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# Clean Eating

Improving your life one meal at a time.

SEPTEMBER/OCTOBER 2009

## Flatten Your Belly

50+ clean recipes  
to choose from

**FEED YOUR  
FAMILY IN  
15 MINUTES**

"Gourmet" meals in a hurry!

From  
Your  
Favorite  
TV  
Chefs

## Exclusive Tapas Menu!

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AMAZING FOODS** P. 78

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**ONLY 7g OF FAT • 100% TASTE!**

**Super Low-Fat Meal**  
**Mouthwatering  
Monte Cristo**

P. 46



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travel well **CHEZ CHEF**

Chef Deal meets up with Marvin Fleck of Crosby's Fish & Shrimp to handpick oysters for Tristan restaurant.

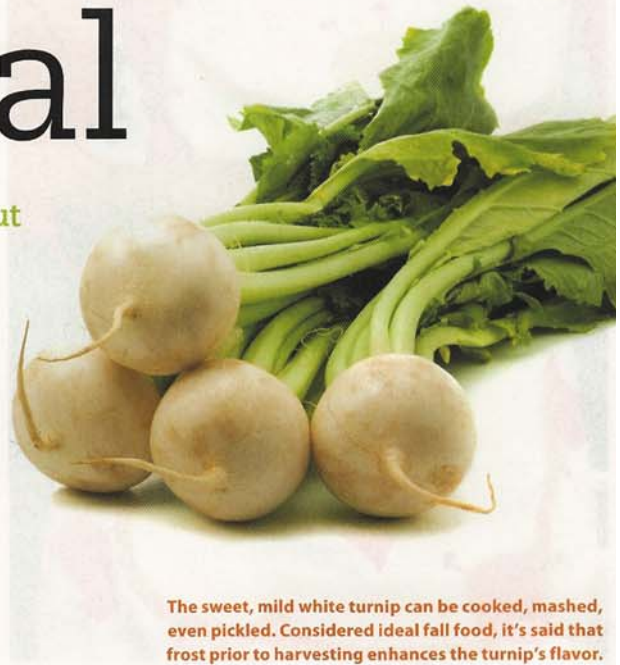


# Fare Deal

Tristan restaurant chef Aaron Deal's farm-to-table approach is helping to put Charleston on the "foodie" map.

BY ANNE DIMON

A designer turnip? Other than "rising star" chef Aaron Deal, it's the other thing that Tristan restaurant in Charleston, South Carolina, might soon become known for. Commissioned by Deal last year, the Tristan Turnip, an Old World heirloom variety that's been brought back and rechristened, is grown by Chef's Garden, the Ohio-based, family-owned sustainable farm that produces about 700 species of produce for chefs around the country. "We wanted a miniature white turnip," Deal says. "Tender, mild and apple-shaped for presentation." When I dined at Tristan last March during the praise-garnering fourth annual Charleston Food & Wine Festival, Deal served a raw Tristan Turnip with a



The sweet, mild white turnip can be cooked, mashed, even pickled. Considered ideal fall food, it's said that frost prior to harvesting enhances the turnip's flavor.

citrus emulsion as an amuse bouche. Very tasty, the citrus lending a punch to the delicate turnip taste.

Located on the entrance of the French Quarter Inn – one of those lovely sense-of-place boutique hotels you find in such historic cities – Tristan is a 90-seat restaurant with a comfortable, contemporary decor and an open-display kitchen where Deal's team whips up dinners and a lovely Sunday brunch.

Raised in North Carolina, Deal was introduced to the culinary world in his teens when he worked part-time in a restaurant, but he never thought of the job as a career stepping-stone. It was while studying computer science at Appalachian University in Boone, North Carolina, and simultaneously work-

Is Chef Deal smiling because he'll soon be shucking oysters?



ing part-time in the restaurant that he decided that the world of “bake and broil” was a better fit for him than the one of “bits and bytes.”

After graduating from Johnson & Whales University, one of the premier culinary universities in the US, Deal was hired at Tristan as chef de cuisine in 2005. Two years later, he was promoted to executive chef of the four-diamond restaurant. In 2009, he was named a semifinalist in the James Beard Rising Star category for young chefs.

### Simply Delicious

In keeping with his clean-eating philosophy, Deal creates dishes around a “modern Southern” theme, meaning you won't find anything deep-fried or smothered in heavy butter sauces on his menu. Instead, he might marinate a chicken breast with fresh herbs and olive oil and then grill it or crust it with ground pecans and bake it. “Great ingredients speak for themselves,” Deal says, “so dishes are created with the idea of showcasing them.” His presentation of seasonal foods is typically “simple and sexy and shows off ▶

## Charleston Trip Planner

With the ambience and feel of a more intimate, genteel New Orleans, the historic and romantic city of Charleston is gaining popularity as a food destination.



Fig restaurant.

### Where Else to Eat Clean

#### FIG

This neighborhood bistro serves sustainable seafood and produce from local farmers, growers and fishermen, and all meats and proteins are natural and hormone-antibiotic free. The menu, printed on recycled paper, changes daily.

[eatatfig.com](http://eatatfig.com)

#### CHARLESTON GRILL

In a classy yet comfortable environment, chef Michelle Weaver offers an innovative menu with four styles of cuisine, one of which is called “Pure.” It features a selection of dishes inspired by the clean, light flavors of the ingredients.

[charlestongrill.com](http://charlestongrill.com)



Cooper River Bridge.

#### BEST SPA

Located in the downtown core, **THE SPA AT CHARLESTON PLACE** offers a full menu of services, and for those who book a day package, access to a beautiful indoor saltwater pool and outdoor terrace.

[charlestonplacespa.com](http://charlestonplacespa.com)

#### WHERE TO KAYAK

Richard Burton, chief concierge at Charleston Place hotel, recommends **THE MIDDLETON PLACE PLANTATION** for “step back in time” kayaking on the Ashley River.

[middletonplace.org](http://middletonplace.org)

#### BEST PLACES TO RUN

**THE BATTERY**, which borders the historic Charleston Peninsula, and the **COOPER RIVER BRIDGE** (for great harbor and city views) are the two favorite runs for locals and visitors.

#### BEST FOOD FESTIVAL

**THE ANNUAL CHARLESTON FOOD & WINE FESTIVAL** celebrates local chefs, producers and growers. Guest chefs, cookbook authors and food educators from across the country are also part of the splashy three-day event.

[charlestonfoodandwine.com](http://charlestonfoodandwine.com)