



A MULTIPLE CULINARY ADVENTURE IN UTAH

By Tanya Noffsinger

For all of my readers who join Oakwood's own Dr. Bill and Linda Coyne for skiing in Park City, Utah for Winter Break, here's an eating itinerary for you. Park City has the standbys of Chez Betty, Mariposa, Silver Lake Lodge and the casual Royal Street Cafe and The Blind Dog but come through Parley's Canyon into Salt Lake City where these recs will give you some of the most delicious, unusual and hearty food you've ever tasted.

My D.C. (dining companion) on this gustatory adventure has been Salt Lake City's resident philosopher and co-founder and president of the Forum for Questioning Minds, Phi Beta Kappa, Stanford grad, Reece Newman. He has a palate that deserves a Zagat rating too. And, curiously he was just tapped by Oakwood's Sharon Rab to be a first reader for the Dayton Literary Peace Prize in addition to writing numerous articles for the forthcoming Encyclopedia of Global Justice.

Our first stop...The Red Iguana, for some killer holy mole. Mole (pron. mo-lay), a Mexican sauce, is the gem in the crown of Mexican cuisine. Lucy Cardenas and husband, Bill Coker, serve eight moles daily in addition to the huge, appetizing menu of other Mexican delicacies. The moles are made in fifteen gallon batches with nuts, herbs, chiles, spices, avocado leaves

and just about everything but Lucy's socks. Request a small tasting plate of each of the different moles and get ready for your taste buds to rock and roll. And now because of two hour waits being quite common, this party in your mouth, color-splashed eatery, has come up with a counter-intuitive business model by opening the Red Iguana II just two blocks away. After just two weeks the overflow for RI I is seeing RI II serve 450 daily. Red Iguana is on the way to and from the airport so it makes it an easy stop. Their fans worldwide have driven the Facebook wewanarediguana. Check it out and be sure I have been through both kitchens and you could eat from the floor they are so spotless. Nowhere will you receive more warm, loving, like you're at home, service than from Lucy and Bill. They will even bring food to you in Park City if you have a \$200 order. And to seal the deal, Lucy has very generously divulged her Mole Negro recipe to me for all of you. Muchas gracias. (736 W. North Temple, Salt Lake City, UT.

801-322-1489)

Now for comfort food, get on I-80 going West and exit at Emigration Canyon to Ruth's Diner, the second oldest restaurant in

Utah, celebrating its 78th anniversary

the light side. (2100 Emigration Canyon Rd., Salt Lake City, UT. 801-582-5807)

Breakfast just got better at John & Tamrika's, Blue Plate Diner voted Salt Lake's Best Breakfast so many times that I lost count of the wall-placed awards. Founded on the axiom that it is better to give than to receive, John & Tamrika serve abundant portions with ser-

vice from the heart. The Mexican Benedict was my favorite and fries in Utah are served with fry sauce which I've never seen in another locality. Tamrika has shared the Blue Plate's recipe for fry sauce with me for your pleasure. As Guy Fieri of the Food Network has said of the Blue Plate it is "Off the hook". Go, you'll love it.

Now for fresh, local, organic fare with flare, get yourself over to the Tin Angel (365 W. 400 S. Salt Lake City, UT. 801-328 4155.) This 34 seat restaurant with rotating monthly

art exhibits (this month's is silver jewelry-for sale-cast like our favorite food stuffs and hung on plates for display) has an ebullient owner, Robin, and food to match her personality. Already scheduled for her unusual for the U.S., New Year's Eve Blackout dinner, I know I'm having Duxelle crusted elk with fingerling potatoes, baby vegetables and a Burgundy demi-

versary. Featured on the Food Network's Diners, Drive Ins and Dives, you get huge portions of all offerings including deep fried mac & cheese, homemade pan fried chicken, pot roast, meat loaf, mile high biscuits-the best ever-salmon benedict, pulled pork benedict, sunrise spuds-yum, Ruth's chocolate Malt Pudding and if that's not enough, a menu for Vegan friends and things on

glace. Now the exciting part is the black-out. Popular in Europe, particularly Germany, and Russia, guests are blindfolded during one or more courses of dinner to heighten the sense of taste. My D.C. and I will be blindfolded for at least one other course and will throw caution to the wind, trust and have a New Year's Eve not soon to be forgotten.

It wouldn't be a day without a controlled substance! At Les Madeleines Patisserie (216 E. 500 S., Salt Lake City, UT. 801-355-2294) you can only buy six Kouing Aman in the store. Kouing Aman, more commonly called "crack" by Salt Lake City cognoscenti, is addictive!!! What is it? This flaky pastry is from Brittany and only six bakeries in the U.S. sell it. It has a basic croissant dough with fleur de sel-salt harvested from the sea coast, that combines with sugar to create a crunchy, salty caramel on the outside and a gooey flaky inside. This pastry is making its way around the world in mail orders. It is Salt Lake's equivalent of our Killer Brownie from DLM. Call Romina Rasmussen and order as many as you wish. You will hug me the next time you see me.

From on location in SLC I wish you all a happy and healthy New Year filled with food adventures. So here are the recipes from Lucy and Tamrika 'cause as you know "Gotta run...Soup's on.

To contact this columnist with questions, comments or suggestions go to musicalfeast@att.net.

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