

THE LOCAL PALATE

FOOD CULTURE OF THE SOUTH

THE ULTIMATE SOUTHERN TRAVEL ROUNDUP

**DISHES +
DESTINATIONS**
TO INSPIRE YOUR NEXT
FALL ROAD TRIP

ROANOKE MARSHES
LIGHTHOUSE,
NORTH CAROLINA
(page 20)



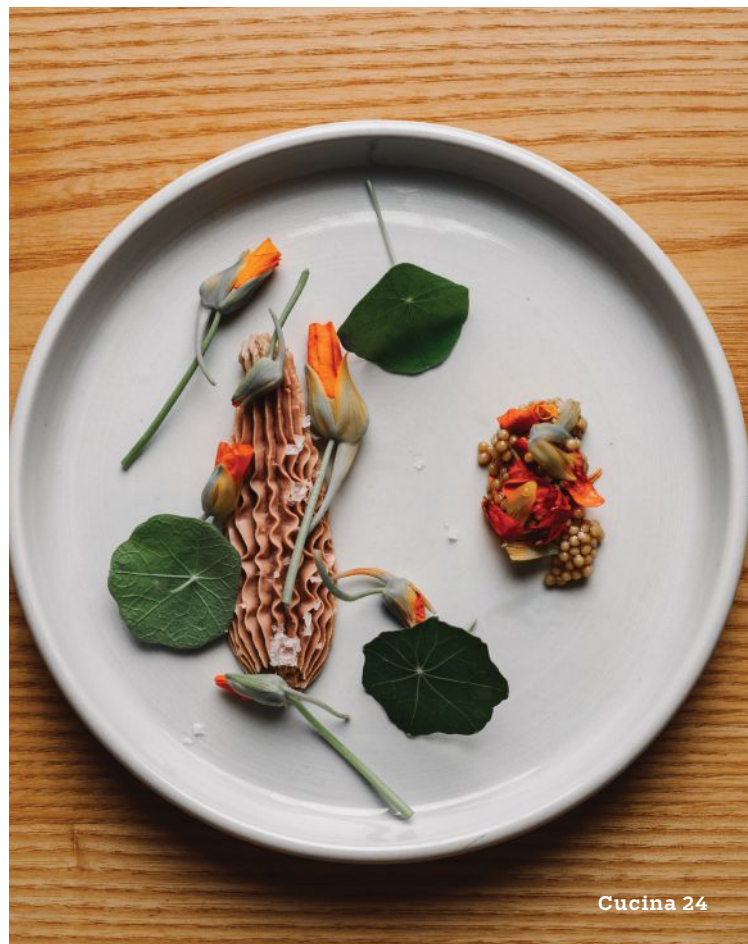
DISPLAY UNTIL OCTOBER 31, 2020

\$6.99



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Cucina 24



Benne on Eagle

North Carolina

EAT + DRINK

Cucina 24

Asheville

A testament to the relationship between chef and farmer, Cucina 24 is a blend of Italian techniques and ultra-local ingredients. The vegetable-centric and refined menu also includes housemade pastas, breads, and cheeses.

Smoky Park Supper Club

Asheville

Imagine the coolest block party you've never been to, with an innovative menu and a bar that keeps the party going with sorghum-and-scotch-laced cocktails, local beer, and cider on tap. Such is the scene at Smoky Park Supper Club, where chef Michelle Bailey puts out wood-fired fare from an upcycled shipping container in Asheville's River Arts District.

Posana

Asheville

Situated in the heart of downtown Asheville, Posana is a farm-to-table restaurant without frill or pretention. And while you'd never know it from the well-rounded offerings—particularly the appropriately decadent dessert menu—it's an entirely gluten-free establishment.

Forestry Camp Bar and Restaurant

Asheville

To step through the doors of Forestry Camp is to cross a threshold into another realm; an array of axes on the wall and a sea of time-worn yellow pine sets a suitably rustic-chic scene. It's the brainchild of local favorite Burial Beer Co.'s founders, with Cucina 24 chef Brian Canipelli on deck to transform bar snacks into legendary, Basque-inspired bites.

Benne on Eagle

Asheville

Helmed by chef John Flee and rising star chef Ashleigh Shanti, Benne on Eagle is dedicated to exploring the nuances of soul food through Appalachian ingredients. At the core of its culinary identity is the patch of downtown it calls home: the Block, the city's oldest black neighborhood and business district, which was filled with thriving restaurants and shops along Eagle and Market streets through the '50s and '60s.

The Rhu

Asheville

A counterpoint to chef John Flee's Asheville flagship Rhubarb, the Rhu is a bakery-cafe and larder of Appalachian goods, from local eggs and milk to cookbooks and handcrafted cutting boards.



Haberdish

Charlotte

This bright and airy spot does a brisk brunch business with biscuit sandwiches, smoked trout deviled eggs, and revelatory livermush toast. No matter the hour, head mixologist Colleen Hughes serves up one of the city's most alluring cocktail menus (the hibiscus honey punch is a hit).

Crêpe Cellar Kitchen and Pub

Charlotte

From the same ambitious restaurateurs as Haberdish, Crêpe Cellar brings Continental bistro fare to Charlotte's hip NoDa neighborhood—mussels, steak and frites, plus savory and sweet crepes.

Cabo Fish Taco

Charlotte

This no-frills spot slings Baja bites from lemon ahi tuna tacos to beer-battered tofu. Wash it down with one of a dozen margaritas variations, all made with fresh-squeezed mix.

Sabor Latin Street Grill

Charlotte

An unassuming counter-service joint, Sabor Latin Street Grill is more than meets the eye. The menu draws from Venezuela, Colombia, Mexico, El Salvador, and the Dominican Republic for traditional street food bites—gorditas, arepas, and empanadas, to name a few—and new favorites, like yuca fries piled high with shredded chicken, cotija, and slaw.

Free Range Brewing

Charlotte

On the edge of Charlotte's NoDa neighborhood, standout Free Range Brewing pours the flagship Carolina Cream Ale and an ever-evolving tap list of such innovations as a tart IPA brewed with local sourdough starter and sea salt from the Outer Banks.

Kindred

Davidson

The eponymous restaurant from chef Joe Kindred maintains its old-school pharmacy heritage while capturing a modern vibe. Seafood is where the menu shines—snapper crudo, scallops and Sapelo Island clams a la plancha, Georgia royal red shrimp atop squid ink conchiglie (the fancy name for shell pasta). And this is a family affair: Kindred's wife Katy serves as the spot's front-of-house manager and sommelier, keeping the wine list fresh and fun but still approachable.

The Pickled Peach

Davidson

This chic cafe offers a tidy selection of sandwiches and salads, along with draft beer and wine. A blackboard above the open kitchen lists ingredients sourced from local farms and purveyors, with a note encouraging customers to ask about their food. The popular ham sandwich consists of warm ham and melted brie, topped with the famed pickled peaches nestled between toasted challah.

CLOCKWISE FROM TOP LEFT: COURTESY OF HABERDISH; ERIC GADDY; PETER TAYLOR. OPPOSITE FROM TOP: CAROLINA KAMMEL; CHRIS EDWARDS

Flatiron Kitchen and Taphouse

Davidson

It's all about local at this spot: The proprietors represent three graduating classes of nearby Davidson College. At the intersection of Main and South Streets, its name comes from both the shape of the building, which resembles the famous Flatiron building in New York City, and the flatiron steak, a permanent fixture on the menu. Chef Bill Schutz dots the menu with local ingredients, including herbs from the restaurant's own garden.

Hello, Sailor

Cornelius

Joe Kindred tips his hat to the fish camp tradition at his second restaurant, on the banks of nearby Lake Norman. The crispy soft shell crab banh mí alone is worth the trip, but a side of beef fat fries takes it the extra mile.

Ferrucci's Old Tyme Italian Market

Cornelius

At this vintage inspired meat market, butchers John and Doug crank out fresh sausages by hand and age premium steaks for six months. Tiramisu and cannoli are made in-house, as is Italian-American comfort food like eggplant parm, lasagna, and pepperoni rolls. Locally-made goods like cheese from Uno Alla Volta and marinara from Cannizaro share the shelf with imports from the old country.

Cocoa Cinnamon

Durham

This Latina co-owned cafe is ideal for soaking in the local color while sipping a single-origin coffee. And the beans don't have far to go from roast to brew: They come from Little Wave Coffee Roasters, Cocoa Cinnamon's sister company based in Durham's Lakewood neighborhood.

Ponysaurus Brewing Co.

Durham

A sunny afternoon in Durham begs for a pint of Biere de Garde at Ponysaurus. And depending on the season, guests can order brats, burgers, and hot dogs along with prepared sides to host their own cook-out on a reserved grill.

Fonta Flora Brewery

Morganton

This exceptionally place-centric brewery started as a three-and-a-half barrel brewhouse when it earned its first national—and even international—accolades. Now, there's an entire tasting room dedicated to its flora-and-fauna packed suds, like a cherry gose aged with chamomile flowers, steinbier brewed with North Carolina birchwood, and the flagship Whippoorwill steeped with oranges, coriander, and earl gray tea.



Alley Twenty Six

Durham

Grab an after-dinner drink at this lively lounge, where Shannon Healy and staff mix up some of the most thoughtful cocktails in Durham. Upscale bar bites include beer-battered cauliflower and a burger topped with black truffle cheddar and bourbon bacon jam.

Chef & the Farmer

Kinston

Chef Vivian Howard, a native of Kinston, North Carolina, and the star of the PBS series *A Chef's Life*, opened Chef & the Farmer in 2006 to encourage some of Eastern North Carolina's tobacco farmers to transition into food farming. Since then, it's become a hallmark for preserving the culinary traditions and ingredients of the region.

Harvest Moon Grille

Lincolnton

Forty miles northwest of Charlotte in the small town of Lincolnton sits Harvest Moon Grille, a fresh produce haven among fast food chains. It's one of the only spots in town to turn to local farms—there are hundreds in the county—to shape its menu, which maintains a casual approachability.





Cúrate

Asheville

Katie Button's ode to the flavors and food traditions of Spain is one of Asheville's hottest tables. Menu items range from the classics—gazpacho, patatas bravas, paella—to the unexpected, like spicy chorizo coated in potato chips or a “gin and tonic” sundae.

Chai Pani

Asheville

Chef Meherwan Irani's tribute to chaat—savory Indian street food snacks—offers on-the-go bites like a paneer tikka wrap and matchstick okra fries. It's a far cry from Irani's other Asheville spot, **Buxton Hall Barbecue**, where he and pitmaster Elliott Moss have dedicated themselves to preserving the traditions of Carolina barbecue.

Eda Rhyne Distilling Company

Asheville

Forget moonshine, Eda Rhyne's Appalachian Fernet might just be the most place-centric tippie of Western North Carolina. A bracing and complex witch's brew of thirty-some foraged botanicals and herbs, it's not for everyone—try the Amaro Flora for a lighter, sweeter sip reminiscent of wildflowers, or the Rustic Nocino, a warming and bittersweet walnut liqueur.

La Farm Bakery

Cary

Master baker Lionel Vatinet was in the vanguard of artisanal bread when he opened this North Carolina bakery some twenty years ago. Now, he's baking heirloom Southern grains into French legacies through a partnership with local farmers and milling companies like Asheville's Carolina Ground.



The Crunkleton

Chapel Hill

The Crunkleton may be located in the heart of a college town but this down-to-earth craft cocktail bar isn't just for co-eds. Overseen by the bow-tied and bespectacled proprietor Gary Crunkleton, the bar is as much a mixology haven for updated twists on vintage cocktails as it is a haunt to swig a Miller High Life and talk all things Tar Heel.

Crook's Corner

Chapel Hill

This James Beard “America's Classic” restaurant has had its share of culinary fame: Chef Bill Neal is credited with cementing shrimp and grits in the mainstream culinary canon of the American South from the kitchen of Crook's Corner. His successor, Bill Smith, revived a little-known coastal classic when he put Atlantic Beach Pie on the menu. Both are menu mainstays alongside a rotating roster of Southern favorites.

The Asbury

Charlotte

The dishes chef Mike Long prepares each night at his restaurant in the Dunhill Hotel are at once refined and comforting. Take the Asbury burger: The humble ground beef patty is elevated with a saffron and pickle mayonnaise.



LA FARM

Lionel Vatinet's bacon brioche rolls are topped with shredded cheese, parsley, and a generous coating of butter.



Trio Restaurant & Market

Trio Restaurant & Market

Kitty Hawk

This wine cafe boasts an extensive marketplace with a mix of local products and imported goods, plus charcuterie and self-serve taps perfect for getting a taste of the good stuff without a spending splurge.

Blue Moon Beach Grill

Nags Head

Anchoring an unassuming strip mall, this casual neighborhood spot serves up coastal comfort food like fried shrimp tossed in buffalo sauce and a killer pan-fried pork loin served with skillet potatoes.

Duck Donuts

Duck

These iced-to-order doughnut shops are popping up across the South, but the OG sits in the Outer Banks town of Duck. Customize your decadent treats with choices of glazes, toppings, and drizzles. Maple glaze with bacon and raspberry drizzle is a good place to start.

AQUA Restaurant

Duck

Catch sunset views over the Currituck Sound from the pier next to AQUA before settling in to an order of Bangin' Shrimp. (The restaurant also houses a spa upstairs—find their sugar scrubs in the bathrooms.)

Kimball's Kitchen

Duck

Catch the sunset at Kimball's Kitchen at **Sanderling Resort**, where a wall of windows provides every seat a view of the sound. For a more casual evening, walk across the street to the **Lifesaving Station**, Sanderling's other dining concept, housed in a renovated Coast Guard station—note the vintage diving helmet mounted on the bar.

Poole's Diner

Raleigh

Ashley Christensen heads up a small fleet of downtown restaurants (seven at last count). But it all started back in 2007 when she opened Poole's Diner, a new-age lunch counter with an ever-changing blackboard menu of comfort food rooted in regional ingredients. More than a decade later, it's still cranking out plates like heirloom tomato pie drizzled with sherry vinaigrette and seared flounder atop succotash and fried avocado.

Crawford & Son

Raleigh

Scott Crawford recasts the Southern larder as art form with dishes like compressed melon carpaccio spattered with bright pops of blackberry and cherry tomato, which could double as abstract expressionism.

Garland

Raleigh

Garland is the cardamom and curry playground of Cheetie Kumar. The Indian-born chef explores the commonalities between Southern and pan-Asian food traditions through their many shared ingredients—think rice, okra, tomatoes, and cane sugar.

Centro

Raleigh

Angela Salamanca's love letter to fresh, regional Mexican flavors includes a twenty-plus ingredient mole; at dinnertime, it cloaks grilled chicken on a plate with fried plantains and cilantro rice.



Crawford & Son



Foundation

Raleigh

As night falls, slip down a set of inconspicuous stairs below Fayetteville Street to land in the cool confines of Foundation; the hip hideaway comes with a solid whiskey selection.

Canyon Kitchen

Sapphire

Situated in a residential mountain farm community, open-air Canyon Kitchen fits in seamlessly among the rolling meadows and surrounding mountains. The May-through-October restaurant emphasizes Appalachian cuisine with bites like smoked trout croquettes and a smoked pork loin over barley middlins.

Jeffrey Adams on Fourth

Winston-Salem

Not only does chef Adam Andrews helm Jeffrey Adams, the nearby **Old Fourth Street Filling Station**, a bottle shop, a speakeasy, and a breakfast cafe, but he's also a part-time farmer, growing the produce for his eateries and a handful of others around town.

Sam Jones BBQ

Winterville

Third-generation barbecue master Sam Jones got his start at his family's 'cue institution—James Beard “America's Classics” recipient, **Skylight Inn** in Ayden—before opening his own joint just six miles down the road. Both honor the Eastern North Carolina traditions of whole hog, slow-smoked over Carolina oak and chopped, not pulled.

SEE + DO

Ruby's Gift

Charlotte

At Ruby's Gift, find local honey alongside Charlotte street scenes painted by longtime Queen City artist David French and hand-screened prints.

FEAST

Charlotte

To really explore Charlotte's culinary scene, join a guided walking tour that spotlights locals passionate about the culture of the area.

Parker and Otis

Durham

This quaint cafe is also an artisan grocery and gift shop, carrying everything from cookbooks and scented candles to local eggs and chic pantry supplies.





Roanoke Marshes Lighthouse

Manteo

At the end of a pier forty yards offshore, the small but mighty Roanoke Marshes Lighthouse is the picture of coastal charm as it guards Roanoke Sound. It's the only of the Outer Banks' four lighthouses that isn't original to the area—it's a replica of one that stood in nearby Wanchese until the 1950s. The first two Roanoke Marshes Lighthouses were constructed in the mid-1800s but quickly fell into disrepair—this final iteration was planned as part of Manteo's centennial celebration and opened to the public in 2004. Today, visitors to downtown Manteo can walk the pier and explore the area's history from exhibits inside the river lighthouse.

STAY

The Biltmore

Asheville

On the grounds of Asheville's Biltmore Estate—George Vanderbilt's grandiose châteauesque home—sits the stately **Inn on Biltmore Estate** and the pastoral-inspired **Village Hotel**. The sprawling grounds are adjacent to historic Biltmore Village and a quick jaunt to downtown Asheville. The four-star Inn includes luxurious amenities, including a day spa, 24-hour concierge service, and floral services. In contrast, the Village Hotel is tucked away, quiet, and ideal for families with little ones. From either lodging option, there's easy access to some twenty-two miles of hiking and biking trails and other recreational opportunities like fly-fishing and horseback riding, all of which showcase the estate in a new light.

The Durham Hotel

Durham

The Durham Hotel is a boutique experience that taps into the city's past and present. Housed inside the landmark Home Savings Bank, the fifty three-room hotel harnesses mid-century design for a retro-modern feel. It leans on local partners for a hyper-local experience, from Counter Culture coffee delivered to the rooms and Escazu chocolates at turn-down. Head to the rooftop lounge for a birds-eye view of the city, best enjoyed with snacks from the raw bar.

Unscripted Durham

Durham

A former 1960s motor lodge has been given a new life as cool-kid Unscripted Durham, the debut property of Dream Hotel Group's new brand. The hotel's interiors take a cue from its architecture with retro furniture throughout. In each of the seventy-four guest rooms, bright, graphic wallpaper meets dark wood wainscoting; with bedroom furniture to match, it all harkens to the heyday of woody wagons. Still, the kitsch factor is kept in check by urban, eclectic touches like graffiti murals in the lobby and parking garage. It all feels refreshingly Durham, a historic and gritty city that's buzzing with young, creative energy.

Guest House Raleigh

Raleigh

The Guest House Raleigh is, quite literally, a home away from home. It's set in a 1880s-era house once slated for demolition in the name of new development. Now safely relocated six blocks away, the eight-bedroom boutique hotel offers cozy digs downtown.

The Umstead

Cary

With a 16,000-square-foot spa, the Umstead spells luxury. The hotel's masculine, modern design is imbued with touches of whimsy—be it from rotating regional art or the theatrical fare Executive Chef Steven Devereaux Greene serves at the property's Forbes Five Star restaurant, **Herons**.

The Cardinal Hotel

Winston-Salem

Tobacco and textile money built Winston-Salem, and in 1929, the R.J. Reynolds Tobacco Company made its mark on the downtown skyline by erecting a grandiose tower to house their headquarters. After the company ceased using it in 2008, care was taken to maintain details original to the building as it was converted to a hotel—look up when you're in the lobby to glimpse the ornate gold foil designs that adorn the ceiling. The basement is outfitted with a basketball court, bowling alley, and adult-sized slide, inspired by a recreation room in the Reynolds' family estate.



The Umstead