

FOR THE LOVE OF FOOD

BY MARGOT C. LESTER

Chef Ricky Moore of Carrboro's Glasshalfull wants your Valentine's Day meal to be memorable for the right reasons.

"Don't do something overly complicated just to try to impress your loved one," he says. "When you feel uptight, cooking becomes a burden and then it's over in terms of feeling. You want to be inspired by the cooking, and you put passion into every dish. Trust me, they'll appreciate the act of cooking itself. So do what you can and do it well."

That doesn't mean cooking up the same roast chicken you make every Sunday though.

"If you're great at roasting chicken, apply that technique to duck or squab," he says. "Take any technique you've mastered and apply it to something new."

Technique, Moore adds, is the secret to making a memorable meal. He likes roasting and braising for romantic meals because they make the food more succulent and show that you spent some time on the dish.

"It's not the ingredients," he asserts, "it's the way you handle them." That's where the love shows through.

Which brings us to planning. The big-

gest mistake home cooks make is not being organized, he says. Moore suggests planning the meal and getting the ingredients early, then doing a little prep each day before the big meal. This helps you avoid freaking out or spending all your time in the kitchen instead of with the object of your affection.

But if the thought of cooking a romantic meal – or having to undertake the decidedly unromantic task of cleaning up the kitchen – makes you weak in the knees, Moore invites you to his place for Valentine's.

Though the menu wasn't final at press time, Moore's cooking up what he calls a "menu for two" that's designed for sharing.

"It's going to be crafted to allow you to serve each other at the table to make it more intimate and romantic," he says. "I'm looking at a lobster prep or a rack of lamb. And for dessert – remember back in high school when you went on a date and shared one milkshake with two straws and you'd head-butt each other a little bit? I'm going to invoke that memory. I want to have fun with it, to keep it interactive and memorable."

Reservations are suggested for Valentine's dinner at Glasshalfull. Call 967-9784.



Ricky Moore is the executive chef of Glasshalfull in Carrboro.

PHOTO BY AVA BARLOW

Chef Ricky Moore's tips for making a great Valentine's Day dinner:

1. Don't be generic about it. You could buy that heart-shaped box of chocolates, but don't.
2. Let your passion for your loved one drive your choice of dish and ingredients.
3. Remember that cooking for someone is one of the most intimate things you can do. That's good stuff.

authentic food

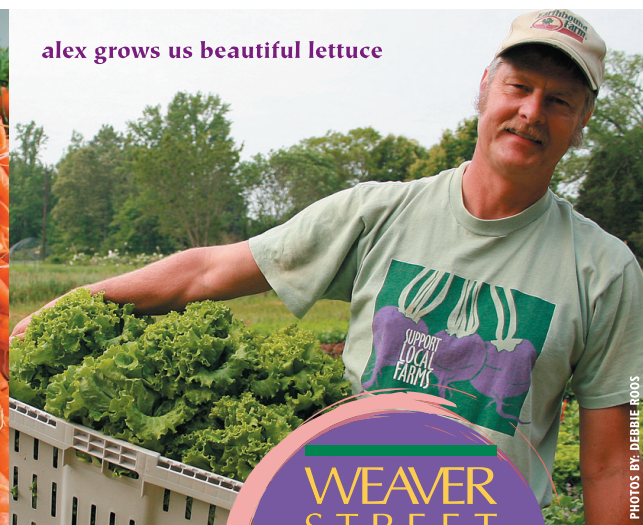
Good Food, Good People, Good Value



veronica loves our apples



locally grown organic carrots



alex grows us beautiful lettuce

PHOTOS BY: DEBBIE MOOS

your community-owned grocery

carrboro
101 E. Weaver St.

chapel hill
Southern Village

hillsborough
228 S. Churton St.

open 7 days

www.weaverstreetmarket.coop

