

The Premier Magazine for Southern Food

93  
RECIPES & TIPS

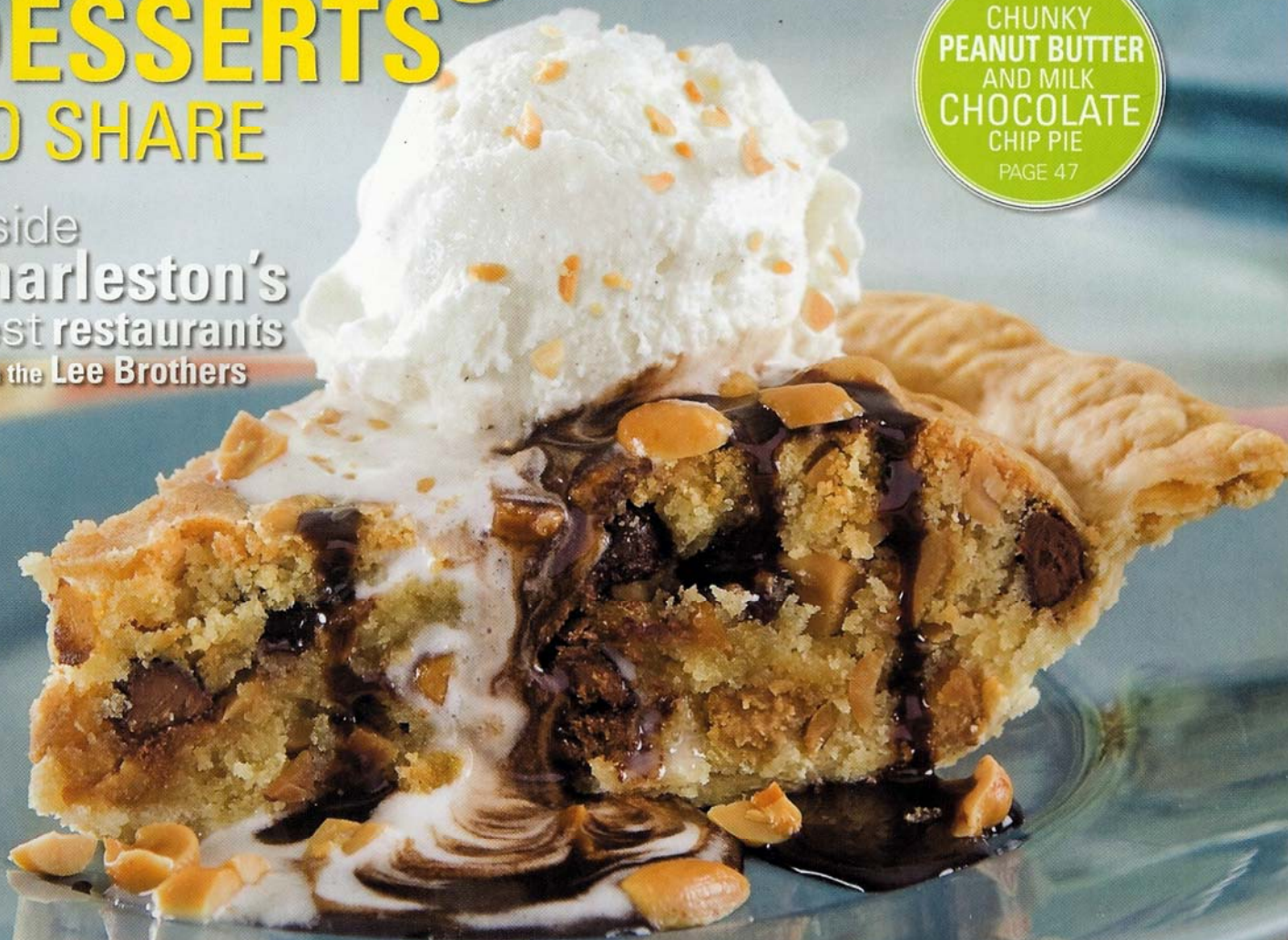
# TASTE

of the south<sup>®</sup>

15 *amazing*  
**DESSERTS**  
TO SHARE

inside  
**charleston's**  
best restaurants  
with the Lee Brothers

CHUNKY  
PEANUT BUTTER  
AND MILK  
CHOCOLATE  
CHIP PIE  
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**Best of the South**  
Recipe Contest Winners

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# charleston

## Sinful Indulgence in the Holy City

BY MATT LEE AND TED LEE / PHOTOGRAPHY BY JOHN O'HAGAN

WHETHER IT'S A FLOUNDER SANDWICH AT A NEIGHBORHOOD FRY SHACK OR A 10-COURSE tasting dinner at an elegant 18th-century tavern (that once played host to George Washington), Charleston has a dining experience for every mood, season, and budget.

Our first childhood dining experiences here coincided with the great culinary awakening that swept the United States in the 1980s, the realization that fine food didn't have to speak with a French accent. Before that, menus in this port city included token nods to local fish and ingredients, but for the most part, trout amandine and beef Wellington reigned supreme. The expansion of the city and the influx of worldly chefs and tourists have changed that.

The restaurants that today make Charleston such a great food town are wonderfully diverse in inspiration—and attitude. It's possible to experience a new taste sensation nearly every day. More of Charleston's food is homegrown than ever before: The multitude of animals, fish, and veggies that thrive in the subtropical Carolinas now inevitably find their way to the plate. The soulful Lowcountry cooking, both fancy and homespun, has no equivalent anywhere in the country and has placed Charleston among the world's premier dining destinations.





## Fig

Fig—an acronym for Food Is Good—is the simple name of this relaxed neighborhood eatery, featuring French-influenced Lowcountry foods that comfort and impress. James Beard Award-winning Chef Mike Lata taps his relationships with local farmers and fishermen to create dishes like Cornmeal-Dusted Triggerfish with Blue Crab and Field Pea Succotash and Crispy Caw Caw Creek Pig Trotters with sweet corn salad.

232 MEETING ST.  
843-805-5900  
DINNER ONLY  
[eatatfig.com](http://eatatfig.com)

### heirloom tomato and burrata salad

Recipe courtesy of Fig

Yield: 4 servings

Preparation: 15 minutes

- 8 ounces burrata cheese\*, sliced
- 2 pounds heirloom tomatoes, sliced
- 1 stalk celery
- 1/2 medium red onion, thinly sliced
- 1 pint cherry tomatoes, halved
- Extra-virgin olive oil
- Maldon sea salt
- Freshly cracked black pepper

**IN THE CENTER OF A SERVING PLATE**, place burrata. Arrange sliced tomatoes around cheese. **USING A MANDOLIN**, thinly slice heart of celery stalk, and tear off celery leaves. Scatter celery slices, celery leaves, and red onion slices over tomatoes. Drizzle entire dish with desired amount of extra-virgin olive oil, and sprinkle with a generous amount of sea salt and cracked black pepper.

*\*Burrata is a fresh Italian cheese with a soft texture, made from mozzarella and cream. If burrata is not available in your area, you may substitute fresh mozzarella.*

