# Land & Table

**IN SEASON** BY PHIL BLANK



## FARMERS' MARKET

SATURDAY MARKET: 9 a.m. - Noon

#### What's at Market?

Lettuce, tomatoes, pac choy, flour, onions, garlic, arugula, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, collards, fresh herbs, kale, leeks, mustard greens, salad greens, spinach, sweet potatoes, turnips, turnip greens, winter squashes, pecans, NEW chicken-sausage, maple sausage, smoked ham, smoked ham hocks, liverwurst, lamb, bacon, chicken, eggs, cow's milk cheeses, breads, doughnuts, tortes, pies, cakes, jams, and relishes.

#### **Recipe of the week** Spicy Sweet Maple Syrup Home Fries

## Recipe Provided by Market Customer Lara Horner

Ingredients:

- $\star$  4 medium-sized sweet potatoes  $\star$   $\frac{1}{2}$  cup olive oil ☆ ½ cup maple syrup  $\star \frac{1}{2}$  teaspoon of cayenne pepper
- ★ Kosher salt ★ Pepper

**Procedure:** Preheat oven to 450 degrees. Slice sweet potatoes into  $\frac{1}{2}$  inch thick rounds. In a large bowl, combine the olive oil, cayenne and the maple syrup. Add the sweet potato rounds into the bowl and mix with your hands until both sides of the rounds are coated. Place on a baking sheet and bake in the oven. As they're baking, brush some of the remaining mixture from the bowl on top of the rounds, remembering to flip them so that both sides are cooked. Remove when the rounds are crispy on the outside and cooked in the middle (about 12-15 minutes). \*Ingredients Available at Market

## **Tuesday deal moves with the times**

#### MARGOT C. LESTER Staff Writer

Kevin Callaghan wants you to know that despite all the doomand-gloom economic news, "You can still go out to dinner." That's why his restaurant, Acme Food & Beverage Co. (110 E. Main St., Carrboro), is offering \$12.95 Tuesdays. The deal allows din-

ers to buy any entrée on the menu for \$12.95. That includes your steaks, your fish, your pork – all your favorite comfort food at a comforting price.

"I saw in the New Yorker recently that 60 percent off is the new black," Callaghan quips.

That fact was hammered home during Acme's Gas Price Tuesdays, a popular promotion started last summer when the cost of a gallon of gas was almost as high as an adult beverage. To ease the pain, Acme priced glasses of wine and pints of beer at the going rate for petrol in Carrboro. People came out in droves. But with gas prices back to normal, Acme needed a

new deal. Callaghan says that they're offering the flavors we crave in tough times and the food he grew up with as a child of the South.

"The basic elements of American food grew out of poverty," he says. "People suffered and figured out how to make food taste delicious without spending a whole

lot of money. When the economy is at a certain point, people's taste buds tend to retract towards more traditional dishes." That's why you'll find chicken and dumplings or fried

catfish on the menu alongside a grilled beef loin with black raspberry gastrique.

But recession dining isn't just about the price of grub. We all feel a need for fellowship as much as food when we're freaking out about finances.

"People here are concerned and they crave camaraderie," Callaghan notes. "Food connects us to one another. We're providing a way for folks to still go out and enjoy some company."

### SELECT LOCAL DEALS

Whether you're feeling the pinch or not, it's hard to resist a meal deal. But you can ease the squeeze on your wallet without getting your bargain victuals at the local Suburgerdy's. Your dining dollar will do more if you spend it at a locally owned establishment.

"We need to remember that local still matters," says Kevin Callaghan, chef/owner of Acme Food & Beverage Co. "It's important to continue to support the local food scene that's been so good to all of us."

With that in mind, here are a few homegrown and -owned eateries offering deals on square meals:

**ACME** Choice of entree \$12.95 every Tuesday

**AKAI HANA** Varying lunch plates \$8.00, M-F; Early Bird Dinner: Choice of chicken teriyaki combo or sushi platter, between 5 and 6p.m., \$13.00 daily

ANNA MARIA'S PIZZERIA Large cheese pizza (add a topping for \$1.50) \$6.95 every Monday

INTERNATIONAL PIZZERIA III Large pizza and a pitcher of domestic beer \$10.00 every Tuesday

MILLTOWN Lunch special: Soup of the Day & choice of prime rib, grilled chicken or grilled cheese half-sandwich \$5.00 T-F, 11a.m.-2p.m.

**SOUTHERN RAIL** Half-price bottles of wine Wednesday nights

Did we miss a good buy? We're going to keep the list going online, so send your favorite low-price breakfast, lunch or dinner deal to margot@carrborocitizen.com.



#### **Inaugural eats**

We're starting to get word of openings and special meals and events surrounding the Jan. 20th inauguration.

Quite a variety already — everything from the return of the Obama Dog (Chicago style with a little pineapple for the Hawaiian connection) to a semi-formal gala at the Siena Hotel with a five-course dinner followed by drinks, hors d'oeuvres and dancing. The event, co-sponsored and to be broadcast by WCHL, is a benefit for the Foundation for a Sustainable Community.

Check The Citizen's MILL blog for more announcements on the subject.

#### Hoop dreams

We note that hoop cheese is on sale at Cliff's for \$4.99 a pound. But what exactly is hoop cheese? The generic answer is pressed cheese curds, meaning it's like a cotalso a bit like farmer's cheese.

Consistency and style vary. Here in North Carolina, the term refers to cheddar curds pressed into molds and topped with a wax coating.

There is probably no truth to the legend that eating hoop cheese during basketball season has a positive effect on one's favorite team. But, hey, it couldn't hoit.

#### Year of the Ox

In case you're wondering when the fireworks start, this from Francis Chan: Jade Palace is pleased to announce the celebration of Chinese New Year on Friday, Jan. 23 and Saturday, Jan. 24.

Help usher in the Year of the Ox at 5 p.m. on both evenings, with the traditional Lion Dance and a special menu. For the children, there will be fun prizes.









AND HUNTED



tage cheese with the water pressed out. It's