble the day of your party. Just remember to roll your sponge cake up in silicone parchment while it is still warm, or you will never get the thing to roll without breaking. Unroll the cake, layer on the jam, then the cream, roll it up again, and cover in ganache (melted chocolate with cream and butter) - I said it was good, I didn't say it was good for your diet - just don't eat the whole thing. Whether you make little mushrooms to decorate it, or which liqueur you add, is up to you. Don't like liqueur? Add grated lemon or orange rind to the ganache or cream, or both.

Add super-ground espresso coffee to the chocolate. Call it a *buche de Noel*, or use red raspberry jam with white chocolate and call it a Husker log. That's up to you, too. Bon Appetit, as the French say, or dig in, as we say in Omaha.



Ann Summers is a writer, amateur naturalist, mother, and cook. She is the author of two children's nature books and a new book on healthy lunch tips and nutrition called Healthy Lunch, Healthy Mind. She believes that fresh local food is the best present we can give ourselves and our children.

Salmon with Béarnaise Butter

- 1/4 cup dry white wine
- 1 tablespoon minced shallot
- 3/4 teaspoon dried tarragon (or 1 tablespoon fresh tarragon, chopped)
- 5 tablespoons butter, room temperature Olive oil

- Simmer wine, shallot and dried tarragon (if using fresh, wait until the next step) in small saucepan until liquid evaporates, about 2 minutes. Cool completely.

- Mix butter (and fresh tarragon, if you are using fresh) into shallot mixture. Season with salt and pepper. Form butter mixture into log; wrap in plastic and chill until firm. (Can be made 3 days ahead. Keep chilled.) Cut butter into 1/3-inch-thick slices. Bring to room temperature before continuing.
- Spray Salmon fillets with Pam, sprinkle on a little salt and pepper and place on oiled grill (med/high heat) for 10 minutes per inch thickness (around 5 minutes per side). Plate up immediately, and set butter slices on top so that the butter can melt over Salmon.
- Try this over pasta and steamed asparagus. And a glass of Pinot Noir wouldn't be half bad.

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Romantic Valentine's Day Restaurants

by Steph Totten

Valentine's Day is almost here, the day to celebrate your love. It's a wonderful thought to cook a gourmet meal, complete with fabulous wine; but unless you're a gourmet chef, that's a lot of pressure. What if you burn dinner? Do you know anything about choosing a wine? Take the pressure off of yourself and make reservations at one of Omaha's best romantic and intimate restaurants. Just be sure to make reservations ahead of time, because your sweetie probably wouldn't appreciate a Big Mac for dinner instead.



Le Voltaire

When it comes to romance, Le Voltaire has it all. The atmosphere is very intimate, but not stuffy, and the food is fantastic. Plus, every item on the menu has wine recommendations, so there's no guessing about which glass of wine goes with your entrée. There is nowhere else in the city you can get fine French cuisine at such reasonable prices. Try the Selles d'agneau grillées à l'ail – Grilled lamb t-bones marinated in garlic & herbs with mashed potatoes for \$18.95 or the Fletan en papillote, beurre côte d'Azur – 6-oz halibut baked with sundried tomatoes, garlic & caper butter over rice for \$18.95. For dessert, nothing is better than crème brûlée, a true bargain at \$4.95

The Flatiron Café

This place is an Omaha landmark for sure. Located in the historic flatiron building, it is beautiful and classy. Their top notch cuisine will impress even the most sophisticated diner and they have a fantastic wine selection. One of the few places nationally to have a sommelier on premises, a meal at the Flatiron is one you will never forget. For starters try the gratin of shiitake mushrooms, blue crab & havarti cheese in garlic butter for \$12.50. For the main course the beef tenderloin grilled with crispy shallots, stilton & roasted heirloom potatoes for \$35 is worth the price. If you want your date to feel extra special, this is the place to go.

The French Café

Another tradition in Omaha, the French Café is beautiful and elegant. Located in the **Old Market**, the location lends itself easily to close by after dinner entertainment. It's so romantic, you might feel like you've stepped into a French movie. If you really want to impress, try the Dover sole. It's presented tableside with your choice of sauce meunière or sauce allemande. At \$47.00, it is pricey, but Valentine's Day only comes once a year. Another great choice is le carré d'agneau – pomegranate & black pepper glazed rack of lamb, white cheddar polenta & dried cherry demiglace for \$39.00.

Brother Sebastian's Steakhouse & Winery

The most cozy and romantic of steakhouses, this place is absolutely lovely. Small intimate rooms are available, and perfect for Valentine's Day, but make sure to call in advance if you want to score one. With the look and feel of a sleepy monastery, and fabulous dishes, this is a place you'll want to go back to. The Filet Oskar – a petit filet served with crabmeat, asparagus & hollandaise sauce for \$26.95 is delicious. If you want to share something special, try the Chateaubriand for \$54.95. It's made for two to share, and is a center cut beef tenderloin served with new potatoes, asparagus, carrots, pearl onions, sautéed mushroom caps, onion rings & mushroom sauce.


The Jaipur

For something different in a beautiful, romantic setting, the Indian fusion cuisine at Jaipur is fantastic. Everything about the restaurant is exotic, from the décor to the gorgeous aroma of spices. Don't worry about the food being too spicy, you can order it mild if you prefer. The Indian spiced grilled beef tenderloin with cumin mashed potatoes & grilled vegetables for \$22.95 is wonderful. Try the Malai Kabab, which is Colorado lamb sirloin marinated in ginger and garlic and cooked in the tandoor. It's served with rice & grilled vegetables for \$18.95. For something out of this world amazing, pair it with one of their fantastic beers, such as the jalapeño ale. A 16-ounce glass is \$3.50, and the spice sets off the food nicely.

Steamed Mussels with Sausage

3 lbs Live Mussels, de-bearded if necessary
½ lb Andouille Sausage (or other spicy sausage)
1 cup white wine
½ cup water
2 T. garlic, crushed
¼ cup sliced onion
1 cup chopped tomatoes (canned is fine)
1 tsp. pepper
1 T. salt

- Slice and brown sausage and onion. Add rest of ingredients except mussels. Stir and continue to cook for a couple of minutes. Add Mussels, stir, and cover. Cook for about 5 more minutes, or until most mussels open up.
- Eat as an entrée, or pour over pasta (don't forget the juice!).
- Great with garlic bread, too.



The incredible spread available at the Ron Sailors event held at the Omaha Press Club.



by Brian O'Malley

If cuisine¹ is the coming together of traditional food ways in the presence of a regional larder, then no diatribe on local food could pretend to breach the subject without focusing at least a little bit on technique. To say that more plainly - local food needs local cooks, so let's talk about cook'n.

I love mayonnaise.

I know. People are lining up to holler at me about it; my doctor because he says it's bad for me, my wife because she finds it "icky", my little sister cause it is not fat free and all things not fat free are the devil, chef Kevin cause I put it on my royal treat from Little King and that just gives him the creeps—not because he doesn't like mayo, he is as willing to go two knuckles deep into the jar as anyone I know, he just thinks it doesn't make sense to put mayo on an Italian sub.

I will concede. The Italians were definitely fans of taking their oil and vinegar not emulsified² - as in vinaigrette.

On second thought, to concede that point would be to accept that Little King has direct culinary lineage to the masters of the Italian artisan sandwich community, which would take a little more research than I am willing, or perhaps capable, of pulling off. Therefore, Kevin is right, but he should let me order mine with mayo anyway and stop complaining.

I love mayonnaise for what it does.

There is a smoothness and cleanness of flavor that is unmistakably mayonnaise. Mayo, or mon chéri³—abbreviated mc from this point forward, brings lots of goodies to a party when invited.

Consider the BLT: a low-skill, high-quality classic. Contents: rather apparently, bacon, lettuce, and tomato, and not-so-apparently, bread and mc. We get different and critical things from each component. They combine in such a way to deliver a taste and flavor definitively linked to those three letters. B.L.T.

Without *mc* we are in trouble. For the T, we need thick slices of ripe garden-fresh tomato that is sweet and above all juicy. Trouble with the juicy from T is that it could take our lightly toasted bread to a place it can't come back from. That is where the functional properties of *mc* save the day. Due to its high fat content, *mc* repels water; thus creating a barrier between the water craving toast and the water containing tomato. This barrier is then broken at the opportune time—in your mouth. As you take a bite of this well-prepared sandwich you create that intermingling of textures that is so famous in both the diner and my mom's kitchen. Without mayo, it is a soggy mess. Mayo is about mouthfeel⁴. It is all about changing, protecting and enhancing how foods feel when they get into our mouths. Mc does many other fine things for our food:

1. Provides needed richness and savory to otherwise bland items
2. Provides a vehicle for fat soluble flavors to present themselves
3. Increases caloric value (not considered a benefit by the vast majority of Americans)
4. Can provide visual appeal through contrast of the color scheme and/or through increasing sheen

I love mayonnaise for what it teaches.

There are three benefits to making mayonnaise from scratch. First is a deepened understanding of the ingredients used to create mc. Second, the techniques used require attention to detail and commitment to perfection, attributes essential all over the kitchen. Third, and above all else, is the ability to control the quality of the products that you serve others or consume yourself.

The essential ingredient list is pretty simple: egg yolk, lemon juice, and vegetable oil. The list gets a touch more complicated as you look at flavoring the concoction, but the three key elements are the liquid, the emulsifier, and the fat. Having the liquid

be acidic, as lemon juice is, is critical for “setting” the emulsion or allowing it to hold over the long term. The acid will also decrease pH, therefore retarding the growth of seemingly omnipresent salmonella. (The last couple sentences read a bit like a term paper, sorry.) Understand the role each ingredient plays, each time, and cooking starts to feel like you are the conductor rather than third chair bassoon just trying to read the music and keep up.

The techniques used to make mayonnaise are very basic. Pouring and mixing are the two most critical, and not surprisingly, the two most screwed up. I am going to include a recipe for mayo, so I won't get all wonky⁵ and long-winded here about techniques.

I do need to say one thing to the novice about making scratch mayonnaise... fail. Fail. Fail. Fail. Your first, best, right mayonnaise is the tenth one you do, regardless of how many did not break, or turn grey in the previous nine. Until you can execute over and over and over, the technique is just something that you know about, not a skill that you possess. Enough said. Read the recipe.

The quality. I love to babble on about the quality of scratch-

local-cookery being superior in every way to non-scratch-non-local-cookery. But there are drawbacks of time, money, consistency and safety that must be addressed. Especially when considering a move from a tried and true packaged food item like Extra Heavy Duty Sysco Imperial Mayonnaise to a recipe whose success is hinged on everything but the weather. I have actually heard the weather be blamed for a failed mayo, but federal privacy laws protect you from the whole story.

To tell the truth, I just don't have the words to talk you into believing that the quality difference is worth it. So I just implore you to try it. Make ten batches of mayo. Make a couple identical BLTs, except that one has pre-made mayo and one has your tenth batch. Although this time of year I may recommend away from the BLT toward something a bit more seasonal, like *pommes frites*⁶. You may not go back.

I love mayonnaise for what it is.

Scratch mayonnaise is a symbol. It represents the craftsmanship, harmony and respect that make life in the kitchen so grand. Perhaps better than a symbol it is a philosophy. A philosophy that says, “I know

my ingredients and what to do with them”. Perhaps better than a symbol or philosophy, scratch mayonnaise is something even more special, delicate, and worthy of our continued attention and accolade. Scratch mayonnaise is, in a word, delicious.



Brian O'Malley is a chef instructor at Metropolitan Community College's Institute for the Culinary Arts. A graduate from New England Culinary Institute and a member of the American Culinary

Federation, O'Malley worked as the chef/owner of Spread. He was a manager/instructor at the New England Culinary Institute, head chef at Vanilia in Santorini, Greece, and BackNine Grille, assistant food and beverage manager at the Champion's Club and opening chef at BOJO. Brian O'Malley can usually be found in MCC's kitchens, teaching, creating works of culinary genius or debating the perils of out of season tomatoes.



Quick Facts

1. Each yolk from an extra large egg will “hold” 6 to eight ounces of oil in emulsion.
2. According to the Oxford’s English Dictionary, mayonnaise first appeared in English in 1841.
3. Aioli, tartar sauce, thousand island, remoulade, and ranch dressing are all based on mayonnaise.
4. Many credit the Spanish with the “invention” of mayo, even citing a Spanish city, Mahon, as the origin of the word commonly used for the sauce.

Definitions

1 Cuisine*: (from French cuisine, “cooking; culinary art; kitchen”; ultimately from Latin coquere, “to cook”) is a specific set of cooking traditions and practices, often associated with a specific culture. Religious food laws can also exercise a strong influence on cuisine. A cuisine is primarily influenced by the ingredients that are available locally or through trade. For example, the American-Chinese dish “chop suey” clearly reflected the adaptation of Chinese cuisine to the ingredients available in North America.

2 Emulsified*: an emulsion is a mixture of two immiscible (unblendable) substances. One substance (the dispersed phase) is dispersed in the other (the continuous phase). Examples of food emulsions include butter and margarine, espresso, and mayonnaise. In butter and margarine, a continuous liquid phase surrounds droplets of water (water-in-oil emulsion). Emulsification is the process by which emulsions are prepared. Food emulsions are classified into three categories: permanent - i.e. butter and mayonnaise, semi permanent - i.e. mustard vinaigrette, and temporary-i.e. oil and vinegar dressing.

3 Mon chéri: French phrase meaning “my darling”

4 Mouthfeel*: a product’s physical and chemical interaction in the mouth not related to the tastebuds. It is a concept used in many areas related to the testing and evaluating of foodstuffs, such as wine-tasting and rheology. It is evaluated from initial perception on the palate, to first bite, through mastication to swallowing. In wine-tasting, for example, mouthfeel is usually used with a modifier (big, sweet, tannic, chewy, etc.) to the general sensation of the wine in the mouth. Some people, however, still use the traditional term, “texture.”

5 Wonky: Kitchen slang referencing the classic book Charlie and the Chocolate Factory wherein Willy Wonka’s crazy ideas are brought to life in exhaustive detail.

6 Pommes Frites: French fried potatoes

*Adapted from www.wikipedia.com

Mayonnaise

Servings: 4-8 Prep Time: 10 minutes

- 2 egg yolks
- 1 T. dry ground mustard [helps establish emulsion]
- 1/2 fresh lemon [juiced and strained]
- 1 tsp. kosher salt [finely ground]
- 1/2 tsp. cayenne pepper [ground white pepper is also used]
- 2 tsp. white distilled vinegar
- 10-14 oz. vegetable oil [safflower oil preferred]

1. In a medium mixing bowl, add egg yolks, mustard, lemon, salt and pepper. Combine with a wire whisk until the yolks are frothy and all ingredients are well combined.

2. Fill a squeeze bottle with the vegetable oil. While mixing continuously, begin to add the oil one drop at a time. (A new drop every second or so.) After the first 20 drops have been incorporated, begin adding the oil in a steady, yet still slow, stream. Having the bowl secured by placing it into an empty pot with a wet kitchen towel helps immensely here - so does having a friend to take over whisking after a couple minutes.

3. Each yolk should be able to hold about 7 ounces of oil, but your mayonnaise may be thick enough for your taste before you get all of the oil added. When it has reached your desired consistency (it will become thicker the more oil that you add) add half of the distilled vinegar. This will whiten and thin the emulsion.

4. TASTE the mayonnaise now. Check to see if it is too greasy - a touch more pepper or a touch more distilled vinegar. Too salty? Too much lemon? More oil. Too savory? A touch more vinegar.

5. Store the mayonnaise tightly covered at room temperature for 1 hour before use to allow the flavors to marry and the acid to act on any bacteria present. Keep for 3-4 days in the refrigerator.

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The Dirty Little Secret in the Industry

by Ron Samuelson

“Hi. My name is Ron, and I’m an alcoholic.”

The first time I said those words aloud I felt free. Terrified, but free. What you are about to read is an account of my opinions (and my opinions only) on a touchy subject. An important subject, but delicate nonetheless. It’s about a problem in our industry - one that no one likes to discuss. Let’s just call it our dirty little secret.

Thirty years ago when I began my restaurant career, the three martini lunch wasn’t just a myth, it was the norm. And not just for the patrons - it was a way of life that was not only accepted, but condoned. People worked hard and they played hard, and drinking hard was part of the equation.

Respected members of the community would frequent the restaurant where I worked; judges, doctors, educators, clergy and business people. They were successful in their fields, and successful in their lives. I could never figure out how they made it through the afternoon, but they sure looked like they were having fun. These were the people I emulated. Fun loving people who made the three martini lunch look easy.

The restaurant scene itself was full of fun loving people. Actors, artists, musicians, and drug addicts all mixed together, all working hard and all playing hard. We

needed energy to stay “on the edge” to provide our guests with the energetic service and big personalities that make a dining room come alive. Those bigger than life personalities usually translated into bigger than life tips.

We all felt alive, bullet proof, immortal. We could drink before a shift, drink during a shift, and the after hours parties were legendary, sometimes with a wink and a nod from the local law enforcement that would pop in from time to time. It was a different age, a different time, and it was a lot of fun. And it probably would have been all right if it had passed. For some it did, they went on to have careers and families and mortgage payments. But for some of us, those days were just the beginning of a life style that was about to turn into a nightmare.

In most cases, active alcoholism leads to failed relationships, failed dreams and failing health. Most alcoholics lose it all before they seek help. My case was no different, but I was lucky. I got desperate enough soon enough, and I had loving people in my life that cared enough to say the tough thing at the tough time. I got help. But how many others do?

The numbers don’t lie. All of the

studies I found suggest that the restaurant industry is almost always first or second on the list of employed alcoholics/ drug addicts, alternating the top spots with the construction trade. The problem is obvious - easy access, cash in the pocket, and a

“In most cases, active alcoholism leads to failed relationships, failed dreams and failing health.”

complacent management attitude has contributed to the demise of many a waiter or bartender. For most of us, drinking was just “part of the job”, and we learned how to play hurt the morning after, just to prove that we didn’t really have a problem. Because if you showed up for work and did your job enthusiastically, where was the problem?

This is not an easy problem to research, nor is it an easy problem to diagnose.

My experience mirrors the facts that I could find; that most of those who truly need help rarely get it, and of those lucky enough to get help, few find life long freedom from their demons. And for employers, the problems are many. The estimated monetary damage from hangovers alone is staggering, let alone absenteeism, lack of productivity, theft and dereliction of duties. But this is more than a matter of dollars and cents. It is about our most cherished resource in this industry, our people.

In the end it is all about the people. The people that communicate the passion of our business' vision to the public. When confronted with an employee with a drug or alcohol problem, the employer must act decisively but caringly. Confidentiality, empathy and action are the necessary components needed to help. Oh, and vigilance. A recovered addict can make one of the most grateful and productive members of a staff, but the process rarely goes off without a hitch. It can take a lot of time, energy and love, but it can, and does, work if everyone involved has the resolve to address the symptoms of what is certainly a bigger problem.

In the end, this isn't about most people, it is about some people. Studies indicate that

about ten percent of any given population is hard wired genetically alcoholic, and some studies show almost twice that percentage in the hospitality industry. But this is also not just about a problem in the bar and restaurant industry. We just happen to have numbers to show that we are uniquely challenged to be of service to people who come our way and eventually need help finding their way back to sanity. The resources are plenty, and thankfully today we can have a conversation about the ravages of this disease openly and honestly, without the stereotypes and prejudices that used to cloud the issue.

Few people I know can say that they have not been affected by alcoholism, either in their immediate family, business associations or friends. The problem is that people still die every day of this disease, and so unnecessarily. Thirty million people in America alone may be at risk of alcoholism, yet as few as two million are said to be members of the leading organization dedicated to the treatment of this malady, Alcoholics Anonymous. Help is available. Services are out there. But in most cases the person needing the help is the last to know, so tough love is usually the last option, one that all of us need to at least try in order to assist those in need.

As I write today and the New Year is upon us, my thoughts turn to the countless 'resolutions' each New Year brings, always convinced that I would never go through the holiday's 'like that' again, that this year would be different but it never was - it couldn't be based on my will power alone. So, if you know some one who has a problem, today could be the day. Or, if you have a problem, today could be your day. All it takes is a phone call or two and some loving actions for the light to reappear in someone's life. Maybe that life is yours.



Ron Samuelson has co-owned M's Pub for over twenty years with business partner Ann Mellen. They also own Vivace, which will soon celebrate fifteen years of operation in the

Old Market. Ron's thirty three year restaurant career has spanned from Dallas and Denver to Omaha, with stints in the kitchen as well as front of house management for both corporate and locally owned concepts. He has served as President of the Omaha Restaurant Association, is a recent inductee to the Omaha Hospitality Hall of Fame, and is currently serving a five year term on the board of the Downtown Business Improvement District.

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by Judy Gilliard

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Julienne Peeler



This is my all time favorite gadget. It makes easy work of a quick sauté of zucchini and carrots that present beautifully for an elegant dinner party or a dinner for one.

It also makes a wonderful cucumber salad, just toss your cucumber strips with

seasoned rice wine vinegar, place in martini glasses with some small diced tomatoes and a bit of goat or feta cheese and you have something special. This makes a perfect hostess gift. *Cost \$7.00*

RSVP Oil Mister



To me, this is a must because you use the oil you want, such as good quality olive or grape seed oil.

Just a few pumps and you spray a fine mist of oil on any thing. Try it on a sauté pan, a quick spray on a tortilla to warm up to make a burrito, or on vegetables to roast in the oven. Try thin cut slices of potato with a

spray of grape seed oil, salt and pepper and bake in a 400 degree oven. You have home made potato chips which use less oil meaning fewer calories - and it saves you money.

Cost \$15.00

The Roaster Garlic Express



The Roasted Garlic Express is the perfect and easy way to roast your garlic. It only takes 25 minutes in this handsome little devil. It turns your garlic into a paste that is mellow and nutty in flavor. I always keep roasted garlic on hand in a small air tight container in my refrigerator to use for a multitude for

dishes. This gadget is put to use weekly. And it is so cute!

Cost \$39.00

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chocolate. *Cost \$49.00*



Having grown up in the restaurant business in Ventura, CA. Judy Gilliard pursued her love of the hospitality business and obtained a degree in Hotel Restaurant Management and received her teaching credentials in food and food technology. Judy has authored ten cookbooks, including: *Fast and Fabulous*, *Today's Gourmet*; *Fast and Fabulous*, *Flavor Secrets*; and *Fast and Fabulous*, *Quick Cuisine*.

She is a member of the International Association of Culinary Professionals, America Culinary Federation, American Women in Radio and Television, and The American Institute of Wine and Food - which keeps her in tune with the latest happenings in the food world. She moved to Omaha, NE, from New York City to join News Radio 1110 KFAB as the food talk show host. Since arriving in Omaha, Judy has become actively involved in Omaha's emerging food culture.

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The teriyaki pork tenderloin cut sandwich topped with coleslaw from Mia's Bongo Room - \$7.95.

Photo by David Ahlquist

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Booze 101

Brrrrrr! It's cold outside. What better way to keep warm than with alcohol? Studies show that in moderation, a drink or two can have health benefits. A couple of beers, a red wine thrown in here or there... But for those that are more adventurous, what are you really drinking? We are here to help. Welcome to Booze 101, your primer for all things alcohol-related! This issues topic: An overview of everything. by Monique Huston



Vodka

Vodka is a neutral distilled spirit. This means that it is distilled from just about anything, commonly a combination of wheat, rye, corn and/or potatoes. The more times that vodka is distilled, the more that it tastes like, well, nothing.

What accounts for the huge price difference in vodkas? A few things; the base distillate (100% potato vodkas like Chopin and Monopolowa are most expensive), packaging (crystal or hand-blown bottles), and the number of times it is distilled. The distillation process is time-consuming and expensive, cheap vodka is distilled 3 or 4 times; expensive vodka up to 8 times.

Recommendations? I like Tito's out of Austin, Texas and Hangar One out of California. I abuse Absolut Citron for all of my cocktail needs.

Gin

Gin has a neutral-grain base as well. What differentiates it from vodka is that it is flavored with juniper and many other botanicals. Producers of different gins jealously guard the exact combination of botanicals that make their gin unique. The price of a gin depends on two things: the quality of the flavorings used and the method by which they are added. Some gins use very expensive additives like saffron, tripling the price of a typical bottle. Botanicals are added dry (giving the least amount of influence), fresh, or held in a sort of tea ball in the neck of the still (the most influential).

My picks? Tanqueray Rangpur, flavored with Rangpur limes and Boodles for martinis.



Tequila

Tequila is actually the product of distilling a succulent (aloe-like) agave plant. The large leaves are hacked off and the heart of the agave is baked, smashed and eventually distilled. Tequilas must come from the Jalisco region of Mexico. Agave distillates from outside of this area are called magueys or mescals.

You will see the distinction on a bottle of tequila denoting whether it is a blanco, reposado, or anejo. Tequila matures and mellows with a bit of age, so if you like a bit of heat, the blancos or "whites" with basically no age are right for you. Reposados are aged 3 months to one year and are milder while retaining strong agave flavors. The anejos are aged over

one year in charred oak barrels, this means that they are the most mellow and have the most wood influence in flavors. The more age on a tequila will make it more expensive, the quality of the agave used will affect price as well.

I love blancos like El Tesoro and Patron for margaritas. For casual sipping, reposados like Tezon and Corzo are perfect. Anejos pair a bit better with foods, my favorites include Sauza Tres Generaciones and Herradura.

Rum

Sugar and molasses are distilled to create rum. Rums are very sweet because their bases are made entirely of simple sugar. Much like tequila, rum also gets milder and darker with wood aging. The more time spent maturing, the higher the price.

Spiced rums like Captain Morgan and Sailor Jerry go well with soda (i.e. Coke or Pepsi, or RC if you want to get creative). Flavored rums have become really popular recently, the Malibu line is great with pineapple juice, and Bacardis are perfect with lemon-lime soda. I stick to rum and tonic using Cruzan Single Barrel or Pyrat Pistol.

Whiskey - Whooooo. What a broad category! We'll divide it into three sections for now: Scotch Whisky, American Whiskey and Canadian Whiskey.

Scotch

Scotch is a combination of grain alcohol mixed with single malt components to create a blend. It is specific to Scotland and must be aged there at least 3 years. Single malt scotch is scotch made from 100% malted barley from a single distillery. I could go on about scotch all day, so I'll stop right here.

Blended scotches work well with soda or water, on the rocks. Single malt scotch is best enjoyed neat, potentially with a few drops of water. On the rare chance that you see me with a blend in hand, it is probably Johnnie Walker Green or Chivas Royal Salute. My favorite single malts include Glenmorangie, Ardbeg, Balvenie, Glenfiddich, Highland Park, Laphroaig.... The list goes on and on.

American Whiskey

Basically, we've got bourbon and Tennessee whiskey here. Bourbon distillate must be made up of 51% corn, the other 49% wheat and rye. Tennessee whiskeys are different combinations of

those three grains, potentially with some barley thrown in.

The market in aged and single-barrel whiskeys is growing very rapidly. Single barrel means just what it says; a particular barrel of whiskey is singled out for having some outstanding qualities and bottled without blending. The older the whiskey, the more pricey it is.

I love high proof bourbon like Bakers or Knob Creek on the rocks. Wild Turkey 101 is a great shooter to warm you up, and I could sip on Basil Hayden or Gentleman Jack any time.

Canadian Whiskey

Canadians have high rye contents, meaning that their whiskeys are sweeter than American or Scotch Whiskeys. They lend themselves to cocktails with lemon-lime soda or cola. Crown Royal and Forty Creek are great mixed or by themselves. My personal favorite right now is a snifter of Crown Royal Cask 16, a limited release with some cognac influence.

After all this writing, I need a drink! These are just the basics, don't worry, we can delve into the details of each in future issues. Questions? Requests? Direct them to the editor. Find me at the bar.



Monique Huston is the General Manager of the Dundee Dell, boasting control over the largest spirits selection in the western hemisphere. She hosts liquor, beer and wine tastings for the public and travels all over talking single malt scotch. Love your bodies... here's to looking up your kilt.

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Sauvignon Blanc

Better than Chardonnay in Wine Food Pairings?

by Dr. John Fischer

“By contrast, Chardonnay is full-bodied and should only be matched to full-bodied dishes.”

Sauvignon Blanc has long been regarded as a second class wine, being continually outflanked by Chardonnay - a situation that remains to this day. However, Sauvignon Blanc has in recent times experienced an increase in popularity. It is crisp, refreshing, not overly heavy, and has a varied though distinctive flavor profile. In an attempt to receive high scores for their wines, many winemakers tend to make Chardonnay fit the palate of the gurus who rate the wines. As a result, Chardonnays have a tendency to taste alike. This is especially true for the California version.

Sauvignon Blanc is grown worldwide and makes distinctive wine with unusual aromatic flavors. The most remarkable components of its flavor profile are the green vegetal, gooseberry, citrus, herbal, and black currant flavors, which give the wine an exotic flare. The black currant flavor found in Sauvignon Blanc is unusual, as it is almost always associated with red wines, especially Cabernet Sauvignon. Along with clean, refreshing, flavor supporting acidity, these varietal characteristics make Sauvignon Blanc a choice white wine to be used in wine-food pairings.

The structural makeup of Sauvignon Blanc is founded on a hefty

concentration of sapid flavors supported by a solid core of tartness, and in some wines, an occasional dash of sweetness. In California the wine is usually aged in oak and blended with Semillon, a soft, round, low acid wine. Virtually all white Bordeaux wines (all are Sauvignon Blanc based) receive similar treatment. The blending and oak treatment rounds out the wine and makes it richer, softer, more complex, and fuller bodied - and more Chardonnay like. However, such ministrations take away from Sauvignon Blanc's food-friendly nature, as food pairings are more successful with lighter, tarter and less cumbersome wines. Sauvignon Blanc wines from New Zealand, and the French wines of Sancerre and Pouilly Fumé do not see oak and are unblended. These wines and other such unadulterated versions represent the best choices for matching with foods.

The characteristics that make Sauvignon Blanc so successful in wine-food pairings are the green vegetal and herb flavors, which mirror similar flavors in foods; its medium body, which places it in a position to play both sides of the weight spectrum; and its racy tartness which reduces the weight of foods, and invigorates and enhances the flavors in the dish.

By contrast, Chardonnay is full-bodied and should only be matched to full-bodied dishes. However, because of its hefty weight and low acidity, pairing it with full-bodied food often makes the combination cloyingly heavy and rich. I find it peculiar that Chardonnay commands such a major role on the menu of most restaurants in spite of the fact that it is rather limited in its ability to pair with foods.

Because of its green flavors, Sauvignon Blanc is a great match with dishes containing green vegetables such as asparagus, artichoke, spinach, and bell peppers, the likes of which are difficult to match with most other wines. It is a perfect wine for green salads in vinaigrette dressing and other light, tart foods, as the high acidity of the wine will not be washed away by the tartness of the dish. Fish, often served with a fresh squeeze of lemon, have a great affinity to tartness, which Sauvignon Blanc can readily provide. Salty foods such as ham, sausage, corned beef and the likes need wines with good acidity, and Sauvignon Blanc can fill the bill.

If you want to amaze your dinner guests, try Sauvignon Blanc for just about any dish that incorporates goat cheese, especially feta. The salty, tart, rich flavors in the cheese have a one to one correspondence with the structure and flavors in this versatile, food-friendly wine.

If you need a white wine to match to a particular food and are in doubt, try a Sauvignon Blanc. You'll most likely be pleased. Sauvignon Blanc is one of the most food-friendly wines produced.



Dr. John Fischer is a member and two-time president of the Omaha Branch of the International Wine & Food Society, past director of the Nebraska chapter of IADV, and

the founding member of the Council Bluffs Branch of the International Wine & Food Society. He teaches a course on matching wine with food at the Institute for the Culinary Arts in Omaha and is the author of the books, "The Evaluation of Wine – A Comprehensive Guide to the Art of Wine Tasting" and "Wine and Food – 101."

Goat Cheese Stuffed Chicken Breasts

(serves 4)

4 skinless and boneless chicken breasts
10 good-sized brine-cured black olives, seeded and sliced
3 T. finely chopped sun-dried tomatoes
2 T. chopped fresh basil leaves
4 fresh basil leaves
2 T. Wondra flour (may substitute regular flour)
1 T. olive oil
Salt and fresh ground black pepper

1. Preheat oven to 300 degrees.
2. Mix together the olives, basil, sun-dried tomatoes, and cheese.
3. Pound chicken breasts so that they are uniform in thickness but not flat.
4. Make a deep pocket in each breast starting from one of the sides.
5. Divide filling between breasts using a spoon and your fingers
6. Season each breast with salt and pepper. Be careful with the salt as the cheese and olives are already salty.
7. Sprinkle each breast with a light dusting of Wondra flour
8. Heat oil in a fry pan over medium-high until hot and fry chicken for 2 minutes on each side to brown.
9. Place in a baking dish and bake chicken in the middle shelf of the oven for about 15-17 minutes or until cooked through. Do not let chicken dry out.

Garnish the chicken with fresh basil leaves and serve with a young, good quality New Zealand Sauvignon Blanc.

What makes the match?

This recipe has an abundance of salty components (goat cheese and olives). Salty foods give the impression of being tart, and the acidic, sweet, and flavorful sun-dried tomatoes add to the perception of tartness. Tart foods call for wines with equal or greater tartness. What's more, the basil (green, herbal) flavors in the dish associate with similar flavors in the wine. Both wine and food are medium bodied. The summation of these characteristics neatly ties the wine to the food.

A meal where the food and wine is perfectly matched is sheer bliss... but which comes first, the food or the wine?

Executive Chef Russell Skall and National Director of Wine Marian Jansen op de Haar at **Fleming's Prime Steakhouse & Wine Bar**, the two in charge of creating the perfect epicurean pairing, are a perfect pair themselves. This dynamic duo offers our readers tips on matching food and wine to make any meal easy to prepare and unforgettable for your guests.

Whether the food or the wine comes first, Marian and Russell have a few key

pointers to ensure that the food and wine bring out the best in each other:

Match intensity and flavors: Choose wines that match the intensity of the food and vice versa. If you plan on serving steak, consider a big, tannic Cabernet. If you're gathering friends and family over a lobster feast, Marian suggests trying a buttery Chardonnay; the buttery flavors in the two items bring out the finer qualities in the other.

Sweet or savory? The preparation of

a dish is key when matching it with wines. If you're planning on serving a sweet wine like a Riesling, Chef Skall suggests preparing a favorite like ham with an easy glaze of pineapple juice, brown sugar, honey and orange juice. Rather prepare your ham with a savory twist? Then choose a dry rose for the perfect complement.

Finish it off with dessert: You can't go wrong with chocolate any time. Marian proposes matching it with a port with chocolate notes so the flavors echo with every sip. Chef Skall suggests using wine in dessert preparation – whether to flavor the chocolate or as a base for a sauce – then serve a glass with the final creation. It will meld all the beautiful flavors together.

Winter Reds

by Steph Totten

Summer is lovely. It's warm outside, and the perfect time to enjoy a crisp, refreshing glass of white wine. In the middle of winter, many yearn for the long days of summer. True, winter may be cold and dark, but don't overlook the charm and romance it can bring. It may be cold outside, but it's so very nice to cuddle up at home in a comfy sweater and warm socks. Now is not the time for a crisp glass of white wine, but for a full, rich red that will warm you from the inside out.



Red wine may seem to be a bit of a mystery, but it doesn't have to be. How reds come about is actually quite simple. Reds are made from red (or purple, blue or black) grapes. The presence of color and tannin are achieved by the juice coming into contact with the grape skins during the fermentation process.

You have probably heard people talk about tannins, but understanding what they mean to a wine will help you determine which wine is right for you. Tannins are what give red wines their complexity and that mouth-drying sensation. They also give wine body, or firmness. Over time, tannins mellow and blend with the other characteristic of the wine, which is why reds age well. White wines lack tannin, so they are light and crisp. Reds contain tannin, and that's why they are heavier, and feel silky and firm in your mouth.

This makes them perfect for a cold winter evening.

Red wines are characterized as light bodied, medium bodied and full bodied. The lighter bodied the wine; the less tannins are present in it. Conversely, the fuller bodied the wine, the more tannins, and therefore tannic characteristics, the wine has.

Light bodied wines generally have less presence on the palate, and seem lighter. The texture of light-bodied wines is more like that of water. Examples of light-bodied wines are Beaujolais-Nouveau and Pinot Noir.

Medium bodied wines are right in the middle. They have more tannins than light-bodied and less than full-bodied wines. They feel heavier on the palate than light bodied wines, and the texture is a little thicker than water. Medium bodied reds include such crowd pleasers as Merlot, Shiraz and Chianti.

Full bodied reds are the big boys of wine. They have the highest tannin content, and often, the highest alcohol content. They are the heaviest, and the texture seems closer to milk than water. The tannins will make your mouth pucker, and the taste is rich and deep. Full bodied wines include Bordeaux, Cabernet and Zinfandel.

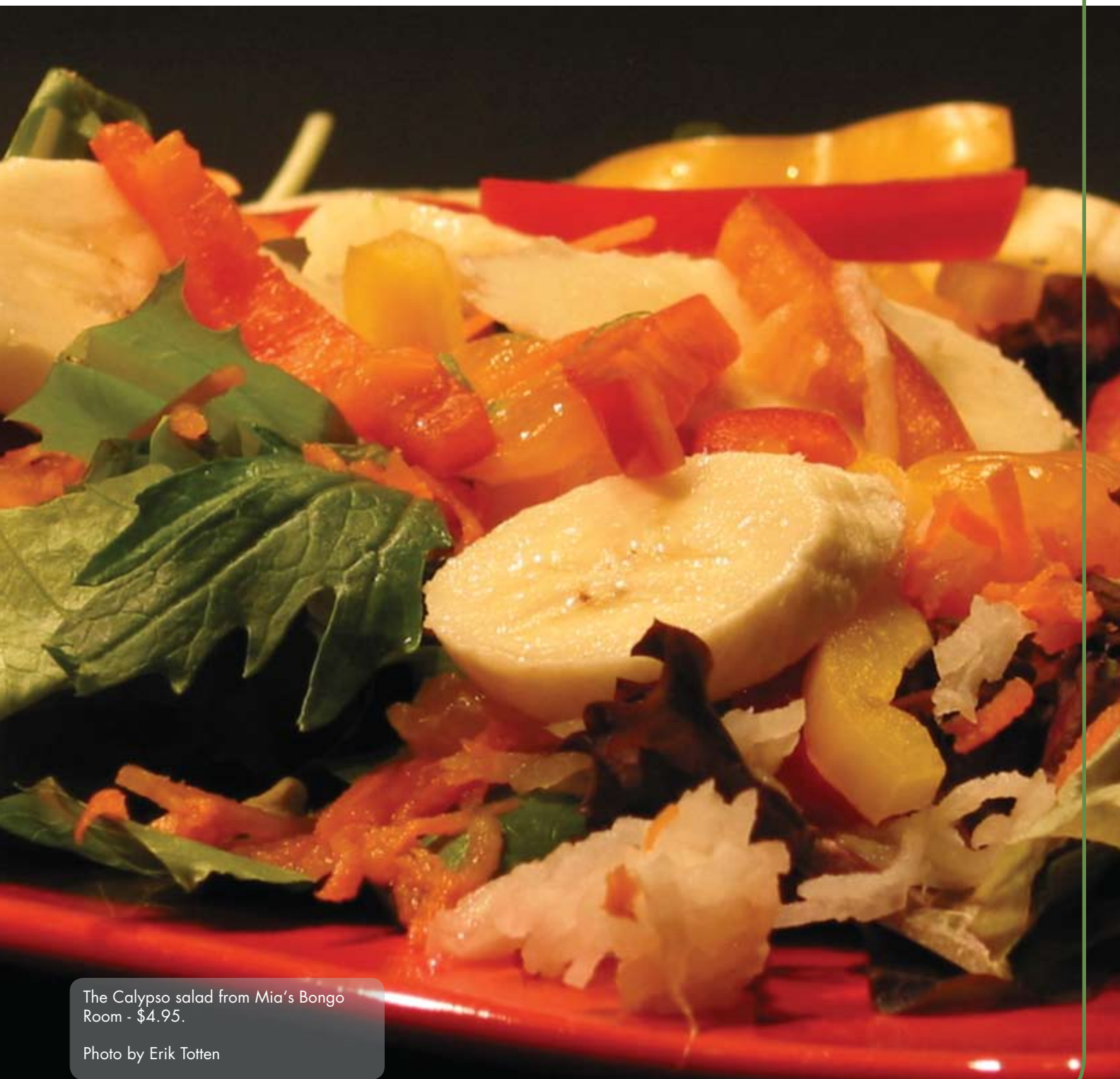
After choosing the perfect red, serve it in a way that will maximize your enjoyment. Red wines should not be chilled. They should be served at a temperature ranging from 56 to 68 degrees Fahrenheit. Serve a red too warm, and the taste of alcohol



can overwhelm the flavor. Serve it too cold, and it can taste bitter and flavorless. Just below room temperature, around 60 degrees, is pretty close to perfect for most any red.

The glass the wine is served in is equally important to your enjoyment of it. Red wines need to breathe, and therefore need more surface area exposed to the air. The wine glass needs to be a bigger bowl type glass that just narrows at the top. It needs to have a minimum capacity of 10 ounces, to allow the wine to breathe. You also want to allow enough room to swirl the wine without sloshing it everywhere.

So go buy a great bottle of red to enjoy this evening. If you're not sure what type you prefer, there are many places locally that have wine tastings regularly. Local wine shops are a great place to get advice and ask questions. The purveyors are happy to answer your questions. They want you to get a wine you enjoy. So have a happy winter this year, and let a great red wine help you appreciate the season.



The Calypso salad from Mia's Bongo Room - \$4.95.

Photo by Erik Totten

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Brasied pork osso bucco from 7
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Photo by David Ahlquist



Mysterious Absinthe

by Steph Totten



When you hear the word “absinthe” what do you think of? Most likely you picture a sunken, mentally unstable man with long greasy hair and a wild eyed look hunched over a glass of green, hallucination-inducing potion. While the myth and mystery of absinthe is what led to its prohibition, the facts about absinthe are quite different. In fact, the sale of absinthe is now legal in most places, including the United States.

Absinthe is shrouded in mystery because of its role in movies, stories and the legends of artists and writers who used it as their muse. You have probably seen it demonized in such films as “Bram Stoker’s Dracula” and “From Hell”, as well as heard stories of how its consumption drove brilliant artists mad. It’s true, there were many brilliant, albeit mentally unstable artists, (yes, I’m

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talking about you, Van Gogh) but they were brilliant and mad without any help from the green fairy.

So what is this mysterious, illicit-seeming spirit? Basically, absinthe is a strong, herbal liquor that is distilled with wormwood and anise. It originally came from Switzerland, but became wildly popular in France at the end of the 19th and early in the 20th centuries. It was, not surprisingly, hailed within the artistic community.

Now that absinthe is legal, and the illicit mystery is gone, how will it keep its reputation? It will, easily. Drinking absinthe is more of a ritual than a casual experience. It is served in a special absinthe glass – which is really cool looking in itself. Then a special, fancy slotted spoon is held over the glass with a sugar cube on top. Ice cold water is dripped onto the sugar cube, which then melts, and the syrup trickles into the absinthe glass. The syrup reacts with the anise in the absinthe causing it to louche, or turn to a cloudy, opalescent white. That, by itself, is pretty nifty.

Sorry to disappoint you, but the myth of absinthe making you hallucinate is just that – a myth. It doesn't do that, but absinthe drinkers say that the intoxication from it is completely different than anything else. It gives the effects of strong alcohol, mixed with

a “clear headed” feeling, and some report a seemingly heightened state of mind.

The taste of absinthe is very strong, and the dominate flavor is of anise, or licorice. Many different ingredients can be added to absinthe, such as hyssop, angelica root, coriander, nutmeg and juniper. It is believed by many that mixing the effects of these different herbs is what causes the different effect that absinthe has when drunk.

Absinthe is pricey, and if you want to try it, the best way would be to split a bottle between friends. It is not a shooting liquor, but a sipping liquor meant for a social experience. In Omaha it is available at Spirit World at 75th and Pacific. They carry a French variety for \$42.99 a bottle.

There are many cocktails that contain absinthe, but the most famous is Ernest Hemingway's “Death in the Afternoon”. It was originally published in a 1935 compilation of celebrity recipes.

Death in the Afternoon Ernest Hemingway

Pour one jigger of absinthe into a champagne glass. Add iced champagne until it attains the proper opalescent milkiness. Drink three to five of these slowly.

Top 5 Places to Watch the Superbowl

It's the biggest Sunday in sports, your version of Christmas, the time to celebrate the patron saints of football. So where will you and your buddies head to watch the big game? Someplace with great food, where the beer flows freely, where you don't have to worry about clumsy Bob spilling on the carpet. Time to head to the temple of pigskin, the sportsbar. So unless you're a Bears fan, and staying home to watch a tape of the 1986 Superbowl like you do every year, here are the best places to spend Super Sunday. by Steph Totten

Brewsky's

Stats: Over 50 TV's, including five big screens. Up to 48 different events can be broadcast at one time. With every sports package available, you ask for it, you get it.

Concessions: Try the Santa Fe eggrolls, stuffed with chicken, Monterey jack, corn, black beans and red peppers for \$7.95. Another stand out in their lineup is the 9 different varieties of wings. You can get 24 for \$14.95, and with 14 different dipping sauces, the combinations are endless.

Stadium Capacity: 425

Comparison: Qualcomm Stadium

Oscar's Pizza & Sports Grill

Stats: Two 10-foot HDTV's, two 32-inch HDTV's, 20 TV's ranging from 19 to 25-inches.

Concessions: The Big “O” pizza is the star player on the menu, topped with hamburger, sausage, pepperoni, onion and green pepper. A large is \$17.95, enough to share. Rookie of the year is the toasted ravioli for \$5.99. It's also their biggest day of the year for wings.

Stadium Capacity: 175

Comparison: Lambeau Field

Arena Sports Bar & Grill

Stats: 50-inch 1080P HD Plasma, 15-foot LCD HDTV, 55-inch big screen, seven 42-inch HD LCD's and a Bose surround sound system

Concessions: Try the super nachos, a large (that's Warren Sapp size) is only \$7.99. Another great bet – the house ribeye, 12-oz. for \$14.95.

Stadium Capacity: Just under 300

Comparison: Heinz Field

Ice House

Stats: 10-foot HD projection, 2 projection screens, 3 big screens, 25 36-inch screens, 20 LCD personal screens, a TV at every booth

Concessions: 24 wings for \$11.99 and your choice of 10 different wing sauces. What puts them on top is the hot pastrami sandwich for \$8.49, which is topped with Swiss, red onion and chipotle horseradish sauce.

Stadium Capacity: 567

Comparison: Superdome

Stadium Grill & Bar

Stats: Fifteen 42-inch plasma HDTV's will ensure you won't miss the action. Added bonus – all the video games at the attached InPlay for after the game.

Concessions: Try it all with the sampler platter, which features buffalo chicken strips, mozzarella sticks & beer-battered onion rings for \$7.99. The Nebraska cheese frenchee is another great bet for only \$4.99. They also feature some of the best burgers & pizza in town.

Stadium Capacity: 215 (overall capacity for InPlay – 3,000)

Comparison: Arrowhead Stadium

Spring into Beer!

by Brent Udron

Not surprisingly, beer consumption peaks during the heat of summer; with an abundance of outdoor, beer-friendly activities. A cold beer is the perfect teammate for a baseball game, and the ideal drink for picnics or post-yard work refreshment. When autumn arrives, beer drinkers gravitate towards Oktoberfest beers which are ideal for a cool afternoon tailgating before a football game.

The holiday season is a festive time for beer. Christmas themed beers begin arriving in stores around Halloween and start to peter out shortly after the New Year. Jovial names like Bad Elf, Santa's Butt, Hibernation Ale, and Nutcracker Ale inspire beer novices to try something different. Connoisseurs revel in the diversity of styles and flavors holiday beer's offer while savoring the higher than normal alcohol levels.

The beers of the holiday season receive a substantial amount of attention and rightfully so. However, upon waking up on January 1st (hangover is optional), the casual beer drinker reverts back to their old standbys. The beers of late winter/early spring get overlooked. Sure, beer lovers are aware of these great beers but the average "Joe Sixpack" overlooks some truly great seasonal beers that are only available in the doldrums of late winter.

While there is no universal beer style of late winter/spring, Maibock presents a strong argument for the title. Maibock is a deep golden hued lager that is fairly malty, but with a surprising earthy-spicy hop bite. Alcohol levels are moderately high, but still remain extremely easy to drink. Historically, Maibocks were brewed in Germany to be first tapped in May (Maibock means "May Bock" in German) but breweries now release these beers much earlier.

In Omaha, beer drinkers have a few excellent Maibock options. Summit Maibock might be the most prevalent as it is available both on draft and in bottles. Spaten offers a draft-only Maibock that is absolutely delicious and well worth seeking out. New to Omaha this year is Flying Dog Heller Hound as well as a draft-only Maibock from Boulevard.

Maibocks are not the only German influence on late winter/spring seasonal beers. The Boston Beer Company, brewers of Samuel Adams beers, releases a divine German-style Doppelbock. Doppelbocks are dark brown in hue, richly malty with caramel, toffee, and toasted bread notes as well as hints of dark fruits and noticeable alcohol heat. Arguably, Samuel Adams Double Bock is one of the finest examples of the style brewed in the United States, despite the gross misspelling of the style. Double Bock is only available in six-packs.

Two of the oldest and most respected craft breweries, Anchor and Sierra Nevada respectively, both produce excellent late winter/spring seasonal beers. Possibly the class of the entire lot is Sierra Nevada Bigfoot. Bigfoot is the benchmark of the American Barleywine style and has been since it was first released in 1986. Bigfoot is aggressively hopped and extremely bitter, with massive aromas and flavors of pine and citrus coupled with an amble malt backbone of rich, sweet caramel, toffee malts. Bigfoot is one of the most aggressive and heady beers in the world.

Anchor Brewing Company is the granddaddy of the modern craft brewery movement. Anchor is famed for exceptionally well brewed but not over-the-top beers. Their late winter/spring beer release is representative of all Anchor products. Anchor Bock is a highly quaffable and classically brewed Bock, chestnut in color, with a malty nose and a trace of hops. The palate mirrors the bouquet. Anchor Bock is an outstanding beer.

Also speaking of classically brewed beers, Odell offers their "single batch" Imperial Stout. Many American breweries release Imperial Stouts that are extremely alcoholic, very roasty and impressively hopped. Odell, on the other hand, offers a historically true Imperial Stout that is well-balanced, bold, malty but not overblown.

New Belgium is in their second year of the appropriately named Springboard. Springboard is hazy white-gold in hue, the palate and nose are significantly influenced by the use of oats, the Chinese herb Schisandra, Gogi berries, and woodworm spice plus there is even a splash of sour wood-aged beer. The finish is unexpectedly dry.

A few breweries create Saint Patrick's Day themed seasonal beers. Boulevard Irish Ale is a malty Red Ale with pleasant sweetness. Similarly, Rogue Ales Brewery offer Kells Irish Style Lager. This European-style lager is ostensibly modeled after Harp and is available in 22-ounce silkscreen bottles.

Late winter/spring releases run the gambit from modern, innovative beers to classic examples of a traditional style. Unlike the other seasons, not all breweries release a spring seasonal but those that do usually offer an outstanding product. Late winter/spring beers have been relegated to the least sought after seasonal beer, as many people are burned out from the holiday season or are on diets and looking forward to summer. However, these beers deserve a closer look as some truly wonderful beers are available as winter fades into spring.



Valentine's Day: A Day for Beer!

by Brent Udron

Cynics and singles bash Valentine's Day by calling it a "Hallmark Holiday". Men loath the pressure of buying the correct size lingerie, securing dinner reservations and sending flowers to their significant other's work. Valentine's Day usually gets condensed to a middling box of chocolates, red roses, and a "romantic" dinner at an overbooked restaurant. Of course, dessert follows, either at restaurant or at home.

Since Valentine's Day has been morphed into a holiday for women, and women are wrongfully stereotyped as non-beer drinkers, wine receives all the press when it comes to the Valentine's Day dinner's beverage of choice. However, men, and beer drinking women, do not need to settle for a glass of Merlot or Sauvignon Blanc. Beer is a festive drink and, arguably, a superior beverage with food. Beer can accompany every aspect of a great Valentine's Day dinner.

Popular and romantic dinner choices are an easy match for beer. The classic aphrodisiac of oysters on the half shell are no match for an Irish Dry Stout. The dry, roasted malt flavors and light bitterness sparkle in contrast to the sweet, briny qualities of the oysters. Stouts and oysters have been consumed in union since the 1800s. Aside from the historical association, oysters and stouts are a winning combination. Lighter, dry stouts are the best choices, such as Boulevard Dry Stout, Guinness Draught or even Odell Cutthroat Porter.

The king of romantic dinners is lobster. The sweet and delicate flavors of lobster are easy to overpower. A simple, straightforward Belgian Pale is a terrific companion beer as is a German Helles. Try a steamed lobster with Leffe Blonde (Belgian Pale Ale) or Augustiner Edelstoff (Helles lager). The malt sweetness and subtle hoppiness plays well with lobster, lightly dipped in butter.

Fondue is another ideal romantic dish. Classic Swiss fondue is made with both Emmenthal and Gruyere cheese along with garlic and white wine. The end result begs to be paired with Belgian-style Saison or French-style Bière de Garde. Both beers provide enough carbonation to lift away the creamy fattiness of the cheese from the tongue. Also, the earthiness of the hops complements the cheese quite well. Bière de Garde is slightly maltier than Saison, but either style is excellent with fondue. Saison Dupont and Ommegang Hennepin are both world class Saisons. Bière de Garde is a bit more difficult to find, but locating a bottle of Castelain Blond is worth it.

Pasta has long a relationship with wine and romantic dinners; it must be an Italian thing. Wine grew to prominence in Italy because grapes

grew better than grain. As such, wine became the natural partner with pasta. However, thinking outside of the (wine in the) box is quite rewarding, as beer has attributes and a range of flavors not found in wine.

The beer pairing is dependant on the type of pasta sauce. For instance, since beer has bitterness it is able to cut through the sweet, creamy sauces while the carbonation scrubs away unwanted flavor residue on the palate. Alfredo sauce can be paired with either a lively, hoppy Belgian Triple (Westmalle Triple or St. Bernardus Triple are both excellent choices), or a dark, malty German Doppelbock (Ayinger Celebrator or Spaten Optimator are ideal but any "ator" beer will do).

Similarly, the sweetness in the malt works in harmony with the sweetness of tomatoes and doesn't clash with the acidity in red sauce. Red sauce works delightfully well with German Oktoberfest beers. Thankfully, both Spaten and Paulaner produce Oktoberfest beers all year round. A worthwhile substitute is American Amber lager like Tommyknocker Ornerly Amber.

Even pesto has a friend with beer. Pesto is no match for a Belgian Strong Pale Ale (Duvel is king of the style) or an Imperial Pilsner (try Rogue's Morimoto Imperial Pilsner). Spicy, European

continued on page 40

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hop varieties excel with pesto and these two styles showcase such hops marvelously.

As great as beer is with the main course, beer absolutely dominates after dinner. A romantic Valentine's Day dinner would be incomplete without dessert. With creamy desserts like crème brulee and cheesecake, a sweet, fruity lambic is in order. Lindeman's offers a handful of styles but their Kriek (cherry) and Framboise (raspberry) are beyond ideal for such desserts.

Be it in cake, pudding or candy bar form, chocolate is always a must on Valentine's Day. Mild chocolate is a good match for Samuel Smith Oatmeal Stout while stronger chocolate pairs nicely with Rogue Shakespeare Stout. Better yet, Trappistes Rochefort 8. Lindeman's lambics also work extremely well with chocolate.

Tiramisu is dynamite with Sweet Stouts. The addition of lactose adds milk-like sweetness to the typical chocolate and coffee flavors of a stout. Seek out either Left Hand Milk Stout or Samuel Adams Cream Stout for the perfect beer for Tiramisu.

While there are no true Valentine's Day beers, and very

few beers have cutesy labels, that shouldn't deter couples from enjoying beer on the most romantic day of the year. Beer is an easy fit for any holiday and Valentine's Day is no exception.

Unfortunately, most mainstream press is unaware of the vast array of beers and the remarkable depth of flavors they offer. So be brave, forgo wine and drink beer on Valentine's Day.



Brent Udron has written beer articles for Omaha City Weekly and Heartland Healing Magazine. He has sampled thousands of beers from around the world and is passionate about the growth of the craft beer industry in Omaha. He is currently the "beer specialist" for Beertopia. When Brent isn't writing about beer or selling it, he sure the hell is drinking it.

VALENTINE'S DAY COCKTAILS

Valentine's Day is the holiday that's meant to be spending it with your sweetheart or friends, some them your love. Here are some recipes that are sure to



celebrated with those you hold dear. Whether you're fun Valentine's Day cocktails are a sure way to show get your cupid party started.

Aphrodite's Love Potion

- 1 dash bitters
- 1 1/2 oz. Brandy
- 5 oz. pineapple juice

Pour brandy, bitters and juice into highball glass filled 3/4 of the way full with ice. Stir well. Garnish with cherry and orange slice.

First Love

- 1 oz. champagne
- 2 dashes cherry liqueur
- 1/3 oz. gin
- 1 tsp. sugar

Pour ingredients into shaker filled halfway with ice. Shake well, strain into cocktail glass and serve.

Strawberry Kiss

- 3 oz. vodka
- 2 oz. amaretto
- 1 oz. half & half
- 4 strawberries
- 1/2 to 1 tsp. sugar

Blend half & half with strawberries in blender or food processor. Add sugar to taste. Shake strawberry mixture with vodka and amaretto in shaker with ice. Strain and pour into cocktail glasses.

Kir Royale

- 1/4 oz. crème de cassis
- 2 1/4 oz. champagne

Pour crème de cassis into champagne flute. Slowly add champagne.

All these love cocktails are fine and dandy, but what do you serve for an anti-Valentine's Day bash? We've found the perfect thing for you. Bitch Barossa Grenache 2004. The bottle features a pretty pink label with the word "Bitch" on the front, and the word "Bitch" 77 times on the back, followed by "some more". This wine has hints of fruit and chocolate, and you can find it at Corkscrew Wine & Cheese for only \$11.75 a bottle.



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SMOKING 101



by John Larkin

Four easy ways to look like a pro when smoking that cigar

Cigars are supposed to be a fun, relaxing pastime enjoyed by people from all walks of life. But whether you read the Robb Report or Maxim you should know a few simple rules that won't leave you looking foolish in front of the in-laws while smoking those fake Cubans you bought in Cancun.

Here are four easy ways to look like a pro when smoking that cigar. These tips will also enhance your experience from beginning to end. We'll skip picking out your cigar and smoke shop etiquette for another time so we can get right to the good stuff.

Cutting your cigar: The head of your cigar (the side that isn't cut) has what's called a cap on the end. This is all you want to slice off with that fun little tool that is the cigar cutter. Place the blades of your guillotine cutter on the still rounded tip of the cigar, and in one quick motion slice just the end off. This small cut will help keep most of the loose tobacco in the cigar, and not in your mouth, and besides, cut off any more than that, and your just wasting your hard earned money.

Lighting: There are only a few right ways, and a few wrong ways to get that puppy burning. Do not under any circumstance light your cigar with a Zippo unless lighter fluid is the only flavor you want to taste. Paper matches are another fire source to avoid. Wood matches are a good, economical way to get going, but cigars are best when lit with a butane lighter, which is tasteless and odorless.



Disposable lighters are butane lighters and can be used in a pinch, but if you want to convince pops that Cohiba wasn't made in Mexico, then get yourself to a smoke shop and buy a real lighter. You can get something decent for as little as \$10 or spend up to \$150 and beyond.

Now that you know what to light up with, this is how you do it like a pro: Cigars should be heated up slowly to avoid premature cracking of the wrapper; so hold your flame below the end of your cigar at an angle while keeping the actual flame at least a half inch away. Roll your smoke to get the heat going around the entire cigar

and blow on the end to get it lit. Only when the foot of your cigar almost entirely glowing red should you start taking a puff.

Ashing: A cigar is not a cigarette, and should not be ashed like one. The long white ash is actually a good thing for your cigar and it's been proven that how long you can keep it before it falls in your lap has a direct correlation to your manhood. Keeping a good ash on your cigar will ensure a cooler smoke, as well as help keep it burning evenly. So only tap the ash off when you think it's about to go on its own; anything more than that will just make a mess and is a sure sign of your woeful inexperience. For bonus points, comment on the color of the ash and how it's a sure sign of the soil quality your tobacco was grown in. And if your cigar does start to run, tend it with your lighter the same way you lit it by holding the flame just off the parts that are lagging behind.

Putting the cigar out: Once you've had your fill and are ready to get back to the rest of the party, there's only one thing you need to know; do not stub your cigar out. This will immediately make the cigar smell stale and awful. Just place it in the ashtray and let it go out on its own. It will go out in a minute or two and won't make the place smell like a wet fire.

Remember, cigars are supposed to be a relaxing social experience, so do what makes you feel comfortable, but if you follow these simple steps you'll be well on your way to the upper echelons of society.

Next issue: "How not to hold your brandy snifter like a jerk."

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Food Service Warrior

by Jeremy Hunter



A lot goes on behind the scenes of every restaurant. There are many hard working people who put your dinner together, from the chef to the server to the dishwasher. It can be difficult and thankless, but for us food service warriors, there's no job we'd rather do. Really, the goal of our job is to help others enjoy what the food & spirits world has to offer all of us.

So what's it like in the trenches? I hit the streets and talked to some of the people who choose to do this for a living. It's not all free food and wine, but it's not all bad tippers and long hours either.

First I'll tell you a little bit about me. My name is Jeremy and I'm 35 years old. I've been in the industry for 16 years. I am a bartender and server, but I've also been a dock clerk, painter and restaurant owner. What I enjoy most about my job is making people happy, and I love playing practical jokes on people.

Melissa is a 28 year old assistant manager. She has been a food service warrior for 12 years. She said what she loves about the industry is the fast pace of the business and getting to meet new people. She does not like dealing with unhappy people and morning shifts. Who can blame her?

Scott is a 43 year old server with 23 years of experience. He enjoys the freedom of his job and the constantly changing world of food & drinks. He feels that the food service warriors are taken for granted here in the Midwest. On the West coast, they are held in much higher regard.

Tammi is 32 and has been in the industry for 4 years. She loves the time with her regular customers and the anticipation of not knowing what the next table might bring. She does not like poor tippers and staff members who don't take their job seriously and cause more work for the rest of them.

Ryan is 30 years old and has been a bartender for the past 6 ½ years. He likes his job, because he goes home with cash every day and that it's always a challenge. He had the same dislikes as Tammi - poor tippers, bad employees.

With the differing levels of experience, background and ages, there were a few things everyone seemed to agree on. Nobody likes the long hours, and working on holidays is no fun. The upside of holidays is that you typically make more money, but it's a general consensus that holidays should be spent with friends and family.

Talking to Melissa, Scott, Tammi and Ryan, I found that the pros definitely outweigh the cons for us. Everyone could easily come up with what they loved about

their job, but had to think a little while about what they disliked. We are doing this because we love it, and it's what we want to do. It takes a special kind of person to do our job, and all we want to do is make sure your dining experience is unforgettable.

So remember, mistakes will happen and things don't always go as planned. It might be something such as a spotted fork, under or overcooked food. We don't control as much as our guests think we do, but we do orchestrate the experience, and we all have to work together to make your dinner fantastic.



Jeremy Hunter has lived off and on in Nebraska for 18 years. He has been in the industry for nearly 20 years. His experience as a food service warrior spans from starting out as a dishwasher to owning his own pizza restaurant. He has been a part of every aspect of the industry, but loves being a server and bartender above all. When he is not behind the bar or helping customers, he can be found with a nice microbrew and a glass of Grand Marnier.

2007 Hospitality Hall of Fame Dinner

by Jim Trebbian

The Omaha Hospitality Dinner and Induction for 2007 was held on October 21 to recognize the people who have made outstanding contributions to the food industry. The event featured appetizers and dinner prepared by faculty, staff, and students of the Institute for the **Culinary Arts at Metropolitan Community College**. The appetizers were very special this year, as they were miniatures of the main entrees prepared at the first dinner for the hall of fame fifteen years ago. A dessert buffet and reception followed the meal, once again being prepared by faculty, staff and students.

Inductees into the Hall of fame included long time restaurateurs Eli, Jerry and Charles (Chuck) Caniglia. The Caniglia name has been a mainstay in Omaha dining for many years. Along with many other ventures, they are the long time owners of **Caniglia's Venice Inn**. Both Chuck and Jerry have been in the food service from the time they were teenagers. Eli's induction was posthumous, as he passed away in 1983.

Also inducted was restaurateur Rick Fox, the founder of **Julio's** restaurants and the owner of the **Julio's West** on 132nd and Center. Rick, a former president of the Omaha Restaurant Association, is well known for his work ethic and charitable spirit.

Tim Pepper, who owns **Sergeant Pepper's**, was also inducted. Tim, a graduate of Iowa State University, got his start in the industry working at a pizza restaurant when he was in college. Along with his brother Walt, Tim started up the **Pefferoni's Restaurant Chain**. Approximately 27 years ago, he opened the first **Sgt Pepper's** restaurant.

Raymond and Richard Cutchall were inducted, with the award accepted by son and nephew Greg Cutchall. The Cutchall brothers were operators of many restaurants, but best known for the **A&W** chain in the Omaha area. They were the first restaurant in the country to utilize "dual branding", with the addition of **Kentucky Fried Chicken** to the **A&W** chain.

Paul Goebel's induction was very special, as it was his 50th anniversary of service to the industry. Paul is Omaha's only holder of the Golden Toque and was responsible for the training of many chefs in the Omaha area. He is often described as the chef who modernized the culinary world in Omaha, with his arrival from Denver in the late 1960's. He is best known for his years as chef and manager at the **Omaha Holiday Inn Convention Center** as well as Lincoln's **Villager Hotel**.

ManageFirst: A National First in College Partnership

Metro Community College announced a partnership with **Creighton University** to provide the nation's first professional hospitality and restaurant management program offered jointly by a two-year community college and a four-year private university.

The program combines culinary arts courses from the Institute for the Culinary Arts at MCC with business courses from Creighton University and enables students to earn the National Restaurant Association Education Foundation ManageFirst Professional Plus. This credential is designed to help students achieve their career goals while cultivating and perfecting their skills in food management.

With a projected need for two million new workers - many in management - within the next nine years, a variety of positions in the specialized industries of hospitality, restaurant management and foodservice are anticipated for qualified students and graduates to pursue.

"This is a very exciting opportunity for professional growth for Omaha food and restaurant chefs and managers," said Jim Trebbien, academic director for MCC's Institute for the Culinary

Arts. "The opportunity to learn from Creighton professors and the chefs at MCC's Institute for the Culinary Arts is fantastic for the resume."

Designed around skills identified by the NRAEF ManageFirst Program as being essential to today's managers in the hospitality and restaurant industry, the program connects two institutions, each offering content in their individual areas of expertise. NRAEF developed their list of skills with input from more than 200 educators, operators, trainers and hiring managers.

The program consists of seven courses from Metropolitan Community College including information on purchasing, food production, nutrition, sanitation and cost management; and six courses from Creighton University, covering subjects such as managerial accounting, restaurant marketing, customer service and employment law.

Upon successful completion of the program students will receive an NRAEF ManageFirst Professional Plus Certificate from the NRAEF, Creighton University and the Institute for the Culinary Arts at Metropolitan Community College.

The ICA 2008 Culinary Invitational

by Jim Trebbian


Much like the playoffs in sports, each year culinary teams throughout the region gather at the Institute for the Culinary Arts in Omaha to compete for recognition and scholarships. The 2008 event will be held on the evening of February 29, 2008, and all day on March 1, 2008.


The event begins with the Knowledge Bowl, where student compete in a Jeopardy-like contest for the top prizes. Approximately 25 to 30 schools are expected to compete in this event, which is the culmination of months of study and practice. Judging of the event is provided by faculty of the Institute, as well as some of Omaha's best known managers and chefs.

On March first the day will begin with the Culinary Institute's three to four teams, each consisting of three to four students, competing in the Culinary Contest. This event is open to the public, as is the Knowledge Bowl. In 2007 an estimated 500 people came to watch, and in some cases, cheer for their favorite culinary team. Eight teams at a time compete against preset standards. Cameras, in the style often seen on the Food Network's culinary contests, record the students diligent competing. The room is filled with screens displaying the students hard at work, which adds to the excitement. Teams are awarded medals according to the set criteria. The teams usually start practicing in September of the school year, and conclude their year with another competition sponsored by the Nebraska Restaurant Association in the spring of the year.

New to the contest this year will be an auction. The auction will begin around 4:30 PM on March 1st, and each team will be auctioned off to prepare a dinner for four featuring the food that they prepare the day of the competition. The funds they raise will be used to pay expenses incurred by the team for training and competitions. Please mark your calendar to watch the competitions and bid on your favorite menu and team.

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MCC's Culinary Team Nebraska Wins Bronze

Culinary Team Nebraska from Metropolitan Community College (MCC) earned the bronze medal in the John Joyce Culinary Competition this fall, the highest award MCC's competition team has earned in its five years of competitions.

"Every competition we've gone to, we've done better than before," said Brian O'Malley, chef instructor and competition team coach. Their menu of sautéed pike, green bean en gellé, sauté poulet bercy and kirsch bavarois glacéé was inspired by the flavor profile of the Alsace region between France and Germany.

The team consists of around a dozen students who develop the menu, coordinate travel and provide other essential preparation and support. Of the team, five students are chosen as the 'official' members who prepare the meal during competitions. The bronze medal team included Amy Ewing, Audrey Lassek, Sherry McLochlin, Telia Owens and Alex Swanda.

Awards aside, O'Malley said the students learn from the commitment necessary to be part of the competition team and get an opportunity to refine their skills with an attention to detail. The students also learn from the judging panel which is comprised of five master chefs.

"One of the best things - and something you can't get anywhere else - is critique," O'Malley said. Next on the team's competition menu is the regional competition in February, where one team per state will compete to be named Best of Show and move on to nationals.





(with a view)
Dinner  is served.



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OMAHA PRESS CLUB



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WINTER 2008 EDITION
Newsletter of the Chefs and
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Chapter of the American
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OMAHA STANDARD

Describing the foundations and frontline of the Local Food Scene
by Brian O'Malley, President - Heartland Chapter

Omaha's ethnic heritage is speckled with immigrants from some of the most important sausage making places in the world, Germany, Mexico, Greece, Ireland, Sweden, Denmark, Poland, Czechoslovakia, Italy, and many other nations. With these immigrants came a great tradition of meat preservation through impeccable butchery and charcuterie skills. As



the American agro-industrial complex changed the face of food through the 60's and 70's, very few authentic shops that upheld the traditions of the old world were able to survive. One shop that did successfully weather the storm is still going strong right here in Omaha: Stoysich House of Sausage. As most of our great nation turned toward highly standardized meat products like oscar meyer boloney and ballpark franks, Stoysich stayed the course: continuing to crank out—pun intended—sausages like Vaternice and Andouille.

In addition to the dizzying, and frankly difficult to pronounce, array of fresh and smoked sausages, they also make a perfect selection of wieners. In fact, the first trip I remember as a lad on the Fourth of July to prepare to celebrate our freedoms was not

to Rockport for fireworks but to Stoysich with my “momo” to get hotdogs. The kind man with blood on his apron always let me have one for free, and then momo would let me eat it right there in the shop! I can still feel the snap of the casing. (So maybe he didn't have blood on the apron, but it is my memory-lane, if I want to careen into a mailbox or two so be it.) Lets not get confused however. Stoysich doesn't deserve all this love 'cause of a day trip with my

grandma 25 years ago. They deserve this love for two reasons: they have survived, and their products are unrivaled in Omaha and beyond. To shamelessly show their agreement with me and the rest of Omaha insiders, some high-and-mighty national sausage governing body just awarded Stoysich House of Sausage two magnificent prizes: reserve champion for their Andouille sausage and grand champion in the small diameter category for their Rueben sausage. That's right, Rueben sausage. Two great Omaha Standards in one beautiful little casing! If you have not been lately, get back. If you have never been, get. Stoysich is an Omaha Standard that we must continue to love and support. Check them out online at www.stoysich.com. ★★ ★★

CHAPTER CHAT

by Michael Roddey
CCC, CCE, FMP

19 questions with Chris Pulling CEC
CCA, Executive Chef Levy Restaurants
@ the Qwest Center, Membership
Chairperson ACF chapter.



MR: Chef, please tell us about your background?

CP: I am originally from Hyde Park, New York and am a graduate of the Culinary Institute of America in October of 1999. I worked and learned from many students attending the CIA as a teenager and was drawn to the culinary arts and the hospitality industry. After graduating from the CIA I worked 8 years with Hyatt Hotels and Resorts in Austin, TX, St. Louis, MO and Washington D.C. After Hyatt I worked two years at a resort in Vail, CO and later moved to Nashville, TN where I started working for my current employer Levy Restaurants at the Gaylord Entertainment Center [home to the NHL Predators]. I have since worked at Jacob's Field in Cleveland, OH [home of the Cleveland Indians] and am currently at the Qwest Center here in Omaha NE.

MR: What has been your favorite experience from those places that you mentioned?

CP: My wife and I loved, loved, loved Vail CO. It was incredible. We both spend a lot of time outdoors and Vail is an outdoor, mountain paradise. Match the environment with an upscale resort featuring amazing food and detailed services and you may never want to leave. [Until you go to buy a home and start a family]

MR: How did you arrive here at the Qwest Center?

CP: I was asked to be on the opening team for the Qwest

Center and traveled to Omaha from Cleveland to assist and "get through" the many trials of opening a property. I loved the property and was very excited about being in the city I always dreamed of moving to as a child [just kidding]. Actually, it was the secrets of Omaha; a city with strong family values, heartfelt hospitality and great people that sold my wife and I on the transfer from Cleveland when the opportunity to become the Executive Chef became available in early 2004.

MR: Being such a large operation, what makes your position unique in the duties and/or responsibilities?

CP: Train and Trust. Being so large and with many "cogs" working at one time in distant proximity, it has become more important to direct and teach thoroughly on the front end and trust that things are falling into place. Trusting also; that the chef, supervisor or cook are seating in the right seat on the "bus" to accomplish the goals assigned.

MR: What are some of the highlights of your present position?

CP: The yearly Coronation event in October is always a highlight as it has forced us to stretch ourselves in creativity, flavors and presentation to exceed the previous year. Feeding 2,200 people at a sit-down meal with logistical challenges too numerous to mention, and we have not missed yet.

MR: I understand that you have a good representation of local culinary students and graduates; do you see or not see anything from this group of employees today as compared to 10 years ago?

CP: I have hired and promoted many students from MCC and IWCC. I have also hired and parted ways with many as well. The student that understands the importance of building a strong foundation in culinary arts, human behavior and hospitality, will launch them into a career that they will always land on their feet, moving forward. The student looking for instant success and instant authority upon graduation may obtain that role within an organization but, inevitably will have to re-start their career in a lesser role under a different employer. I like to tell my student-employees that "any profession is a marathon, not a sprint" and always "play with people better than you" that way you're always learning and growing.

MR: What would you like to say to this group of aspiring culinary professionals?

CP: As above. Take the time to build a foundation based on positive experiences, self-motivated research and patience. The price you pay to learn the business in time, commitment, blood, sweat and tears is easy to accept when the promise of success is clear. I also encourage students to write things down, don't trust your memory. If you come across a great idea, a profound thought or equation for success, write it down.

MR: What is your take on the food scene in the Heartland area?

CP: Broken hollandaise: It seems that there is a perpetual inventory of businesses opening and closing throughout the community. Over saturation makes it very difficult to survive in the marketplace, I reference back to the “building a foundation”. The restaurants with experienced, business savvy general managers and chefs have a greater chance for survival. I see many franchised restaurants with inexperienced business leaders failing despite a winning concept.

MR: What do you think about the constant opening of restaurants in the area?

CP: I think there is a growing need for restaurant consultants in direct correlation restaurant openings.

MR: Is there a vacancy within the many area restaurants that you would like to see filled?

CP: I would like to see more independent restaurants with more unique concepts as opposed to the cookie cutter/chain type establishments.

MR: You have become quite active in the local chapter during the last year, could you please shed some light for our readers on what you get out of being a member and being involved?

CP: Becoming certified as an Executive Chef and Culinary Administrator last April was a goal I set myself at my first position as executive chef in Nashville. I believe that becoming certified and active within your local chapter is evidence to your commitment to the industry, your

peers and to yourself. Networking, idea sharing and endless opportunities to educate yourself are all part of the foundation you build for the future success.

“I would like to see more independent restaurants with more unique concepts...”

MR: Being the Membership Chairperson, what are some things that you are planning in order to promote membership and involvement?

CP: The key to increased membership is in the value of the membership. If we can continue to increase the value of the membership through consistent opportunities educational, consistent community involvement, consistent social activity, and meeting on a regular basis as a group, than our value will increase to our target market: Chefs and Clinicians. Our upcoming trip to Berkridge Hog Farm [Berkshire black hogs] in the Sioux City and recent lobster and certification seminars will spark on increased interest in the ACF and the Heartland Chapter.

MR: Congratulations on your dual certification that you recently earned. Is there anything that you took out of the certification process that was unexpected?

CP: More important than the certification, was the opportunity to recognize some personal opportunities to improve. I learned a great deal about myself as a person: my composure, commitment, tenacity, industry/food knowledge and organization all became self evident in varying

degrees in both the certification process and examination.

MR: What would you like to share with our readers about certification?

CP: It has been the most personally gratifying experience in my professional life [Lisa: Note professional life]. I am absolutely committed to my craft, the service industry, future of culinary arts and to my family. I now have the credentials to be proud of and to share and to inspire others with.

MR: Is there anything that you plan to accomplish in the next 5-10 years?

CP: Vaguely: Good health and shared prosperity. Specifically: I will have my own business, directly associated to the food/hospitality industry by 2012. I will be building the foundation for this business over the next 5 year's. Not sure exactly what it will be, it is a work in process.

MR: Would you care to share with us where you see yourself ten years from now?

CP: I am a five year strategist, too many variables over the next 10 years.

MR: Who do you look-up to or admire?

CP: My Mom, a two time survivor of breast cancer, double-knee replacement and self-imposed workaholic at 70 serving others and rarely herself.

MR: What is your favorite dish?

CP: Mom's endless list of ground beef dishes.

MR: What is your favorite place to dine in the Heartland area?

CP: Prima 140 and Kona Grill

EDUCATIONAL INITIATIVES

*by Jim Trebbien, CCE CCA - Academic Director,
Institute for the Culinary Arts*

REMEMBERING THE APPRENTICESHIP



Chef Steve Villamonte and Chef Michael Roddey discuss preparations for the 2007 Ron Sailors Fundraiser dinner and auction at the Omaha Press Club

In 1994 a young man walked into my office and said that he had heard me discussing the Culinary program on the radio earlier that day (while driving back to Omaha from KC). He was into computers, but was restless about his career, and liked to cook. I soon realized that his interest in Culinary was not just an interest, but a passion. And as we all know, a passion is a determinant of future success.

At that same time we had been working with the ACF to establish a new Apprentice program at the college. Ron Sailors was the least likely person to enter this new Apprentice program, as he had virtually no experience in Culinary, and most successful apprentices at other colleges had experience in the field. As I would rediscover, knowledge and experience come in second to passion when starting most any project.

Ron was not only the first person to enter the apprentice program, but the first to graduate. He pursued his classes with vigor, and soon was asking where he could apprentice. He stated that he wanted to apprentice at a place where he could learn a lot, and was demanding. He went to work for Chef Steve Villamonte

***“I soon realized
that his interest in
Culinary was not
just an interest, but a
passion. ...”***

at UNMC and later the Omaha Press Club. Within a few years after graduation Ron was working on his own, as a chef. He was very involved with the community, the industry, and the college all of the time I knew him. He gave back

much more than he took.

Ron's legacy ended early in life-he had a heart attack in 2000 and died soon after at a very young age. His legacy lives on through an event held yearly in the Omaha area. The Chef Ron sailors Fundraiser is held annually at the Omaha Press Club, usually in early November. At this event many chefs and aspiring chefs raise money for scholarships for Culinary Arts students in the Omaha area. This event is followed by another event, that is held at the ICA (Institute for the Culinary Arts), in late winter. At this event many high school culinary students and teams compete for scholarships and bragging rights. Many of the scholarships come from the fundraiser. Ron would be proud of both, as in both events people pursue their goals with Ron's trademark passion. ★★ ★★

GROUND BREAKING CEREMONY

February 28th 2008

The Groundbreaking for the new **Institute for the Culinary Arts Center** is scheduled for Feb 28th, 2008. The ceremony will start at 5 PM with a fundraising dinner to follow at the Institute. The new Culinary Building, which will

include a conference center, able to seat 650 for a meal, will be approximately 35,000 sq ft. The Educational part of the building will include 2 theory kitchens, a protein fabrication lab, a production kitchen, a ala carte kitchen, a full bakery, as well as a chocolate lab, all on the first floor. The second floor will consist of the conference center, classrooms, a servery kitchen, and



a demonstration lab. The center will be state of the art in design, functional use, technology, and equipment. Additional space will be for offices and student work space. The building has been designed by HDR architecture firm, with considerable input from faculty, students, and community members. ★★ ★★

DEAR CULINARY ENTHUSIAST,

The Nebraska Culinary Competition Team has been diligently planning, practicing and preparing for the Culinary Regional Competition scheduled for late winter each year. This year's team is off to a fantastic start. For the first time ever, we medaled early in the season at the Johnson County Culinary Competition, earning a bronze

medal with three returning and two brand-new competitors. We are more dedicated than ever before, practicing two days every week on our cold platter, our skills, and our hot food cookery in addition to all the individual time we've spent honing our skills.

We are determined that this is our year at Regionals to perform our



best ever and make all Nebraska culinarians proud. We want to put Nebraska on the map and show that we are fierce, talented culinary competitors and a force to be reckoned with. We need your help and involvement to make this happen. From the ACF chefs who serve as mentors, guides and help us refine our dishes, the commis that assist us with our cookery doing dishes or anything we ask of

them, the cold platter team, the coaches who spend tireless hours developing a team to beat...we can't do it alone. We are still in need of financial assistance to make this dream come true. We are trying to fund the expenses of our trip to Regionals and could use any help you can provide. Financial assistance allows our competitors to focus all of their time on

practicing to be the very best we can become.

We thank you in advance for your dedication to the culinary arts and helping Team Nebraska.

Sincerely,
Vieva McClure
Team Manager

★★ ★★

CERTIFICATION & EDUCATION

One chef's trip

by Kevin Newlin CEC

My experience working as chef has provided me with countless opportunities to work on a team and a team environment. As chefs we rely on our team members and assistants greatly to get the job done. When your team accomplishes the tasks its set forth does, there isn't a greater feeling of accomplishment. The time, effort and training that are set forth in the building of great team member are sometimes exhausting. But in my opinion extremely fulfilling. My recent experience working with an assistant or commis is one that I

"As chefs we rely on our team members and assistants greatly..."

will take with me for the rest of my life. I used a commis to help me practice for my certification practical examination. My first thought is that I did not need an assistant. My experience told me that I did. Neither of us understood what to expect or how to go about accomplishing the task. We jumped in both feet first and soon figured out that we needed a fool proof

plan to acquire our goal, obtain certification for myself. My assistant and I worked diligently for weeks to refine the process of the exam. As a team we thought, tried and rethought every possible way of coming up with a better way of doing things. Teaching the organization and mise en place that is required for the exam has help all that is involved. The goals that we set forth and achieved where outstanding. The overall process was a definite learning experience for both people involved. ★★☆☆

NOTES FROM AN 'IRON CHEF'

by Telia Owens

When I first came to Metropolitan Community College I remember taking a tour of the facilities. As a fresh face to the Foundations class, one of the chef's told us that we should take advantage of everything the school has to offer, whether it be rare ingredients, or rare opportunities.

One of the rare opportunities that I have been privileged to experience is the annual "Iron Chef" competition held at the Taste of Omaha. My first year in participating I was extremely nervous and extremely clueless to the art of competing (oh, how I've learned). However, my partner José Dionicio, was just having fun doing a dish that was originally his. I later realized that this is the point of the competition,

letting students do something that is uniquely theirs and presented in creative ways. Taking what we have learned and going outside the box and letting our talents work to their full potential. Of course, having a lot of fun doing it is also essential.

Last year José and I were the overall champions. This year

was a little different. One of the main differences was that, Whole Foods participated a great deal in our event. Team members were given a tour of their facility, and a day to shop for all the food to be used in the competition. As a culinary student, Whole Foods is the ultimate food experience.

The other difference was...well my partner, Amy Ewing and I, lost to Chef Hilary Quinn and Jon Seymor in battle Latin American. Hilary and Jon were also crowned as this year's overall champions by Judges Paul Kulik from La Buevette, Chris Pulling, CEC, CCA from the Qwest Center Omaha and Maya Disciono a chef from the Whole Foods Market. All I have to say is, it was fun, it was hot, the food was fabulous, and just wait till next year..... perhaps Battle French? ★★☆☆





Certifications

Maybell Galusha
Culinary Educator
Secondary Culinary Educator
Working Pastry Chef

Cathy Hansen
Secondary Culinary Educator
Working Pastry Chef

Gary Hoffman CEC
Culinary Administrator

Michael Roddey CCC
Foodservice Management Professional (NRA)
Culinary Educator
Dietary Manager
Food Protection Professional

Awards

Bronze Medal

John Joyce Student Culinary Competition
November 10th, 2007

Team Nebraska

Audrey Lassek
Sherry McLochlin
Alex Swanda
Telia Owens
Amy Ewing

2006 Chapter Medallions

Randy Wattermann	<i>Local Food Champion</i>
Gary Hoffman CEC	<i>Dedication and Service</i>
Karl Marsh CRC	<i>Dedication and Service</i>
Paul Kulik	<i>Entrepreneurship</i>

ΩΩΩ President's Medallions

Barb Dickhute
Emilly Philips
Randall Smallridge
AJ Swanda



Iron Chef Omaha Winners

Overall Winners | Battle Latin America
Hilary Quinn & Jon Seymour

Winners | Battle French
Matt Baum & Rocky Rocha

Winner | Battle Asian
Randall Smallridge & Linda Austin

Winners | Battle New Orleans
Lance Ritzman & Craig Hoffman

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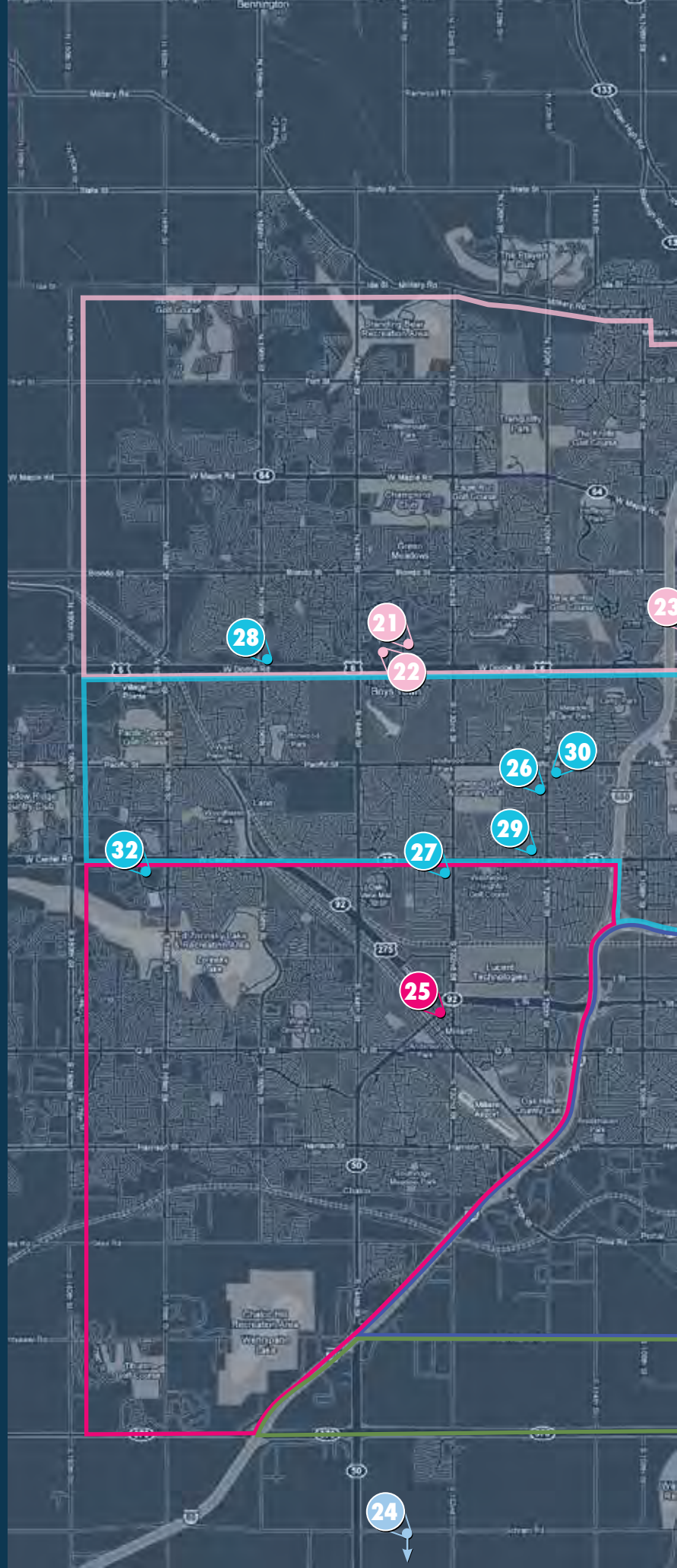
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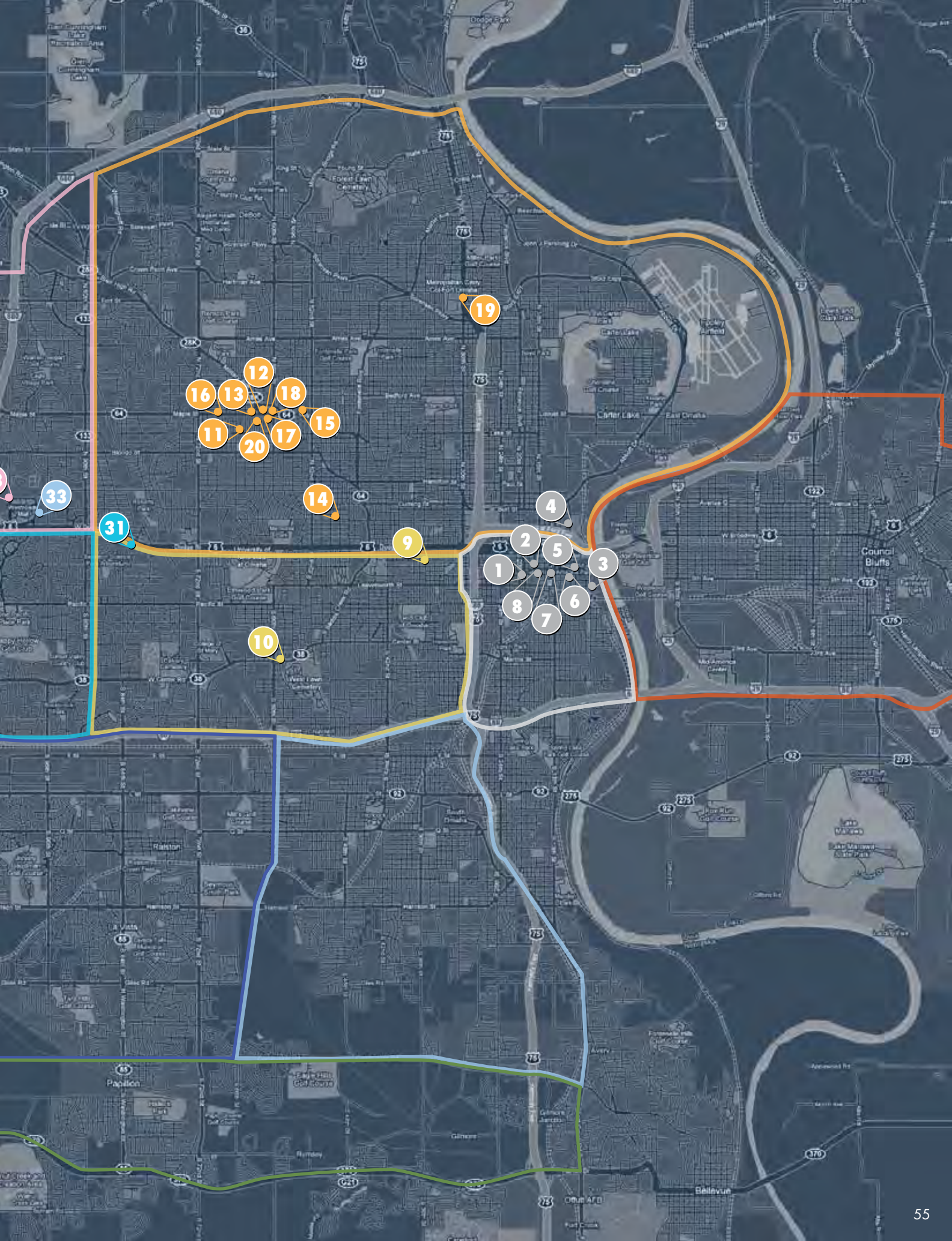
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PIZZA KING	712-323-4911
PRAIRIE MILL CAFÉ	712-328-8888
RIVERSIDE GRILLE	712-328-7079
SAM'S ITALIAN VILLA	712-322-9783
SCOTT STREET PUB	712-328-7275
SZECHWAN CHINESE RESTAURANT	712-325-1782
TASTE OF CHINA	712-325-6118
TISH'S RESTAURANT	712-323-5456
VILLAGE SQUARE BUFFET	712-323-2500
WATERFRONT GRILL	712-328-8888
WINGS FLYAWAY	712-347-9790

BARS Downtown

ACES ONLY	402-344-7818
BAR 415	402-346-7455
BARRATTA'S BAR	402-932-1145
BARRY O'S	402-341-8032
BEAR TRAP	402-345-1917
CITY CENTER PUB AT THE DOUBLE TREE HOTEL	402-346-7600
CLUB JOY	402-341-7337
CONNECTIONS	402-933-3033
DC'S SALOON	402-344-3103
DIAMOND BAR INC	402-342-9595
DOWNTOWN BLUES	402-345-0180
DUBLINER	402-342-5887
FARRELL'S BAR	402-884-8818
FLIXX	402-408-1020
GILLIGAN'S PUB	402-449-9147
GOODFELLAS	402-341-9030
GOODMAN'S	402-449-9130
GOOFY FOOT LODGE	402-280-1012
HAP'S FIRST STOP	402-344-4459
JOE BANANA'S	402-342-9902
JOSEPHINE'S	402-449-8976
KURT & CLYDES	402-341-1991
MR TOAD	402-345-4488
MYTH	402-884-6985
NOMAD LOUNGE	402-884-1231
OLD MARKET TAVERN	402-341-0191
OLYMPIC LOUNGE	402-345-6040
OMAHA MINING CO	402-449-8703
RENDEVOUS	402-342-2845
RIVER CITY SALOON	402-342-8840
ROSE & CROWN	402-346-8242
SPRING INN	402-345-1973
THE MAX	402-346-4110
WELCOME INN	402-341-4473
WESTONS	402-342-8856
WHISKEY TANGO	402-933-4874
YOUR PLACE	402-344-2310

**Want to see your
restaurant listed?**

Give us a call at 402-660-9867

RESTAURANTS Downtown

1 Dixie Quicks

402-346-3549
1915 Leavenworth Street



Dixie Quicks has a menu centered in a Southern, Cajun and Southwestern style. Prepared with chef and owner Rene Orduna's own twist, their loyal and valued patrons have enjoyed eating the food as much as they have enjoyed making it for the past twelve years. They've always been a small eatery, and are currently serving breakfast and lunch, and returning to their dinner hours this fall. Dixie Quicks' is expanding their offerings with a Beer and Wine license, plus the opening of the R.N.G. Gallery, a new twist to the mix. Give a call and stop on by ya'll.

2 The Flatiron Cafe

402-344-3040
1722 St. Mary's Ave.



The Flatiron Cafe's staff has been happily serving the theater crowd, business travelers and those celebrating special occasions since 1995. Chef Jennifer Coco oversees the preparation of the evenings special dishes. Wine specialist Adam Betts is always on the look out for exceptional wines to add to their list. Proprietors Steve and Kathleen Jamrozky keep it all together and host the finest dinner parties nightly. Please come.

3 Joe Banana's Food & Spirits

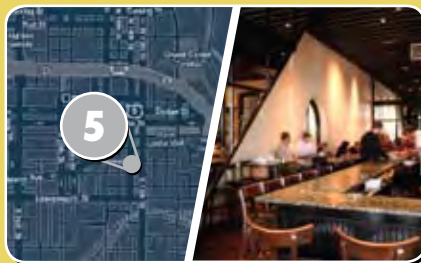
402-346-7227
1022 South 10th Street



Celebrating its 10th year on 10th Street, this restaurant-lounge serves breakfast, lunch and dinner, with an emphasis on American and Italian foods (try the pizza, a Sicilian recipe). One of the few places in Omaha you can still smoke. Try our amazing muffuletta!

5 M's Pub

402-342-2550
422 S. 11th Street



M's Pub has been serving Omaha's discriminating diners in the heart of the Old Market for over 33 years. Our cutting edge, award winning cuisine is complemented by the Wine Spectator-recognized wine list, and served by our knowledgeable & courteous staff! Make reservations today and join us...

7 Vivace

402-342-2050
1110 Howard Street



The owners of M's Pub opened Vivace over thirteen years ago to critical and public acclaim. Serving contemporary Italian fare accented by a Mediterranean flair, the menu is complemented by a Wine Spectator Award-winning wine list, welcoming & attentive service, and the "most beautiful dining room in the Old Market"! Reservations honored @ www.OpenTable.com

4 Liberty Tavern

402-998-4321
1001 Cass Street



Award winning Chef Glenn Wheeler invites you to enjoy selections from his wonderful menu. Liberty Tavern, located inside the Hilton Omaha, serves great American food and spirits in a comfortable, casual atmosphere with genuine hospitality. A perfect choice for those attending an event at Qwest Center or just looking for a dining relaxing experience, the Liberty Tavern offers complimentary parking at the Hilton.

6 Upstream Brewing Company

402-344-0200
514 S. 11th Street



Upstream Brewing Company, a delicious Omaha original, has been serving a wide variety of fresh-from-scratch dishes, decadent desserts and hand-crafted beers since 1996. So whether you're craving a Gold Coast Blonde Ale, a perfectly seasoned fillet or just a relaxing game of pool, the spirited atmosphere and distinctive aromas of the Upstream will keep you coming back. Again and again.

10TH STREET GRINDER	402-932-6006
11-WORTH CAFE	402-346-6924
13TH STREET COFFEE COMPANY	402-345-2883
ABSOLUTELY FRESH SEAFOOD	
OYSTER BAR	402-827-4376
AHMAD'S PERSIAN CUISINE	402-341-9616
ASIAN MONGOLIAN BBQ	402-991-9330
ATHENIAN GYROS	402-346-6749
ATOMIC DOG	402-334-6935
BANGKOK CUISINE	402-346-5874
BIG DADDY'S DINER	402-345-8839
BIG HORN MOUNTAIN BARBECUE	402-934-7427
BILLY FROGG'S GRILL & BAR	402-341-4427
BOHEMIAN CAFE	402-342-9838
BROWN BAGGERS DOWNTOWN	402-408-0031
BUTSY LE DOUX'S RESTAURANT	402-346-5100
CAPPU GINO'S ITALIAN COFFEE	
BAR AND CAFE	402-597-3355
CASA BELLA PIZZA PARLOR	402-345-9223
CASCIO'S STEAK HOUSE	402-345-8313
D & J'S RESTAURANT	402-345-8839
DELICE EUROPEAN BAKERY CAFE	402-342-2276
EL AGUILA RESTAURANT	402-346-7667
EL MERCADITO	402-346-1055
EL MEXICANO	402-934-9301
EL RANCHO	402-346-3300
ERICK'S ENCHILADA'S	402-934-1433
ETHNIC SANDWICH SHOP	402-422-1040
FALLING WATERS GRILLE	402-346-9000
FARRELL'S 9TH STREET	
DELI & MARKET	402-884-8818
FRANKIE AND PHYL'S	
ITALIAN CAFE	402-342-9721
GET IT WHILE IT'S HOT	402-451-8551
INDIAN OVEN	402-342-4856
JAZZ - A LOUISIANA KITCHEN	402-342-3662



Dine Out Often
www.dineoutomaha.com



JOBBER'S CANYON	
RESTAURANT & BREWERY	402-991-8002
JULIO'S	402-345-6921
KING FONG CAFE	402-341-3437
LA BUVETTE	402-341-3547
LA CHIRIPA	402-341-7320
LIBERTY TAVERN	402-998-4321
LOUIE M'S BURGER LUST	402-449-9112
LUCKY'S 1001	402-991-1001
MALARA'S ITALIAN RESTAURANT	402-346-8001
MANDRIAN EXPRESS	402-346-3083
MANHATTAN DELI	402-345-1386
MATSU SUSHI	
JAPANESE RESTAURANT	402-346-3988
NEW YORK CHICKEN & GYROS	402-342-1220
NICK & TONY'S	402-280-8888
NICOLA'S	402-345-8466
O'CONNOR'S PUB	402-934-9790
OLD MATTRESS FACTORY	
BAR & GRILL	402-346-9116
OMAHA PRIME	402-341-7040
ORSI'S PIZZA	402-965-8029
PANDA HOUSE	
CHINESE RESTAURANT	402-348-1818
PASSPORT RESTAURANT	402-344-3200
PAXTON CHOP HOUSE	402-341-1222
PICCOLO PETE'S RESTAURANT	402-342-9038
POGO'S SANDWICH	
& GIFT SHOP	402-342-4561
ROUTE 66 BAR & GRILL	402-934-9766
RUDY STEFAN'S RESTAURANT	402-733-9885
SAM & LOUIE'S	
NEW YORK PIZZERIA	402-884-5757
SHANG-HAI GARDENS	402-342-2244
SEASONS AT TOWER 5	402-933-2490
SIGNATURES GRILLE	402-636-4998
SMOKE PIT BBQ & LOUNGE	402-345-8681
SPAGHETTI WORKS	402-422-0770
SULLIVAN'S STEAKHOUSE	402-342-0077
SURFSIDE CLUB	402-451-9642
TACO RICO	402-932-0931
TACO'S TOO	402-346-3136
TAQUERIA EL PALENQUE	402-345-3395
THE AQUILA BISTRO	402-231-6000
THE BEAR TRAP	402-345-1917
THE DINER	402-341-9870
THE FRENCH CAFE	402-341-3547
THE MICHAEL'S AT THE MARKET	402-346-1205
TREE TOPS RESTAURANT	402-733-8401
TRINI'S	402-346-8400
URBAN WINE COMPANY	402-934-0005
V MERTZ RESTAURANT	402-345-8980
ZIO'S NEW YORK	
STYLE PIZZERIA	402-344-2222

SPECIALTY SHOPS

Downtown



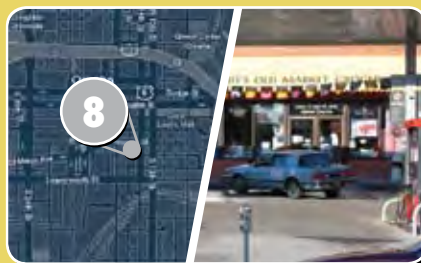
cubby's old market grocery

13th & jackson

8

Cubby's Old Market Grocery

402-341-2900
601 S. 13th Street



The original downtown grocery & deli. Featuring an eclectic domestic and imported cheese selection; 130+ craft, micro and import beers; Boar's Head meats & cheeses and an outstanding collection of wines. Custom catering, gourmet & specialty groceries, & fresh made deli salads. Monthly food & wine tastings.

MJ JAVA	402-342-5282
ORSI'S BAKERY	402-345-3438
PETTIT'S PASTRY	402-345-1111
TED & WALLY'S	
PREMIUM ICE CREAM	402-341-5827

FOOD & Spirits

MAGAZINE | OMAHA EDITION

BARS
Central

9

Crescent Moon Ale House

402-345-1708
3578 Farnam Street



The Crescent Moon was established in 1996 as Omaha's Original Alehouse. Today 36th and Farnam is Omaha's Beerplex. Along with the casual atmosphere of the Crescent Moon, we offer the beer lover three other venues. The Huber Haus is our Authentic German Beer Hall, Max and Joe's doubles as our Belgian beer bar and private party room, and Beertopia is Omaha's Ultimate Beer Store with over 400 specialty beers in stock. Beer Lovers Rejoice!

ALDERMAN'S BAR	402-341-5190
BROTHER'S LOUNGE	402-553-5822
CANDLELIGHT LOUNGE	402-554-5822
COCKTAIL'S LOUNGE	402-391-4246
DINKERS BAR & GRILL	402-342-9742
EL MERCADITO	402-346-1055
E'S HIDEAWAY	402-391-4246
FAN TAN	402-556-1986
JIMMY'S	402-553-4972

LEAVENWORTH BAR	402-551-4850
MARYLEBONE	402-341-3232
MCFLY'S	402-553-5172
MR D'S	402-341-6642
NINO'S PLACE	402-393-2332
O'LEAVER'S	402-556-1238
PARK AVENUE BAR	402-932-2188
PAULI'S	402-345-7959
PIPELINE	402-399-8774
POOP DECK	402-553-3193
SHEA RILEY'S	402-504-4434
STRAIGHT SHOOTERS II	402-346-9900
SULLIVAN'S BAR	402-933-7004
THE 49 R	402-554-5841
THE DOWNUNDER	402-342-3806
THE ELBOW ROOM	402-556-0867
THE NEIGHBORS	402-553-7443
TRACKSIDE LOUNGE	402-556-7686
UNDERWOOD	402-556-7727

RESTAURANTS Central

10 Petrow's

402-551-0552
5914 Center Street



A family owned Omaha tradition since 1957. The whole family will love this original diner's look and taste. The menu features all the classic staples, from hot beef and pork tenderloin to made-from-scratch pies and homemade ice cream. Serving breakfast at 6am, the dinner menu features hand-cut steaks through 9:30pm.

AMATO'S CAFÉ & CATERING	402-558-5010
ATTITUDE ON FOOD CATERING	402-341-3663
BASHA'S RESTAURANT	402-934-6266
BILL'S CAFÉ	402-551-4454
BRONCO'S SELF-SERVICE	
DRIVE IN	402-551-7477
BROWN BAGGERS	402-345-4400
CANIGLIA'S VENICE INN	402-556-3111
CHILI'S GRILL & BAR	402-391-2500
CHINA GARDEN	402-397-1995
CHINA TOWN	402-342-3068
CICI'S PIZZA	402-934-8986

DON & MILLIE'S	402-558-9928
DON CARMELO'S NEW	
YORK STYLE PIZZERIAS	402-342-1978
DROVER	402-391-7440
ELLADA GREEK &	
MEDITERRANEAN FOODS	402-991-3320
FARMHOUSE CAFE AND BAKERY	402-393-0640
FERNANDO'S	402-396-8006
FIELD CLUB OF OMAHA	402-345-6343
FIREWATER GRILLE	402-452-3473
FUDDRUCKERS	402-556-0504
GERDA'S BAKERY	402-553-6774
GOLDBERGS	402-556-2006
GORAT'S STEAK HOUSE	402-551-3733
GREAT WALL	402-393-5377
GREEK ISLANDS	402-346-1528
GROVER STREET	
FOOD & SPIRITS	402-397-2904
HARKERT'S BAR-B-Q	402-554-0102
HECTOR'S ORIGINAL	402-391-2923
HOUSE OF LEE	402-571-2000
HUNAN GARDEN	

CHINESE RESTAURANT	402-553-4511
JASON'S DELI	402-551-2233
JET'S	402-932-5387
JOEY'S SEAFOOD & GRILL	402-934-6485
JONESY'S TACO HOUSE	402-551-6088
LA CASA PIZZARIA	402-391-6300
LA HACIENDA	402-397-4778
LATIA'S HOT TAMALES	402-345-0904
LEE'S CHINA	402-397-3227
LITHUANIAN BAKERY & KAFE	402-391-3503
LOCO'S MEXICAN GRILL	402-393-8400
LO SOLE MIO	402-345-5656
MAMA'S PIZZA	402-553-9270
MARISCOS BAHIA	
DE ENSENADA	402-884-4720
MCFOSTER'S	
NATURAL KIND CAFÉ	402-345-7477
MCKENNA'S	402-393-7427
NICKS	402-614-5740
NOODLES & COMPANY	402-393-0586
O CASUAL DINING & LOUNGE	402-502-7888
OLD DUNDEE BAR & GRILL	402-558-0801
OLIVE GARDEN	
ITALIAN RESTAURANT	402-393-8404
OZARK SMOKED MEAT CO.	402-333-1744
PANERA BREAD	402-397-8800
QDOBA MEXICAN GRILL	402-934-9680
RICHIES	
CHICKEN & HAMBURGER	402-346-4650
ROMEO'S	
MEXICAN FOOD & PIZZA	402-346-1110
SAIGON RESTAURANT	402-697-7000
SAKURA BANA RESTAURANT	402-391-5047
SAMMY SORTINO'S	402-933-5988
SEASON BUFFET	402-343-0687
SEÑOR MATIAS	402-391-0191
SPEZIA	402-391-2950

TA CHAN BUFFET	402-397-5900
THREE HAPPINESS EXPRESS	402-558-8899
VICTOR'S GYROS FALAFEL	
& MEDITERRANEAN FOOD	402-341-7347
VIETNAMESE	
ASIAN RESTAURANT	402-397-9125
ZIO'S NEW YORK	
STYLE PIZZERIA	402-391-1881

SPECIALTY SHOPS Central

13TH STREET COFFEE COMPANY	402-614-3787
BROADMOOR MARKET	402-391-0312
CATERING CREATIONS	402-558-3202

BARS North

11 Barley Street Tavern

402-408-0028
2735 N 62nd St



The little bar off the main strip in Benson has gained quite a bit of popularity in 2007. Barley Street Tavern offers an intimate environment with the accompaniment of great local music. You'll find cheap drinks, great smiles and no cover charge. So if you're looking to spend an evening with the neighborhood musicians while sipping a cocktail in the warm glow of candlelight and antique beer signs, come to the Barley Street Tavern.

Owners – Greg Jones and Jeff Parker
Bartenders – Nick Baker and Kyle Harvey
Open 5pm to 1am Tues-Sat and 7pm-1am Monday

Want to see your bar
or lounge listed?

Give us a call at 402-660-9867

FOOD & SPIRITS
MAGAZINE • FALL 2008

12 Burke's Pub

402-558-1365
6117 Maple Street



A quiet neighborhood sports bar with an Irish flair. Enjoy a large selection of beer on tap and a vast variety of ice cold bottled Micro Brews. Have a great conversation and play Touch Tunes Jukebox, Golden Tee Live 2008, Silver Strike Bowling, Keno, or watch your favorite Sports on one of our 13 TVs. Burke's is also smoker friendly. Stop in today.

13 Jake's Cigars & Spirits

402-451-6963
6206 Maple Street



Jake's Cigars & Spirits is an upscale, yet unpretentious full service smoke shop and liquor store. Smokers are met by a well stocked walk-in humidor as well as the most extensive line of import and premium cigarettes in Omaha. If an adult beverage is more of what suits your fancy then peruse our collection of eclectic and hard to find wines, single malt scotch, bourbon, vodkas, tequila, and import and micro brews. Have a cocktail in our stylish and intimate lounge. With over 125 bottled beers to choose from, 60 kinds of whiskey, and an atmosphere you're sure to love, you'll feel right at home whether you're drinking a cosmo, a cabernet, or a Corona.

3'S LOUNGE	402-457-4433
BRASS KNOCKER LOUNGE	402-572-9400
DOG POUND BAR & GRILL	402-551-9325
FULL HOUSE BAR	402-558-3133
HAPPY BAR	402-346-9677
HOMY INN	402-554-5815
KENDALL	402-734-5997
LYNX	402-553-8787
MAC'S	402-571-2000
MELIBU	402-451-6663
MUSETTE BAR	402-554-5830
NORTHSTAR	402-934-4572
ON THE ROCKS	402-884-0244
STEVIE J'S SPORTS GRILLE	402-884-7880
T'S TAVERN	402-934-9592
VELVET LOUNGE	402-614-3534
WAGGIN' TONGUE	402-453-3535
WILD ROSE	402-573-6902

RESTAURANTS North

14 Dario's Brasserie

402-933-0799
4920 Underwood Ave.



Bienvenue! (Welcome!)

Is there such a thing as gourmet comfort food? Find out for yourself at Dario's, Omaha's first genuine French-Belgian brasserie. With a prime location in the heart of Dundee, Dario insists that you can get a delicious meal in a relaxed, casual setting. Experience la bonne cuisine in this Parisian-style setting.

What is a brasserie, anyway?

In true French form, a brasserie doubles as a café and a restaurant, serving single dishes and an assortment of fine beers. So whether you're coming to boire un coup (have a drink) or grignoter (snack), it would be our plaisir to serve you.



By carpooling 5 days a week, a person can save over \$2,600 a year with a 10 mile commute.*

To calculate your potential savings and find instant carpool matches, visit www.MetroRideshare.Org today!

*Figures from American Automobile Association (AAA) estimates

15 Hartland BBQ

402-397-5765
5402 NW Radial



Come to Hartland Bar B Q where you can taste the smoke. All our meat is dry rubbed and cooked right on the premises. Everything is made fresh daily, and all our side dishes are made from scratch. We have baby back ribs, brisket, pork, sausage and the juiciest chicken in town. Try it all with our homemade barbeque sauce.

Bring in your copy of Food & Spirits magazine and you can buy one pork sandwich and get another for free.

16 Joe's Café

402-556-9428
6564 Maple Street



Joe's Café has been a staple of Benson since the early 1950's. With a small town feel, this family owned diner likes to know their customers' names and are always eager to see new faces. Serving breakfast and lunch with all the old time favorite comfort foods, nobody should ever leave hungry.

17 Mia's Bongo Room

402-553-1266
6113 Maple Street



Mia's Bongo Room can be described as fun with food. Healthy lifestyles today depend on smart choices at meal time. Mia's utilizes fresh, in season fruit and vegetables to create nutritional and unbelievably flavorful dishes. It's all about balance - eating right and having fun with it. Try something different and delicious, visit Mia's Bongo Room today.

18 The Pizza Shoppe

402-556-9090
6056 Maple Street



The Pizza Shoppe/PS Collective, 6056 Maple, has been in Benson for over 11 years. The Pizza Shoppe has over 60 toppings to build delicious, homemade pizza 7 days a week, while also offering generous portions of tasty pastas, salads, and oven-toasted sandwiches. The PS Collective is our newest addition, offering customers a private party room and weekly artistic events for the local community, including theater, film, music, dance, and poetry. Check out our website at www.pscollective.com and come be a part of The Collective!

19 Sage Student Bistro

Metro Community College
Ft. Omaha Campus, Bld 10
402-457-2328
30th and Fort Streets



Providing guest-centered learning experiences, Sage Student Bistro is an integral force for the Institute for Culinary Arts at Metropolitan Community College (MCC). Each visit is an opportunity for our faculty to create a training exercise for the benefit of instruction. Customer feedback and gratuity provide valuable support to the learning community at MCC's Institute for the Culinary Arts.

Bistro Hours
Monday through Thursday
6:00 p.m. to 8:30 p.m.
www.mccneb.edu/bistro

ALPINE INN	402-451-9988
ALVARADO'S MEXICAN FOOD	402-571-2333
ARENA SPORTS BAR & GRILL	402-571-2310
BENE PIZZA & PASTA	402-498-0700
BIG JACK'S BBQ SHACK	402-572-7427
BILL'S BBQ	402-451-5076
BOB MONKEY'S NOODLE ZOO	402-932-9971
BRAZEN HEAD IRISH PUB	402-393-3731
BREAD OVEN	402-934-1289
CAJUN KITCHEN	402-453-2658
CALIFORNIA TACO'S & MORE	402-342-0212
CAMILLE'S SIDEWALK CAFÉ	402-731-9727
CARRABBA'S ITALIAN GRILL	402-492-9500
CHINA GATE	402-393-3111
CHINA PALACE	402-556-8819
CHINA ROAD	402-431-0066
CLUB MEX	402-572-8640
DON CARMELO'S	
NEW YORK PIZZARIA	402-493-8595
DOWNING'S DELI & ICE CREAM	402-445-2422
DRAGON 88	402-455-8800
DUNDEE DELL	402-553-9501
EL RINCONCITO	402-991-5452
EL SABROSON	402-504-1866
ESPAÑA	402-505-9917
GET-N-GO FISH	402-342-4362
GOLDEN CHINA	402-558-5779
GOLDEN PALACE	402-493-2777
THE GREAT WALL	402-573-0227
GRUMPY'S GRILL & DONUT SHOP	402-455-6766
HAPPY FAMILY RESTAURANT	402-934-5288
HENRY'S SPORTS BAR	402-392-0488
HIRO JAPANESE CUISINE	402-933-0091
HOMESTYLE CAFE	402-934-8589
HONG HING RESTAURANT	402-573-1888
HOUSE OF LEE	402-571-2000
JADE GARDEN	402-498-8833
JC'S CHICAGO STYLE	
DELI & COFFEE HOUSE	402-884-4092
JC MANDARIN CHINESE CUISINE	402-393-7988
JCAT BBQ & CATERING	402-571-6626
J H CHINA	402-455-5555
JIM & JENNIE'S GREEK VILLAGE	402-571-2857
JIM'S FLORENCE GRILL	402-453-1260
JIM'S RIB HAVEN	402-451-8061
JJ'S CAFE & PIZZA	402-238-2700
JOE'S CAFÉ	402-556-9428
JULIO'S	402-572-5223
KIMSON SEAFOOD GRILL	402-926-2700
LAFATA'S CAFFE ITALIANO	402-397-1347
LEE'S SWEETS & MORE	402-342-8252
LEO'S DINER	402-553-2280
LISA'S RADIAL CAFÉ	402-551-2176
LONNELLE'S SOUTHERN DELIGHT	402-453-4867
MAMA'S PIZZA	402-553-9270
MAMA'S KITCHEN	402-934-5903
MARK'S BISTRO	402-502-2203
MARLOW'S	402-468-4200
MATT'S GRILL & CATERING	402-572-5223
MOTHER'S GOOD FOOD	402-455-1740
MT. FUJI INN	402-397-5049
NIFTY BAR & GRILL	402-933-9300
NITE HAWKES CAFÉ	402-451-0302
OJ'S CAFÉ	402-451-3266
ORIENTAL GARDEN	402-391-2828
OUTBACK STEAKHOUSE	402-392-2212
RAZZY'S SANDWICH SHOPPE	402-397-2131
RED ZONE BBQ	402-431-9663
RICE BOWL	
CHINESE RESTAURANT	402-558-1222
RICK'S BOATYARD CAFÉ	402-345-4545
ROMEO'S	
MEXICAN FOOD & PIZZA	402-391-8870
ROMONA'S	402-451-0996
SAM & LOUIE'S	
NEW YORK PIZZERIA	402-884-7773
	402-390-2911
SGT PEPPER'S CAFÉ ITALIAN	402-558-7717
SKEETS RIBS & CHICKEN	402-344-3420
SMOKE PIT BBQ & LOUNGE	402-345-8681
STADIUM GRILL & BAR	402-991-7400
STEVIE J'S SPORTS GRILL	402-884-7880
SURFSIDE CLUB	402-451-9642
TIME OUT FOODS	402-451-2622
TROVATO'S	402-553-9305
WINGSTOP	402-594-9464
WINGS N THINGS	402-504-3369

Want to see your
restaurant listed?

Give us a call at 402-660-9867

SPECIALTY SHOPS
North

20 Benson Grind

402-932-4040
6107 Maple Street

The Benson Grind is Omaha's finest coffee shop. Beautifully appointed, it doubles as an art gallery and has occasional live music. Located in the heart of Benson, the Grind serves only USDA certified organic, fair trade and bird friendly coffees. All your favorite coffee drinks are available (including some specialties) along with fruit smoothies, Italian sodas, a wide selection of teas and more. A small and delicious café menu is served all day. The Benson Grind also offers catering for any event.

BLUE LINE COFFEE	402-502-6707
CLASSY GOURMET	402-955-2665
GREAT HARVEST	
BREAD COMPANY	402-551-8800
IN PLAY	402-991-7400
JAKE'S CIGARS & SPIRITS	402-934-9633
MARTIN PASTRY	402-392-2220
WINERY	402-391-3535

BARS
Northwest

120 BLONDES	402-934-4385
BAMBINO'S BAR & GRILL	402-384-8147
BAR FLY	402-504-4811
BOONDOCKERS	402-572-9400
BRASS KNOCKER	402-551-8800
BRAZEN HEAD IRISH PUB	402-393-3731
BROOK PARK LOUNGE	402-572-9503
CIGARROS	402-496-9595
CLUBHOUSE LOUNGE	402-572-5335
CLUB PATRICK'S	402-934-5061
DANNY'S BAR & GRILL	402-554-5821
DAVE'S PUB	402-391-2589
E'Z PLACE	402-334-4477
FEDORA LOUNGE	402-932-6559
GLACIER OMAHA	402-934-9674
GOLDEEZ	402-964-7494
GOLDEN CHINA	402-558-5779

GREEN ONION	402-333-2236
HAROLD'S	402-391-6313
HENRY'S	402-392-0488
HILLSIDE	402-393-3929
HOLIDAY	402-391-4442
JACK'S PLACE	402-289-3633
LIBRARY PUB	402-571-6262
LIQUID LOUNGE	402-334-2882
MANHATTAN CLUB	402-493-3009
MICKEY FINNS SPORTS CAFE	402-498-2988
MOE & CURLY'S	402-493-9808
MUSTANGS	402-934-7837
MY WAY	402-393-9890
NORTH SHORE	402-571-1150
OLD MILL	402-493-1456
PAT & MIKE'S	402-571-3182
RED LOUNGE	402-445-2583
REVUE	402-934-4666
STOLI'S LOUNGE	402-614-2662
STU'S	402-572-9100
TAILGATORS	402-493-0351
THE COVE	402-991-3919
THE PEACOCK ROOM	402-932-6559
THE SPOTLIGHT CLUB	402-934-4385
VEGALOU ULTRA BAR	402-504-4644
WAYSIDE	402-391-7162

FOOD & Spirits
MAGAZINE | OMAHA EDITIONRESTAURANTS
Northwest

21 Biaggi's

402-965-9800
13650 California Street

Biaggi's casual Italian restaurant offers an extensive selection of pastas, soups & salads, pizza, seafood, steaks and desserts. Enjoy large portions of affordably-priced dishes prepared with the freshest ingredients available in a comfortable, relaxing atmosphere. Our private event room and wine room are perfect to make any gathering an event to remember.

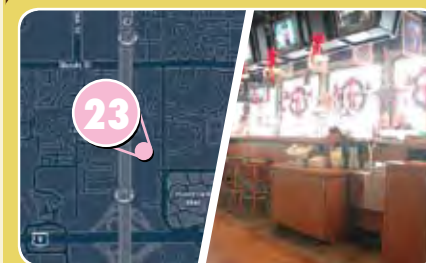
22 Charleston's

402-431-0023
13851 1st Natl. Bank Pkwy

Charleston's is a casual, upbeat restaurant with a modestly priced menu featuring traditional American items prepared from scratch daily. Hard-wood grilled steaks, seafood, prime rib, chicken, ribs, salads, burgers, sandwiches and kids menu, Charleston's has something for everyone. The atmosphere is warm, cozy, and inviting utilizing dark woods and gas lighting to create a handsome, understated décor.

With an emphasis on service, Charleston's is here for you. Accepting reservations for parties of eight or more, Charleston's can accommodate that special event in your life. Come visit Charleston's for Lunch or Dinner seven days a week. Charleston's "the best in casual dining!" (visit charlestonss.com for our full menu)

23 Granite City Food & Brewery

402-393-5000
1001 N. 102nd Street

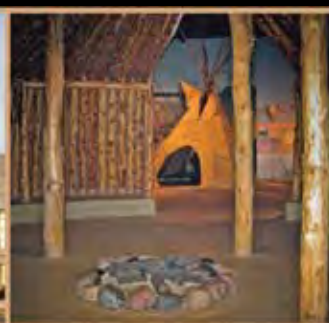
Microbrewery style beer and made from scratch food encompassed in a Tuscan themed, high-energy restaurant setting. Weekly specials, service that sets the standard and a Sunday Brunch that instills fond memories is what Granite City guests have been raving about since its opening in October 2006.

Read the review of
7 Monkeys restaurant
Located on page 10 of this issue

7 MONKEYS	402-614-4100	GOOD TASTE		ROOKIE'S BAR & GRILL	402-493-0351
BEBOS	402-445-4111	CHINESE RESTAURANT	402-731-2500	SAM & LOUIE'S	
BENE PIZZA & PASTA	402-498-0700	GREAT WALL		NEW YORK PIZZERIA	402-445-4244
BILLY'S CAFE	402-496-9864	CHINESE RESTAURANT	402-289-4979		402-965-3858
BLONDO CAFÉ & DELI	402-390-2466	HARR'S	402-779-4040		402-496-7900
BLUE SUSHI SAKE & GRILL	402-445-2583	HIRO JAPANESE CUISINE	402-933-0091	SEATTLE SUTTON'S	
BOYD AND CHARLIES BBQ	402-289-4772	HOLLYWOOD DINER	402-445-8000	HEALTHY EATING	402-991-8234
CELLAR	402-934-4912	HONG KONG CAFE	402-493-8383	SPORTS LODGE	402-453-6300
CHAMPPS AMERICANA	402-431-0023	HU HOT MONGOLIAN GRILL	402-498-8890	STOKES GRILL & BAR	402-498-0804
CHEEBURGER CHEEBURGER	402-884-2440	ICEHOUSE	402-934-2337	SUMMER KITCHEN	
CHINA BUFFET	402-498-3868	JADE GARDEN	402-498-8833	CAFE & BAKERY	402-498-2800
CHINA ROAD	402-431-0066	JC MANDARIN	402-393-7988	TAJ	402-933-1445
CICI'S PIZZA	402-991-0044	LA MESA MEXICAN RESTAURANT	402-496-1101	TANNER'S BAR & GRILL	402-884-5100
CHOPSTICKS HOUSE	402-965-3333	LEGENDS GRILL & BAR	402-884-1006	TAXI'S GRILLE AND BAR	402-898-1882
CLANCY'S PUB	402-498-6400	LE PEEP	402-408-1728	TED'S MONTANA GRILL	402-493-6662
	402-315-9951	LE VOLTAIRE	402-934-9374	TGI FRIDAY'S	402-390-2600
CLUB PATRICK'S	402-934-5061	LIGHTHOUSE BAR & GRILL	402-498-3824	THAI PEPPER	402-445-9490
DELTA HOUSE	402-934-4042	LONE STAR		THAI SPICE	402-492-8808
DI COPPIA	402-392-2806	STEAKHOUSE & SALOON	402-493-1360	TIMBER LODGE STEAKHOUSE	402-491-0000
DJ'S DUGOUT	402-498-8855	MAHOGANY PRIME STEAKHOUSE	402-445-4380	THE ORIGINAL	
DONIA	402-963-9595	MEDITERRANEAN BISTRO	402-493-3080	VINCENZO'S RISTORANTE	402-498-3889
DON CARMELO'S PIZZERIA	402-289-9800	MIRACLE HILLS CAFE		WINGSTOP	402-934-9464
DOWNING'S HOMESTYLE		& COFFEE SHOP	402-496-4781		
DELI AND ICE CREAM PARLOR	402-445-2422	MUSTANG SALLY'S	402-934-7837		
EL BEES	402-779-2725	NEW GOLD			
ELI'S	402-496-2957	MOUNTAIN RESTAURANT	402-496-1688		
EXOTIC FLAVORS	402-933-0855	NEWMAN'S PASTA CAFÉ	402-884-0990		
FARO'S	402-932-0113	PEPPERJAX	402-964-2760		
FARUCCI'S BISTRO		PHOENIX FOOD & SPIRITS	402-493-7607		
& GOURMET GROCERY	402-496-0202	PRESTIGE WORLD CLASS	402-614-7660		
FETA'S GYROS	402-504-4976	QDOBA MEXICAN GRILL	402-884-1340		
FIGBY'S	402-498-0817	RED ROBIN GOURMET BURGERS	402-493-6223		
FOX AND HOUND		RED ZONE BBQ	402-431-9663		
ENGLISH PUB & GRILL	402-964-9074	RIVERA'S MEXICAN FOOD	402-932-1381		
FRANK'S PIZZA	402-493-0404	ROMANO'S MACARONI GRILL	402-955-1000		
GOLDEN PALACE	402-397-2526	ROMEO'S			
	402-493-2777	MEXICAN FOOD & PIZZA	402-391-8870		

BARS South

ANDY & RUBY'S BAR	402-734-9099
ANDY'S PLACE	402-733-1985
BEER CITY	402-733-4782
BG'S UNDER THE BRIDGE	402-734-9068
BIG D'S	402-734-9062
BROWN DERBY BAR	402-734-6198
DARBY'S TAVERN	402-733-9696
DONOHUE'S PUB	402-738-9780
DRIFT INN	402-733-9505
JOHNNY Z'S	402-733-9602
KUTA'S KORNER	402-733-9777



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LITTLE POLONIA	402-733-9000
SECOND BASE	402-733-9521
SIDELINES SPORTS BAR	402-614-6351
STARSKY'S	402-734-9071
STOCKMAN'S	402-734-9066
THE ECLIPSE TAVERN	402-934-4753
TRIANGLE	402-734-9073
WC'S PLACE	402-734-9089

RESTAURANTS South

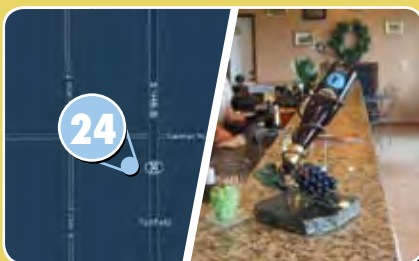
AZTECA	402-991-2363 402-896-6766
BELCASTRO'S RESTAURANT - SPORTS BAR	402-991-6442
CHINA SONG	402-733-9335
DON GABY'S RESTAURANT	402-731-0936
EL 7 MARES	402-934-4753
EL ALAMO	402-731-8969
EL MUNDO DE MEXICO	402-731-2188
EL POLLO CATRINE	402-884-7608
EL RANCHITO	402-731-9717
EL RINCONCITO	402-734-0236
EL SOL RESTAURANTE	402-734-9001
GREAT DRAGON CHINESE RESTAURANT	402-731-4100
GUACA MAYA	402-733-3440
GUADALAJARA RESTAURANT	402-733-7047
HOME CAFÉ	402-733-7564
HOMESTEAD CAFÉ	402-738-9989
HOWARD'S CHARRO CAFE	402-731-3776
ISLAND D'LITES	402-734-6884
JADE PALACE	402-293-8089
JOE TESS' PLACE	402-731-7278
JOHNNY'S CAFÉ	402-731-4774
JOHN'S GRECIAN DELIGHT	402-731-8022
KAHN'S MONGOLIAN BBQ	402-731-4800
LA FUENTE	402-733-4834
LANSKY'S PIZZA PASTA	
PHILLY STEAK SANDWICHES	402-502-0555
LOS GALLOS	402-933-5834
PALETERIA & RESTAURANT SAN LUIS	402-933-9940
TACO DURANGO	402-733-0346
TAQUERIA EL REY	402-502-0674
TAQUERIA LA ESMERALDA	402-502-2274
TAQUERIA TIAJUANA	402-731-1281
THAI KITCHEN	402-733-0579
ZESTO'S	402-932-4420

See the Soaring
Wings ad for upcoming
event news
Located on page 36

SPECIALTY SHOPS South

24 Soaring Wings Vineyard

402-253-2479
17111 South 138th Street | Springfield, NE



Soaring Wings is a family owned operation. The land was purchased in 2001, and operations in the Vineyard began in March of 2002 with winery operations commencing in August of 2003. Sharon and Jim Shaw are the sole owners. Making high quality wine that competes on the international level is our goal. We are pleased to say that we have won over 80 medals in international wine competitions in the last 4 years. We presently have 7 acres of grapes at our winery site with an additional 40 acres of grapes under contract.

EDDIE'S CATERING & SOCIAL HALL	402-733-5444
MJ JAVA	402-342-5282
REGIS FOOD MART	402-502-3919

BARS Bellevue

DOUG'S TOWN TAVERN	402-291-5155
HAM'S BELLEVUE BAR	402-291-9941
JAMMER'S PUB	402-291-8282
PHARAOH'S	402-991-9000
PLAZA LOUNGE	402-291-9215
RUMORS	402-493-0351
THE LODGE	402-291-8585
VARIETIES	402-291-6131
VARSITY SPORTS CAFE	402-339-7003

RESTAURANTS Bellevue

ALEXANDER'S	402-393-8625
ALVARADO'S MEXICAN FOOD	402-292-2137
AMARILLO	402-571-2333
AMERICAN HEROES	402-292-3663
CATFISH LAKES RESTAURANT & LOUNGE	402-292-9963
CHANDLER INN PIZZA	402-734-0663

CHINA CAFE	402-292-6999
CHINA STAR	402-292-6999
CHINA TASTE RESTAURANT	402-738-1682
DAIRY TWIST	402-292-1303
DJ'S DUGOUT	402-292-9096
DON & MILLIE'S	402-291-9211
DOWNTOWN COFFEE SHOP	402-292-7100
EDELWEISS	
GERMAN RESTAURANT	402-291-3090
ELAINE'S KITCHEN	402-293-1588
GIAVONNI SANTINO'S	402-291-4444
GOLDEN DRAGON	402-291-9099
GOOD TASTE	
CHINESE RESTAURANT	402-731-2500
JOHN & FRAN'S RESTAURANT	402-733-6500
LA MESA MEXICAN RESTAURANT	402-733-8754
LIL' BURRO	402-292-0102
LUMS RESTAURANT	402-733-1646
MAID-RITE	402-292-6012
MAMA ALVINOS PIZZERIA	402-292-6666
MOE'S SOUTHWEST GRILL	402-291-6637
NELLIE'S BAR-B-QUE PIT	402-933-7427
NETTIES FINE MEXICAN FOOD	402-733-3359
NEW YORK BURRITO	402-291-8887
O'BANIONS BAR & GRILL	402-293-9760
PHARAOH'S BELLEVUE KENO	402-991-9000
POGO'S SUBS	402-408-0072
ROMEO'S	
MEXICAN FOOD & PIZZA	402-292-2028
RUBY TUESDAY	402-292-9500
SZECHUAN SUNRISE	402-292-3888
SIAM CUISINE	402-292-7215
STELLA'S HAMBURGERS	402-291-6088
SUMMER KITCHEN CAFÉ	402-291-4544
SUPER BUFFET	402-682-9888
TERIYAKI GRILL	402-932-9225
THAT'S AMORE	402-934-5800
VARSITY SPORTS CAFÉ	402-932-0303
VIDLAK'S FAMILY RESTAURANT	402-884-5111

BARS South Central

BUCKY DEXTER'S	402-339-6016
BUSHWACKER'S SALOON	402-492-8000
CHROME LOUNGE	402-339-8660
CLUB ROXBURY	402-339-9791
CORNWELL'S TAVERN	402-592-1927
GETAWAY LOUNGE	402-593-8814
JUST ONE MORE	402-331-9998
LIFT	402-934-4300
MIXXERS	402-537-3080
MOLLY'S PUB	402-597-6033
MURPHY'S LOUNGE	402-339-7170
MVP LOUNGE	402-331-9815
OZONE LOUNGE	402-331-7575
PENTHOUSE LOUNGE	402-331-9851
PJ BAR & GRILL	402-596-0128
RALSTON KENO	402-592-3008

SCORZSPORTS CENTER	402-339-7771
SEAN O'CASEY'S	402-593-1746
SIDE POCKET BILLIARDS	402-934-9663
STRAIGHT SHOOTERS	402-331-9900
SUGAR CREEK	402-331-4579
SUNDOWNER BAR	402-733-9225
THOMASVILLE LOUNGE	402-593-8106
TIME CLOCK	402-339-1235
VILLAGE BAR	402-331-6076

RESTAURANTS South Central

2010 CAFÉ	402-537-3080
ANTHONY'S RESTAURANT & LOUNGE	402-331-7575
BILL'S BBQ	402-592-3252
BOSTON GOURMET PIZZA	402-592-2337
BREWSKY'S	402-614-2739
BUFFALO COMPANY	402-592-9999
BULL FEATHERS	402-331-1818
CHINA GOURMET	402-991-2003
CHINA ONE	402-597-2888
CHINA ROAD	402-291-8855
CHINA STAR	402-339-1780
COSTA EL SOL	402-596-1978
DON & MILLIE'S	402-593-6099
DRAGON CAFE	402-731-4800
EL BEES 2	402-896-8417
FARMER B'S STEAK HOUSE	402-339-5522
GRAINERY WHOLE FOODS MARKET & RESTAURANT	402-593-7816
GRANDMOTHER'S RESTAURANT & LOUNGE	402-339-6633
GRECIAN GYROS	402-331-7110
GUSTO CUBAN CAFÉ	402-614-7800
GYROS SHACK	402-339-8131
HONG KONG CAFE	402-339-3888
HUNAN PALACE	402-597-1688
J-BIRDS FOOD & SPIRIT	402-991-3999
JOHNNY SORTINO'S PIZZA	402-339-5050
JUST ONE MORE	402-331-9998
KOREA KING RESTAURANT	402-593-6568
KOREAN FOOD RESTAURANT	402-593-0717
KOREA KING	402-593-6568
LAVISTA KENO JIMBO'S DINER	402-537-9001
LOLA'S DELI	402-597-3354
LUCINDA'S RESTAURANT	402-334-3198
MARIA'S MEXICAN RESTAURANT	402-592-3623
MING'S RESTAURANT	402-592-2390
RAZZY'S DELI	402-537-9600
ROMAN COIN PIZZA	402-339-1944
ROMEO'S MEXICAN FOOD & PIZZA	402-331-5656
ROSE GARDEN	402-339-8588
ROUTE 66 PUB & GRILL	402-557-6766
SAM & LOUIE'S	
NEW YORK PIZZERIA	402-895-0811
SAN DIEGO TACO	402-339-1410



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SPAGHETTI WORKS	402-592-1444
SUMMER KITCHEN	
CAFE & BAKERY	402-592-8017
SUZEE'S CAFÉ	402-964-2200
SYZZLYN SKILLET	402-932-6665
VACANTIS RESTAURANT	402-331-4999
VARSITY SPORTS CAFE	402-339-7003
WINCHESTER SALOON	402-331-9933
WINGSTOP	402-934-9464
WONG'S HUNAN GARDEN	402-331-1615

BARS Southwest

2 FINE IRISHMEN	402-933-3990
DO-HICKEY'S BAR & GRILL	402-895-3111
ONE-N-GO SALOON	402-895-6933
ON THE ROCKS	402-884-0244
OPPERMAN'S PUB	402-933-2419
PAT'S PUB	402-934-4242
PICCOLO'S BAR	402-895-9988
RATIGANS	402-895-3311
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(402) 934-0005

1037 Jones Street
Downtown Old Market in Omaha, Nebraska

RESTAURANTS Southwest

25 Millard Roadhouse

402-891-9292
13325 Millard Ave.



A Millard family restaurant specializing in all your favorite home style foods. Broasted chicken, liver & onions, chicken fried steak as well as chicken, & homemade mashed potatoes & gravy just to name a few. We also have great appetizers, salads galore, sandwiches and your favorite beverages. There's a game room for all and we offer one of Omaha's largest children's menu with all their favorites served in a smoke free environment. Weekdays from 11-2 join us for our lunch buffet, and also on Sunday from 10-2 for our fabulous brunch buffet. Downtown Millard...food, friends, and family fun – that's what we're all about.

AUSTIN'S STEAKHOUSE	402-829-1616
BEIJING GATE	402-346-9226
BERNIE'S PIZZA	402-895-4433
BO BO CHINA	402-933-2518

BREWSKY'S	402-201-2739
BUFFALO WILD WINGS	
GRILL & BAR	402-492-9464
BUFFET APPLE	402-891-0888
CHAMPPS AMERICANA	402-697-9999
CHARLIE'S ON THE LAKE	402-991-9611
CHINA BISTRO	402-895-5888
CRACKER BARREL	402-891-8665
DON & MILLIE'S	402-991-9112
FINNEGAN'S	402-333-6181
FRANK'S TREEHOUSE	402-731-3297
FUDDRUCKERS	402-932-7790
GREAT WALL, THE	402-895-3811
JULIAN'S SPORTS GRILL	402-991-2663
KOREAN HOUSE	402-291-3900
MANCHU WOK	402-697-8500
MILLARD EXPRESS	402-896-8009
NEW YORK BURRITO	402-861-9667
NEW YORK CHICKEN & GYROS	402-891-0414
OZARK SMOKED MEAT COMPANY	402-894-0444
PIZZA MACHINE	402-829-1777
RUBY TUESDAY	402-932-0660
SAM & LOUIE'S NEW YORK PIZZERIA	402-895-2427
	402-895-0811
SAPP BROS CAFÉ	402-895-2122
SHARKS AT TIBURON	402-895-7337
SHIRLEY'S DINER	402-896-6515
THAI PEPPER	402-895-7788

FOOD & Spirits

MAGAZINE | OMAHA EDITION

BARS West

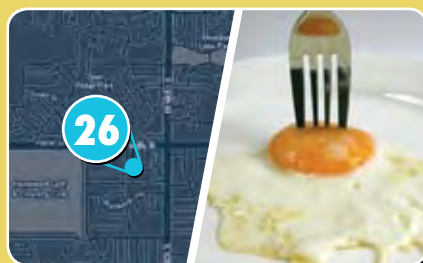
AMERICAN DREAM	402-330-2292
ARTHUR'S 4 SEASONS	402-393-6369
BEACH OMAHA	402-390-6152
CITRUS LOUNGE	402-934-4320
CLUB 108	402-932-7222
ELI'S	402-399-8585
E'Z PLACE	402-330-0505
FLASHBACKS	402-884-5437
HOLIDAY LOUNGE	402-391-4442
INDIGO JOE'S	402-502-2777
INTERLUDE	402-391-3060
MIC'S KARAOKE BAR	402-934-8640
NAUGHTY LOUNGE & GRILL	402-614-3407
NICO	402-614-2582
NO WHERE BAR	402-502-5656
O'BRIENS LOUNGE	402-391-2234
OBSERVATORY LOUNGE	402-334-9996
OFFICE WEST LOUNGE	402-330-1122
REDNECK SALOON	402-733-6365
SHARK CLUB	402-397-4275
THE REEL MARTINI BAR	402-884-7885
THE DRAFT HOUSE	402-884-2845

THE DRINK	402-934-5845
THE ECLIPSE TAVERN	402-502-9384
THE VELVET LOUNGE	402-614-3534
VINO 100	402-934-4739
VIP LOUNGE	402-393-9230
WET LOUNGE	402-502-9995
ZOGS	402-697-0179

RESTAURANTS West

26 Bailey's Breakfast & Lunch

402-932-5577
1259 S. 120th St.



Comfort food done with Chef Jon Dye's flair. Some of Omaha's finest Salads, Soups, and Sandwiches; plus Pot Roast, Meat Loaf and Chicken Fried Steak. When is the last time you had Chicken a la King? For breakfast, all your favorites - featuring Omaha's finest Eggs Benedict, topped with Hollandaise made fresh every day (and Crepes, too). Open 7 days a week until 2 p.m. Breakfast available 6:30 - 11 Mon-Fri, and all day Sat & Sun.

27 The Original Goldberg's Bar & Grill

402-333-1086
2936 S. 132nd Street | Baker's Square



Locally owned and operated for over 30 years, Goldberg's is the home of burgers, beer and bloody marys. Featuring a full bar with a large variety of beers, as well as an extensive menu. They serve everything from burgers, steaks and salmon to Mexican fare, appetizers, and a wide variety of sandwiches. Smoke free and open 7 days a week. Take out available.

Want to see your
restaurant listed?
Give us a call at 402-660-9867

FOOD & Spirits
MAGAZINE | OMAHA EDITION

28 Le Voltaire

402-934-9374
569 N. 155th Plaza



Recognized as one of Omaha's finest restaurants, Le Voltaire's features classical French cuisine with a flair. The Executive Chef and Owner, Cédric S. Fichépain is committed to providing an atmosphere of understated elegance, fine service and extraordinary cuisine. Each dish is prepared using the freshest flavors of the season and ingredients of the highest quality. The wine list is constantly updated to represent the best wine selections from the regions of France.

29 Muldoon's Pub

402-330-8002
12143 West Center Road



Muldoon's Pub brews up fun. Featuring everything from free Wi-Fi to pool tables, trivia and shuffleboard, there's something for everyone. Check out the daily specials, live music and free giveaways. The menu is not your typical bar fare, and offers everything from prime rib to vegetarian to seafood. Specializing in uptown food at downtown prices, Muldoon's is the place to be.

Fresh!



778-0840

**SUSHI JAPAN
YAKINIKU BOY**

Lunch: Tues-Sat
11:30a-2p
No Lunch on Sunday

Dinner: Tues-Sun
5p-9p • Fri.
Sat 5p-10p

Closed Monday's

Summit Square • Northeast Corner of 144th & W. Center Rd. • Omaha NE 68144
Right Behind Old Chicago • www.omaha-sushi.com

30 Shuck's Fish House & Oyster Bar

402-827-4376
1218 S. 119th St.



Have you ever been to a fish shack on the coast? You'll love this! Shrimp or Oyster Po' Boys, Clam Chowder, Fried Clam Strips, Shrimp, Calamari and Oysters (all VERY lightly breaded). Plus Crab Cakes, Gumbo, Salads and Daily Fresh Fish Specials. Featuring a large variety of Oysters on the Half Shell, shucked right in front of you. Killer Happy Hour 3-6, Mon-Fri. Open Mon-Thur 11 am - 9 pm, Fri & Sat 11 am - 10 pm, and Sun 2 - 8 pm.

32 Upstream Brewing Company

402-778-0100
17070 Wright Plaza



Upstream Brewing Company, a delicious Omaha original, has been serving a wide variety of fresh-from-scratch dishes, decadent desserts and hand-crafted beers since 1996. So whether you're craving a Gold Coast Blonde Ale, a perfectly seasoned fillet or just a relaxing game of pool, the spirited atmosphere and distinctive aromas of the Upstream will keep you coming back. Again and again.

31 Sushi Japan/Yakiniku Boy

402-778-0840
8035 West Dodge Road



Sushi Japan Yakiniku Boy offers the best selection of fresh fish and seafood from the sushi bar, as well as a full kitchen menu that includes beef, chicken, and shrimp. They are famous for their out of this world specialty rolls.
Sushi Bar -- Sushi Sashimi - Maki Rolled
Sushi - Sushi Nigiri - Specialty Rolls

BASHA'S RESTAURANT	402-934-6266
B & G TASTY FOODS	402-390-6096
BIG FRED'S PIZZA	402-333-4419
BILLY FROGG'S	402-397-5719
BONEFISH GRILL	402-391-3474
BREADOVEN	402-778-9296
BRONCO'S	
SELF-SERVICE DRIVE IN	402-334-7477
BROOKSIDE CAFE	402-330-0914
BROTHER SEBASTIAN'S	402-330-0300
BROTHER SEBASTIAN'S STEAK HOUSE & WINERY	402-330-0300
CAFE CAFE	402-334-7172
CARÉ DI COPPIA	402-392-2806
CALIFORNIA PIZZA KITCHEN	402-343-0770
CAMILLE'S SIDEWALK CAFE	402-697-9727
CECIL'S CAFE	402-614-3334
CENTER DELI	402-933-2009
CHEEBURGER CHEEBURGER	402-884-5554
CHEESEBURGER IN PARADISE	402-289-4210
CHINA GARDEN	402-397-1995
CHIPOTLE	402-697-4903
CICI'S PIZZA	402-991-2992
CLANCY'S PUB	402-505-4400
COLTON'S WOODFIRED GRILL	402-334-8100
DAVE & BUSTER'S	402-697-9988
DON & MILLIE'S	402-390-9096
DON CARMELO'S PIZZERIA	402-289-9800
ELI'S	402-399-8585
EMBASSY COFFEE SHOP	402-391-3501
FARMHOUSE CAFE	402-393-0640
FERNANDO'S	402-330-5707
FIREBIRDS ROCKY	
MOUNTAIN GRILL	402-359-1340
FLAVOR FUSION & GRILL	402-334-3873
FLEMING'S PRIME	
STEAKHOUSE & WINE BAR	402-393-0811
FOX AND HOUND ENGLISH PUB & GRILL	402-334-3133
GAETA'S RESTAURANT & LOUNGE	402-392-2306
GANDOLFO'S DELI	402-932-3354
GENJI JAPANESE STEAKHOUSE	402-333-8338
GRAND FORTUNE	
CHINESE CUISINE	402-697-9888
GREAT WRAP	402-398-9727
GRISANTI'S	402-330-0440
HAPPY HOLLOW CLUB	402-391-2341
HECTOR'S WEST	402-884-2272
HONEY BAKED HAM	402-391-3233
HONG KONG CAFE	402-778-9888
HOUSE OF HUNAN	402-334-5382
HOWARD'S CHARRO CAFE	402-731-3776
HUHOT MONGOLIAN GRILL	402-408-3300
INDIA GARDEN	402-697-0101
INDIGO JOE'S	402-502-2777
JACK & MARY'S RESTAURANT	402-496-2090
JAIPUR	402-392-7331
JAM'S BAR & GRILL	402-399-8300
JC MANDARIN	402-333-1991
JERICO'S	402-496-0222
JOHNNY'S ITALIAN STEAKHOUSE	402-289-9210
JULIO'S WEST	402-330-2110
KATIE'S GREEK	
RESTAURANT & TAVERNA	402-558-5623
KOBE STEAK HOUSE OF JAPAN	402-391-1755
KONA GRILL	402-779-2900
LA FONDA	402-333-8048
LA CASA PIZZERIA	402-391-6300
LAZLO'S BREWERY & GRILL	402-289-5840
LEE'S CHINA	402-397-3227
LE PEEP	402-934-9914
LINGS	402-330-2390
LIT	402-905-2548
LONE STAR	
STEAKHOUSE & SALOON	402-333-1553
MAMA'S PIZZA	402-933-5090
MARKET BASKET	402-397-1100
MCKENNA'S BLUES,	
BOOZE, & BBQ	402-393-7427
MELTING POT	402-391-6358
MIMI'S CAFE	402-289-9610

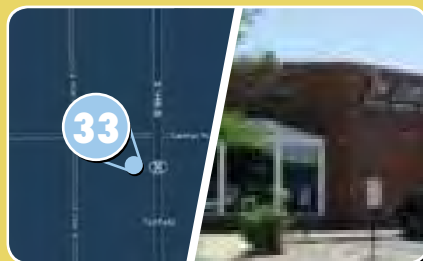
MIRACLE HILLS CAFÉ	402-496-4781
MOE'S SOUTHWEST GRILL	402-933-6637
EW CHINA BUFFET	402-391-9313
NEWMAN'S PASTA CAFÉ	402-884-2420
NEW YORK BURRITO	402-965-9727
NEW YORK FRIED CHICKEN	402-955-0825
NOODLE ZOO	402-330-4846
NOODLES & COMPANY	402-330-1012
OFF CENTER DELI	402-933-2009
OLD COUNTRY BUFFET	402-393-6000
OLD FASHIONED GARDEN CAFÉ	402-393-0252
OLIVE GARDEN ITALIAN RESTAURANT	402-333-4002
OMAHA CHOPHOUSE	402-516-3600
OSCAR'S PIZZA & SPORTS GRILL	402-758-1910
OUTBACK STEAKHOUSE	402-697-1199
OZARK SMOKED MEAT COMPANY	402-333-1744
PADDY O'QUIGLEY'S	402-758-1910
PANCHERO'S	402-934-5677
PANERA BREAD	402-330-0819
PANDA HOUSE	402-691-0099
PARADISE BAKERY & CAFÉ	402-934-5757
	402-934-7800
PASTA AMORE	402-391-2585
PEPPERJAX GRILL	402-758-9222
	402-884-0430
PF CHANG'S CHINA BISTRO	402-390-6021
PRESTIGE WORLD CLASS	402-614-7660
PRIMA 140	402-697-7840
QDOBA MEXICAN GRILL	402-934-8840
RED LOBSTER	402-330-0162
RED ROBIN GOURMET BURGERS	402-334-6894
ROJA MEXICAN GRILL & MARGARITA BAR	402-333-7652
ROMANO'S MACARONI GRILL	402-955-1000
ROMEO'S MEXICAN FOOD & PIZZA	402-330-4160
ROYAL CHINA HOME CUISINE	402-334-2289
RUBY TUESDAY RESTAURANT	402-391-3702
	402-932-0660
RUSTY NAIL INN	402-333-7370
SAIGON RESTAURANT	402-697-7000
SAKURA BANA	402-391-5047
SAM & LOUIE'S NEW YORK STYLE PIZZERIA	402-332-0072
SAMURAI SAM'S TERIYAKI GRILL	402-330-5588
SARKU JAPAN	402-330-6068
SEÑOR MATIA'S	402-391-0191
SPORTS SUBS	402-505-9005
SUPPER THYME	402-933-4521
SZECHUAN EXPRESS CHINESE RESTAURANT	402-330-9779
TANDURI FUSION INDIAN CURRY & GRILLE	402-505-9209
TASTE	402-884-3175
	402-991-7100
TASTE OF THAILAND	402-691-9991
TASTING ROOM, THE	402-505-9463
T-BONE'S GRILL	402-330-8881

TEXAS ROADHOUSE	402-504-4449
THAI KITCHEN	402-697-3887
THAI SPICE	402-493-9944
TOKYO KITCHEN	402-758-1839
VIDLAK'S BROOKSIDE CAFÉ	402-330-0914
VINCENZO'S	402-393-8282
WAVE BISTRO	402-496-8812
WHEATFIELDS	402-955-1485
WONG'S HUNAN GARDEN	402-331-1615
ZIO'S NEW YORK STYLE PIZZERIA	402-330-1444
	402-397-4040
	402-391-1881

SPECIALTY SHOPS

West

33 The Winery

402-391-3535
741 N 98th Street


Omaha's wine shop for over 21 years, The Winery offers the Nebraska's finest selection of wines, spirits and specialty beers. Looking for a great everyday wine or something for that special occasion, The Winery can accommodate you. Our staff has a combined experience of over 100 years and is happy to help you make the right selection.

The Deli at The Winery, open for lunch Monday through Saturday, serves Omaha's best sandwiches. Don't miss the delicious chicken salads, assorted fruit and pasta salads, and of course, our famous home made soups.

ACCESS 66 CATERING	402-390-3380
BROADMOOR MARKET	402-391-0312
CATEGORY ONE GOURMET & GIFTS	402-390-9684
CORKSCREW WINE & CHEESE	402-991-2927
GLOBAL GATHERINGS	402-677-3730
GREAT HARVEST BREAD COMPANY	402-390-9988
INTERNATIONAL CATERING	402-334-5446
KRISTEN'S COOKIES	402-391-4331
LITHUANIAN BAKERY & KAFE	402-391-3503
SPIRIT WORLD	402-391-8680
THE CAKERY	402-691-0770
THE TEA SMITH	402-330-7070
WHOLE FOODS	402-393-1200

HOTELS

East / Omaha Metro

COUNCIL BLUFFS

COURTYARD BY MARRIOTT	712-346-2200
DAYS INN	712-366-9699
	712-323-2200
HAMPTON INN	712-328-2500
HAMPTON INN & SUITES	888-682-0900
HARRAH'S CASINO & HOTEL SUPER 8	712-329-6000
	712-322-2888

CARTER LAKE/AIRPORT

COUNTRY INN & SUITES	712-347-5600
HOLIDAY INN EXPRESS HOTEL & SUITES	402-505-4900
LA QUINTA INN	712-347-6595
SLEEP INN & SUITES	402-342-2525
SUPER 8	712-347-5588

DOWNTOWN

COMFORT INN AT THE ZOO	402-342-8000
COURTYARD BY MARRIOTT	402-346-2200
DOUBLETREE HOTEL & EXECUTIVE MEETING CENTER	402-346-7600
ECONOMY INN	402-345-9565
HAMPTON INN & SUITES	402-345-5500
HILTON OMAHA	402-998-3400
HILTON GARDEN INN	402-341-4400
SUPER 8	866-232-9330

CENTRAL

BAYMONT INN & SUITES	402-391-8129
COLONIAL HOTEL	402-551-4543
COMFORT INN & SUITES	402-934-4900
DOUBLETREE GUEST SUITES	402-397-5141
HAMPTON INN	402-391-8129
HOMEWOOD SUITES BY HILTON	402-345-5100
HOLIDAY INN OMAHA CONVENTION	402-393-3950
HOWARD JOHNSON PLAZA	402-397-3700
SUPER 8	402-390-0700

NORTH

ASPEN CORPORATE LODGE	402-553-1239
HOMEWOOD SUITES BY HILTON	402-345-5100


NORTHWEST

COMFORT INN	402-445-0400
COUNTRY INN & SUITES	402-445-4445
HOLIDAY INN	800-465-4329
HOLIDAY INN EXPRESS	402-505-8181
LA QUINTA INN	402-493-1900

SOUTH CENTRAL


BEST WESTERN KELLY INN	402-339-7400
COMFORT INN	402-593-2380
DAYS INN	402-331-8220
HAMPTON INN & SUITES	402-895-2999
HAWTHORNE SUITES	402-331-0101
LA QUINTA INN	402-592-5200
SUPER 8	402-339-2250
SOUTHWEST CLARION HOTEL	402-895-1000

1



2735 N 62nd St
(402) 408-0028

2



6107 Maple St
(402) 932-4040

3




6117 Maple St
(402) 558-1365

4



5402 N.W. Radial Hwy
(402) 397-5765

5



6206 Maple St
(402) 934-9633

6



6564 Maple St
(402) 556-9428

7



6055 Maple St
(402) 553-2280

8



6113 Maple St
(402) 553-1266

9



5918 Maple St
(402) 502-2503


10



6056 Maple St
(402) 556-9090

eat, drink, and enjoy BENSON!





Beer braised pot roast with smashed potatoes, gravy, and fresh seasonal vegetables from Upstream Brewing Company - \$10.95.

Photo by David Ahlquist

Learned Food



DINNER

Monday through Thursday
6:00p.m. to 8:00p.m.

BRUNCH

Sunday
10:30a.m. to 1:30p.m.

dates follow the academic calendar



Metropolitan Community College
Fort Omaha Campus - Building Ten

RESERVATIONS APPRECIATED

www.mccneb.edu/bistro
402-457-2328

The blonde pizza from the Old Market's
Upstream Brewing Company - \$9.75.

Photo by David Ahlquist

