

TRAVEL
Reinventing
Belgian Chocolates

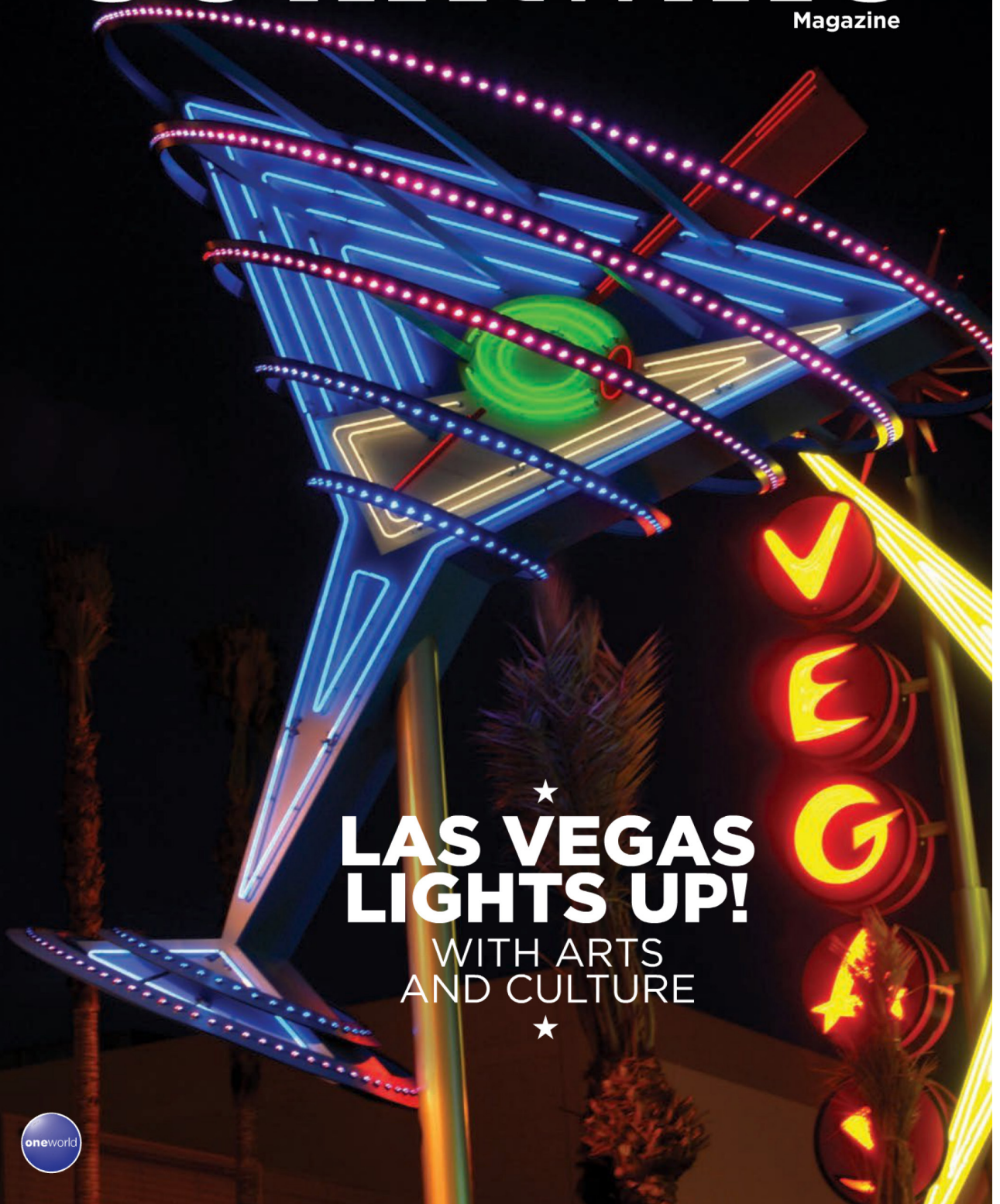
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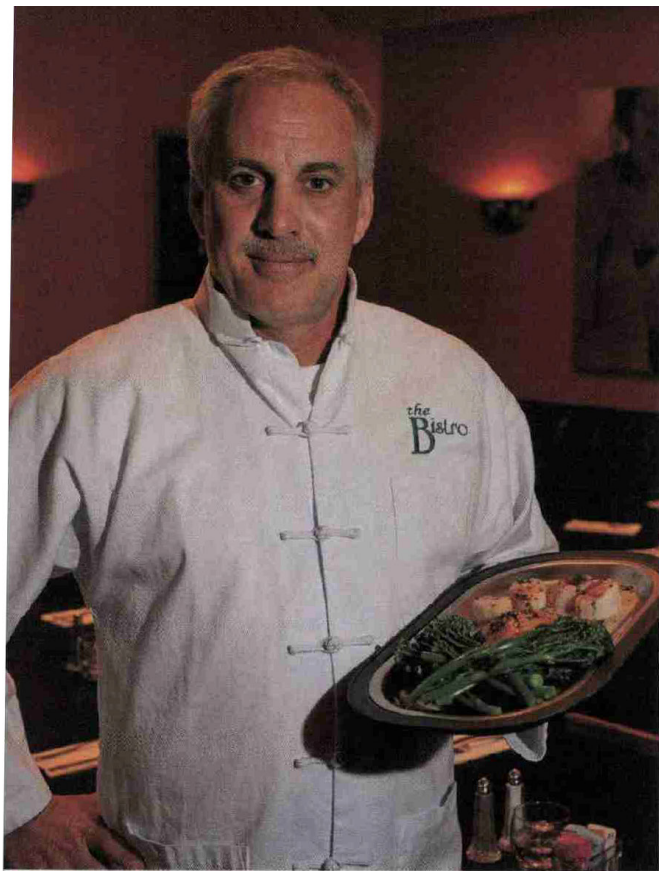
U-S AIRWAYS

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★
**LAS VEGAS
LIGHTS UP!**
WITH ARTS
AND CULTURE
★





NOTABLE RESTAURANTS

By the Sea

YOU'LL FIND ONE VERY COOL BISTRO.

THE BISTRO-BY-THE-SEA *Morehead City, North Carolina*

★ Folks in Morehead City, North Carolina, look forward to three things this time of year: sun, fun, and the baked grouper with sea scallops at The Bistro-By-The-Sea.

The month of May heralds black grouper season, and chef Tim Coyne gets his catch straight off the boat from Carteret County fishermen. He starts with whole fish, cleans them, and cuts them into fillets. Then he bakes the fish in seasoned butter and glazes them with a sinful Chablis dill sauce. Pair the grouper with fresh, local sea scallops, and you've got a seafood sensation.

"We definitely make an effort toward healthy eating," Coyne says. "We use local produce, fresh seafood, and local meats when available. And we don't use microwaves or deep-fat fryers. Everything is cooked slowly and made-to-order."

CARTERET CATCH
Bistro-By-The-Sea diners can scan QR codes on the menus to find out where their fish came from. Stop by the bistro at 4031 Arendell St. in Morehead City, N.C.; call 252.247.2777; or go to bistro-by-the-sea.com.

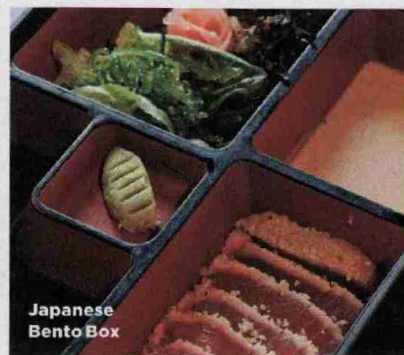
By slowly, he means that some of his stocks take two days to reduce; the prime rib alone gets slow-cooked for six hours. "We're capturing the natural flavors," he says. "So we don't use pre-prepared bases."

Same thing goes for

the from-scratch-daily breads and desserts, such as the hot brownie sundae with home-made ice cream.

But there are some out-of-the-box menu items, too — or out of the bento box, rather. Another favorite, the Japanese Bento Box comes filled with peppercorn- and sesame seed-encrusted seafood, served chilled and seared rare. "We introduce new dishes and bring new energy to the area," says Libby Eaton, co-owner and Coyne's wife.

Combine all this good cookin' with a laid-back beach setting, an outdoor patio overlooking the sound, and a lively piano bar, and it's easy to understand why Bistro-By-The-Sea has become a Morehead City must-eat.



Grouper and Sea Scallops with Chablis Dill Sauce

2-5 oz. grouper fillets

6-10 sea scallops

seasoned salt (kosher salt, ground black pepper, and granulated garlic) paprika

Preheat oven to 450 degrees. Place grouper and sea scallops on buttered cookie sheet. Sprinkle with seasoned salt and paprika. Bake for 5-8 minutes. Place grouper and scallops on plate and cover with Chablis dill sauce. Serves 2.