



# CHESTER COUNTY CUISINE & NIGHTLIFE

NOVEMBER 2, 2011

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SUNDAYS  
WITH EVAN

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ART AND  
RESTAURANTS



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## PRODUCT SPOTLIGHT: *Pumpkin Dessert Hummus* from FreshaPeel

By Chelsea Sproul  
wcdish.com

Last weekend I picked up a container of FreshaPeel Hummus' Pumpkin Dessert Hummus, and now I can't get enough. It's the perfect fall treat that I don't feel guilty eating. I contacted Deb and Richard LeBoon, the sister and brother team behind FreshaPeel Hummus, to learn more about this delightful creation.

The Pumpkin Dessert Hummus is just a bit different from regular hummus because of its earthiness. It has that hummus texture that I love, but with the slight sweetness of pumpkin. I spread the dessert hummus on a bagel this morning, but Richard was able to provide some additional creative suggestions.

"We have received several replies from customers. Some use

the hummus as a dip with cinnamon and sugar pita chips, others stir it in with oatmeal, spread it on rice cakes or even mix it with goat cheese for a creamy spread."

I also asked Richard: Why make a seasonal hummus? To this he replied, "The idea came last year as a test trial and it sold out very quickly – this was also the first hummus that Kimberton Whole Foods carried for us – it was exciting. This season we brought it back as a main flavor earlier and it has done very well. The Pumpkin Dessert Hummus has done so well that we have had to expand production to four times the original amount, and it continues to grow. We even have a café and other stores wanting the product in Philadelphia!"

Richard also shared some of FreshaPeel Hummus' future plans.

Because their product has done so well, they will soon launch a new division called Chickpea Butters. "We really think people are looking for alternatives to peanut butter for their families and want a spread that can be used in a versatile way for breakfast, lunch, dessert and baking," commented Richard.

I picked up their hummus at the Phoenixville Farmers' Market, but I asked Richard what other locations that carry their product. He offered a list—you can find FreshaPeel Hummus at Kimberton Whole Foods, Collegeville Farmers Market, East Goshen Farmers Market, Oakmont Farmers Market, Bryn Mawr Farmers' Market, Strawberry Fields in Phoenixville and the Upper Merion Farmers' Market.

Find out what the buzz is all

about—pick up some Pumpkin Dessert Hummus this weekend!

Find Phoenixville Farmers' Market each Saturday, 9 am – 1 pm, under the Gay Street Bridge, accessed by Taylor Alley.



### STAFF:

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### COMMENTS:

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ccfood@dailylocal.com  
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### MARY'S MESSAGE:

While I am not thrilled with Mother Nature's snowy tricks I am thrilled about this season's treats. November is any food fiend's prime time of the year, filled with specials beers, events and cozy flavors of fall. This issue will guide you through flavors like apple, fennel, and of course, all things pumpkin. We share favorite recipes from local chefs with tasty ways to prepare pumpkin. Also in this issue, Sundays with Evan dines on "brains" and we take a culinary adventure at the historic Ship Inn. All of that and more! Enjoy.



**Cheers!**  
Mary Bigham  
*Contributing Editor*  
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# Celebrating the Autumnal Combination of **APPLES** and **FENNEL**



By Doug and Sandy Essinger-Hileman  
WC Dish

Some of the most deeply satisfying pleasures of our tables are found when, as Thoreau encouraged, we drink the drink and taste the fruits of each season as it passes. As the warmth of late-summer air slides into the crisp chill of autumn, both apples and fennel come into their natural seasons.

Apple is one of the iconic flavors of fall, beloved for its juicy, crisp, sweet-tart essence. Some are more sweet, like Red and Golden Delicious and Jonagold. Others, like Granny Smith, Jonathan and Northern Spy, are more tart. And some, like Empire, Smokehouse and Honeycrisp, offer a wonderful balance of sweet and tart.

Though beloved in Italy, the taste of fennel graces American tables infrequently except as a seasoning in Italian-style sausage. It deserves more attention. Its texture is crisp like celery. Underneath its dominant anise-like flavor, it offers a slight sweetness and the underlying coolness of menthol. When combined with apple, it evokes autumn as surely as smoke against the coolness of a fall cornfield.

While fennel and apple can be baked, braised or added as components to any number of dishes, fennel and apple salad, in several forms, allows any home cook—from the stressed soccer parent trying to place a mid-week meal on the table to the cook preparing for an elegant Sunday supper—to bring this autumnal combination to the table easily and quickly.

Mark Bittman, renowned food writer whose mission is “to get people cooking simply, comfortably, and well,” recommends a simple chopped salad as one of three basic techniques which can draw anyone into the kitchen and beyond the realm of canned soups, frozen pizza and bologna sandwiches, even in the midst of the most harried of schedules. The necessary tools are few: a surface on which to cut and a knife. The technique is simple: chop or slice as suits your fancy at the moment. The time involved is short: a home cook with average knife skills can have this chopped salad on the table in about 15 minutes.

Once you’ve tried a chopped salad, it is easy to use those chopped apples and fennel as components in your favorite green salad.

And when you are in need of an elegant presentation that evokes the feeling of autumn, julienne cut them as a garnish for a simple poached white fish or two of autumn’s most-delightful Sunday dinners, roast chicken and roast pork loin.



## Guide for Sourcing Local Apples and Fennel

By Doug and Sandy Essinger-Hileman • wcdish.com

This year local fennel (also known as anise root) is harder than usual to find – victim of a much cloud-covered season. Red Earth Farm at the West Chester Growers Market does have it available.

While our first choice is always to buy locally grown produce from a local purveyor, what matters is that you taste the fruits of each season as it passes and enjoy them in abundance. If you cannot find locally-grown fennel, look for it in your grocery store—it is usually available!

Local apples are available from:

**Highland Orchards** – highlandorchards.net • 610-269-3494

**North Star Orchard** – northstarorchard.com • at the West Chester Growers Market

**Fahnestock Farm** – at the West Chester Growers Market • 610-494-8311

**Linvilla Orchards** – linvilla.com, 610-876-7116

**Stratton’s Wynnorr Farm** – wynnorrfarm.com • 610-399-9080

**Pete’s Produce** – petesproducefarm.com • 610-399-3711

**Petersheim** – at Booth Corners Farmers Market • 610-485-7746

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## Chopped Salad of Apple and Fennel

Contributed by Doug and Sandy Essinger-Hileman

Serves 4

This salad was inspired by a salad in Lynne Rossetto Kasper’s *The Italian Country Table* cookbook, where she combines sweet apples and basil with tart sorrel. Making this salad was our first introduction to the enchantment of combining sweet-tart apples with a hint of anise. We eventually replaced basil with fennel for a slightly more-pronounced anise flavor. The celery, though optional, complements both apples and fennel well, and provides a crunchy texture different than either. This salad makes a nice supper, perhaps with cheese, crusty bread and a white wine such as Riesling or Chardonnay, or as the beginning of an important dinner.

### Ingredients:

- 2 large apples, cored
- 1 large fennel bulb
- 2 stalks celery, optional
- 3 Tablespoons cider vinegar
- 1/4 teaspoon sugar plus a pinch
- 2 Tablespoons fruity extra-virgin olive

oil

- salt and pepper to taste
- fennel fronds and celery leaves

### Instructions:

1. Chop fennel fronds and celery leaves for garnish. Set aside.
2. Chop or thin slice the apples into a salad bowl. Toss with 1 tablespoon of vinegar and 1/4 teaspoon of sugar.
3. Chop or slice thin fennel bulb and celery, if using. Add to the apples, along with the olive oil and remaining vinegar and sugar. Generously sprinkle with salt and pepper and a pinch of sugar. Toss to combine. Taste for seasoning and adjust as needed. Sprinkle with garnish.
4. Adapt liberally. The many varieties of apples provide abundant opportunities for matching the taste of this salad to your fancies of the moment or the other parts of the meal. And don’t overlook the power of oil and vinegar to highlight the individuality of each ingredient. Using a bit more vinegar and a bit less oil will emphasize the sweetness of the apples and fennel, and allow you to use less salt.

Using only a flowery olive oil without vinegar will bring out the gentle flavor of the fennel. Using a white balsamic or champagne vinegar will highlight the tartness of the apples.

5. For a more traditional “leafy green” salad, add your favorite greens to the salad bowl along with fennel and celery. We’re particularly fond of using baby spinach, sorrel or a spring mix.

6. To use as a garnish, cut apple into very thin julienne strips. Toss with vinegar and sugar. Cut fennel into very thin julienne strips and finely chop fennel fronds. Add to the apples, along with olive oil and remaining vinegar and sugar. Generously sprinkle with salt and pepper. Toss to combine. Taste for seasoning and adjust as needed. (Note: you will need less apple and fennel when using as a garnish. One quarter of an apple and less of a fennel bulb will provide enough garnish for four servings. Use the same quantities when making the dressing, but leave any excess in the bottom of the mixing bowl.)





By Leslie Weinberg  
WestChesterDish.com

Sustainabites is a reoccurring feature that delivers the freshest news about sustainable eats and eco-friendly dining destinations in our area.

Now that you have learned the ins and outs of carving pumpkins from our last issue, you may be wondering what to do with the leftover pumpkin pieces. Pumpkins are a versatile gourd with recipes that go beyond breads and cheesecakes: they can serve as an accompaniment to a protein, roasted and served rustically, or pureed into a refined and delicate ingredient.

Local chefs share their favorite ways to slice, dice and serve this mainstay of the fall season. Need to harvest some pumpkin inspiration? Pumpkin specials can be found throughout the fall months at Restaurant Alba, Daddy Mims', The Drafting Room and Georges' Restaurant.

### Sean Weinberg of Restaurant Alba

7 W King St., Malvern

For Chef Sean, pumpkins are more than just a well-rounded ingredient. "The first sign of a new season is really exciting, we are all waiting for pumpkins to signify that we are into the fall season. It's a great time of year for food."

**Pumpkin Preference:** Chef Sean enjoys cooking with two pumpkin varieties – peanut and Cinderella pumpkins. The peanut pumpkin looks like it is covered in peanut shells and has a deep chestnut flavor. The Cinderella pumpkin has a delicate, buttery flavor and contains a lot of meat for crafting seasonal fare.



### Chef Sean's Charred Pumpkin Salad With Feta Cheese, Pine Nuts and Raisins

Yield: 4 servings

#### Ingredients:

- Sherry Vinaigrette
- 2 tbsp sherry vinegar
- 1 tbsp balsamic vinegar
- 1/2 tsp mustard
- 1 tsp fresh thyme leaves
- 8 tbsp extra virgin olive oil

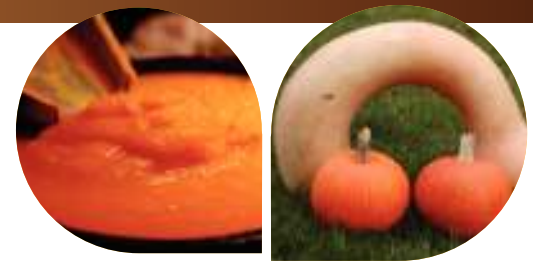
Mix the vinegars and mustard in bowl. Slowly whisk in olive oil and thyme leaves. Salt and pepper to taste.

- One pumpkin, 5 to 8 lbs
- 6 oz feta cheese (preferably fresh and not in brine)
- 3 oz raisins
- 3 oz pine nuts (toasted)
- olive oil for caramelizing pumpkin
- 3 tbsp brown sugar
- 1/4 lb butter cubed

Quarter the pumpkin and scrape out seeds. Sprinkle cubed butter and brown sugar on top and roast until cooked at 350 degrees (be careful not to overcook). Once cool remove skin of pumpkin and cut into 1/2 inch thick slices of different sizes. In a hot and dry iron skillet, cook pumpkin slices until they begin to char (be careful not to move them until they begin to char). Turn off flame. While the skillet is still hot add olive oil, salt and pepper and toss the pumpkin a bit to help the caramelization. At this point there will be bits of charred and caramelized pumpkin on each piece. Lay pumpkin on paper towel to drain. Arrange slices on plate and sprinkle with pine nuts, raisins and crumbled feta. Spoon the vinaigrette on top of everything. Garnish with Italian parsley leaves or leaves of celery heart

**Chef Notes:** Keep in mind you can change up the fruit and nuts.

# How to Carve Your Pumpkin and Eat It Too! Part Two



This makes a great accompaniment to a good cold weather roast or grilled lamb.

### John Mims of Daddy Mims'

154 Bridge St., Phoenixville

In the bayou country, chefs love to cook with pumpkins and so does one local Cajun cook. "I love the consistency of pumpkins. A pumpkin is very durable, meaning that you can cook it at a really high heat and it won't lose a lot of flavor," said John, Daddy Mims' owner and Executive Chef.

**Picking Tip:** When Chef John isn't in the kitchen, he loves to bang away on the drums, a habit which comes in handy when selecting squash, melons or pumpkins. Sound plays an integral role in picking a pumpkin. John listens for a pumpkin that produces a thump rather than a high pitched noise. This means the insides are soft, which will have a ripe taste instead of a bitterness.

### Daddy Mims' Cajun Style Smashed Pumpkin

Yield: 8 to 10 side dishes

#### Ingredients:

- 1 large pumpkin or 2 small pumpkins
- 1/2 lb butter
- 1 peeled whole shallot
- 1 bunch minced, fresh thyme
- 2 tbs Cajun or creole spice
- 2 tbs sugar
- 1 cup heavy cream

Preheat oven to 400 degrees. Slice pumpkin in half and remove the seeds/stringy insides from the pumpkin. Place the pumpkin on a baking pan. Season pumpkin with Cajun spice and thyme. Bake for 45 minutes or until tender. Remove pumpkin from shell and place in mixing bowl. Add remaining ingredients and blend.

Adjust seasoning with salt.

### Theo Charitos of The Drafting Room

635 North Pottstown Pike, Exton

Chef Theo encourages readers to walk away from canned pumpkins because cooking with a fresh pumpkin is a relative easy and rewarding experience for your taste buds. He also heeds readers to hold off on the cinnamon and nutmeg, "Immediately with pumpkin, people go cinnamon and nutmeg and next you thing you know you have pumpkin pie. Pumpkin actually has a lot more depth to it than that, it is a hearty winter squash."

**Picking Tip:** Size and shape does matter when it comes to cooking pumpkins, they change the flavors and type of use. The water content of the pumpkin will vary based on size and that will change the consistency and flavor of the pumpkin. Theo uses a heirloom varietal for cheesecakes, a Lancaster long neck or crook neck for roasting as well as a Cinderella.

### Chef Theo's Smoked Scallops in a Porter Spiked Pumpkin Cream Over Potato Gnocchi

Yield: 4 servings

**Substitutions:** Brandy or just white wine for beer. Grilled chicken for smoked scallops.

#### Ingredients:

- Scallops
- 12 sea scallops
- 1/4 cup apple wood
- 3 tbsp brown sugar
- 1/4 cup water
- 3 tbsp salt and pepper
- 1 tsp coriander

Clean and take the side mussel off of the scallops. Mix the water, sugar, and spices. Place the scallops in the brine and let soak 1

hour.

For use with an outside gas grill: using heavy duty aluminum foil, wrap wood chips or chunks into packages, each about the size of a fist. Poke a hole in the foil. Place the wood packages directly over the burner you'll be using, positioned under the grate and directly on top of the lava rocks or metal shield. Turn the burner on medium or medium-high. When you see your gas grill smoking, place the scallops on the grate, opposite the smoking wood, and close the cover. Maintain the temperature at 225 to 250 degrees until the scallops are done (about 10 minutes or so). Reserve and let stand until needed.

#### Sauce:

- 1/4 cup minced Vidalia onion
- 1 tsp ginger ground spice
- 1 tbsp blended 10% oil
- 4 fl oz Flying Dog Gonzo Porter
- 6 fl oz apple cider
- 1 cup peeled, deseeded, and diced pumpkin
- 1/2 cup heavy cream
- 12 fl oz chicken stock
- 3 tbsp brown sugar
- 1 tsp cumin

In a sauce pan, sweat off onions, pumpkin, and ginger in oil until tender. De-glaze with porter and let reduce for about five minutes. Add cider and stock and let simmer ten minutes. As pumpkin becomes soft you can either use an immersion blender or whisk it apart, until it incorporates into the sauce. Add cream and seasonings. Let simmer and whisk until fully blended together. Keep in pot and let simmer.

#### Pasta:

- 3 each Julienne sun-dried 5 lb tomato
- 1/3 cup fresh spinach
- 16 oz gnocchi pasta

Bring a pot of salted water to a boil. Add gnocchi. Boil until soft

approximately six to seven minutes or until the gnocchi float in the water. In a sauce pan saute tomatoes and spinach in a little bit off oil. Add pumpkin cream and gnocchi. Toss together and top with smoked scallops. Season as needed.

### Chris Siropaides of Georges' Restaurant

503 W. Lancaster Ave., Wayne

While on your quest for the perfect pumpkin for some seasonal fare, Chef Chris recommends selecting a small pumpkin that is completely orange. Ripe pumpkins have a hard shell and should not dent or scratch easily. Before you pay for your pumpkin, make sure your pumpkin has no cracks or holes.

### Georges' Pumpkin Bread Pudding with Ice Cream and Caramel Sauce

#### Ingredients:

- 2 cups half and half
- 1-15 ounce can pure pumpkin puree
- 1 cup + 2 tbsp packed brown sugar
- 2 eggs
- 1 1/2 tsp pumpkin pie spice
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp vanilla extract
- 10 cups cubed thick cut egg-bread
- 1/2 cup golden raisins

Preheat oven to 350. Whisk half and half, pumpkin, brown sugar, eggs, spices and vanilla in a bowl to blend. Fold in bread cubes and golden raisins. Transfer to an 11x7 inch glass baking dish. Let sit 15 minutes to absorb the custard into the bread. Bake until a tester inserted into the middle of the bread pudding comes out clean. Serve warm with store bought caramel sauce and with ice cream of your choice.

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# Health and Wellness

## Eat Your Breakfast!

**They say breakfast is the most important meal of the day.** Not only does this meal set the tone for your day, it also provides you with the necessary nutrients and energy to keep you going all day long. A good breakfast is known to also increase your attention span, heighten your sense of well-being and help you to better control your emotions – wouldn't that be nice!

Here are some ways to add a little extra "punch" to your morning cuisine with added nutrients, protein and other "good stuff":

**Oh-oh-oatmeal.** Make your oatmeal with low-fat milk instead of water for added calcium and an extra creamy finish. You can also mix in some nuts, raisins, flaxseed or cranberries for some added texture and uber antioxidants, fiber and other good stuff!

**Add some crunch.** Top your morning yogurt off with some of your fav cereal (think the healthy kind) and some fresh fruits or berries. Frozen or dried fruits can even be used if your favorite fruits are not in season.

**Whip it up.** For a breakfast smoothie toss some low-fat milk, frozen strawberries and a banana into the blender and give it a whirl for a quick and on-the-go tasty way to start your day.

**Top it off.** Start with your breakfast standards like whole-grain cereal, waffles, pancakes, toast, etc., then add some low fat yogurt or almond butter and fruit.

**Roll it up.** Fill your favor-

ite kind of tortilla with some sliced hard-boiled egg, low-fat cheese and some salsa or fresh tomato or avocado. For a sweet approach to a Mexican breakfast, spread some peanut butter on a tortilla and top with some banana slices.

If you are not really the breakfast type, why not **skip straight to lunch** (in the morning) and grab a sandwich with some sliced turkey, low-fat cheese, lettuce, and tomato on whole-grain bread? And, if leftover pizza suits you, a slice of veggie pizza provides you with some of the good stuff to get you going.

Remember, a good breakfast should provide you with at least one third of your day's calories. That doesn't mean you should go for the sugary sweet cereals that our kids

ask for... these calories should be from non-processed foods without excessive sugar, salt, fat or additives. By choosing to eat breakfast rather than forgo it, you actually have better chances of maintaining a healthy weight. When you eat a good breakfast, your body will be satisfied longer and you will be eating food when your body best burns calories. Plus, when you skip the meal, your tendencies of being less produc-

tive with a short attention span and foul mood are higher.

**So, make sure that you plan ahead and take the time to start your day off on the right foot with a nutritious breakfast!**

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← CONTINUED FROM PAGE 6

Last but certainly not least, here is a seasonal cocktail to lift any body's spirits.

### SIPP Pumpkin-tini

*Ingredients:*

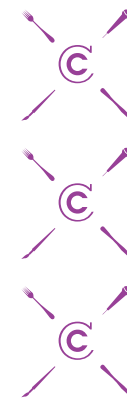
- 2 oz. Rum or Vanilla Vodka
- 1 oz. Half and Half
- 3/4 oz. Pumpkin Puree
- 1/2 oz. SIPP Ginger Blossom
- All-spice

Fill a shaker with ice and add the first 3 ingredients. Shake vigorously and strain into a martini glass. Top off with SIPP Ginger Blossom and garnish with All-spice. Cheers!



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# Ship Inn

By ANDY HACHADORIAN  
Local News Editor

I suppose I could be considered a picky restaurant-goer. When I dine out, I always try to find places that are different. They may be small, large, quaint, quiet, rowdy, whatever. But they are never places that look the same, smell the same and fortunately taste the same.

It's safe to say that chain restaurants are not my thing. They have a purpose but you just won't find me going. I'm sure the people who work there are great people but true dining in my humble opinion comes with that certain something, the personal touch, the thing that people leave saying, "You know, that was a really great place..."

The Ship Inn in Exton is that kind of place. Aside from the fact that it's probably one of the most historic eateries in the region, the one message that comes shining through is that when you are there, you are treated like a welcome guest.

The Inn's Terri Stevens was the person greeting me the night of my recent visit. It was like being greeted by an old friend. We received a small tour of the restaurant and if you're a history buff of any kind, the Ship Inn will just make you smile.

From the Old Country Onion/Sliced Steak Soup to the Steak

Diane to Salmon – not to mention the signature English Toffee Pudding, what's not to like here? We took a moment to get Terri to answer some questions for us.

## **What's the one thing about your restaurant that makes it different from anywhere else?**

The Ship Inn has been noted throughout history as being one of the oldest and most distinguished public houses in Chester County which is what sets the Ship Inn apart, not to mention the endorsement by General Washington.

## **Is there a favorite dish of the chef?**

There are two actually. One is obvious: the Ship Inn crab cakes are incredible. They are ALL fresh jumbo lump crab meat with no filler, and always freshly prepared and never frozen. Second and really most importantly, is our English Toffee Pudding. No other restaurant has anything like this. Why? The recipe has followed the Ship Inn for over 200 years as being served at the Ship.

## **Has the economy impacted business at all?**

What business has not been affected? Absolutely, the economy has made a tremendous impact. Simply by virtue of the Ship being able to survive the struggling economy shows we must be doing something right.

## **Describe your typical patron**

Our typical patrons are people just like you and me. They are people looking forward to having a nice meal. Parties and special events are our forte. The ambience of the Ship creates a perfect backdrop for all occasions.

## **What do you do to make them feel special?**

Each guest is welcomed and greeted by the host to start. Personal attention is given complimented by superb service that is provided to each and every customer in hope to create and make each guest meal an experience that will bring them back.

## **Could you see yourself in any other line of work? What makes you motivated to do this job that's a 365-day a year business?**

There are so many opportunities to meet so many different people from different walks of life. Everyone that comes into the restaurant has a story and I enjoy listening. Simply to have an opportunity to make even a small difference for an evening keeps me motivated daily.

## **What are you most proud of?**

Today, over 200 years ago the Ship Inn is still known for its quality spirits, superb food. There has been very little change that creates a sense of timeless-

ness that still pervades the Ship Inn. Today's customer still looks to the Ship Inn.

## **What is the most memorable visit you ever had from a patron? Someone from Alaska? A famous celebrity? A governor? A president?**

The Ship Inn was host to many meetings for groups such as "Lafayette Rangers," the Old Hickory Club (supporters of Andrew Jackson). Jackie Kennedy dined at the Ship Inn on her way to Philadelphia, as well as many celebrities on QVC dine at the Ship.

## **Historic Ship Inn**

In 1794 when Lancaster Turnpike was built, it was one of the marvels of the century. Almost the sole avenue of transport between Philadelphia and the west, it was soon peopled with stage-coaches, wagons and drivers. To meet the needs of these travelers, public houses sprang up every few miles and among the earliest of these was the Ship Inn.

The modern "Ship", which serves today's wayfarer with food and a "cup of cheer" is in the original building built by John Bowen in 1796. For this building he petitioned to the Chester County Court in that year "for license to

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For more on Ship Inn, scan this QR code with your smartphone!



# Brandywine Roller Girls 2011 League Playoffs

## Spell Razors vs. Fallen Debutantes

October 15 • Caln Skating Center, Downingtown

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← CONTINUED FROM PAGE 9

↑ Brandywine Roller Girls photos courtesy of David Galajda Photography

keep a public house of entertainment”.

To the experienced traveler of the 18th and 19th centuries, the Ship was known as a “tavern”, the best of the three classes of public houses. The “Drover’s Stand” was little more than a camp where the drovers herded their animals for an overnight rest. The “Wagon Stand” catered to the hearty drivers of the big Pitt teams—broad wheeled wagons drawn by six

horses—which were the freight trains of 1800. But the tavern attracted the stagecoach traveler and was the aristocrat of the turnpike. Both the Good Intent and Opposition stagecoach lies stopped at the “Ship” regularly for their four dapple-grays prancing into the side yard while the host hastened to greet the passengers.

The Ship Inn’s name has never changed. Originally, the Inn bore

a sign with a picture of a ship for the benefit of the many travelers who could not read. Quite a few were Pennsylvania Dutch who couldn’t understand English words. But all could recognize pictures and the “sign of the Ship” was a popular stopping place.

Some interesting facts about travel of the early nineteenth century are contained in the archives of the Chester County Historical Society. The journey from Philadel-

phia to Pittsburgh, for instance, took six days by stagecoach, and cost the passenger \$20 for fare. He was allowed 14lbs. of baggage and paid 12 1/2 cents for each extra pound. His meals and lodging during the journey were extra and cost him about \$7 for the trip. The “Ship” had a peculiar rate for meals. Stage passengers paid a flat 31 1/4 cents. Local patrons secured the same meal for 25 cents. Since the “Ship” was a regular meeting place for the Lafayette

Rangers—a soldier company that was part of the 143rd Regiment, Pennsylvania Militia—and later for the Hickory Club, which militantly support Andrew Jackson. The host probably knew what he was doing when he set two rates for the same meal.

Today the side yard, which in past years moored the stagecoaches and Pitt teams, is a large parking lot for diners’ automobiles. And the salons that cheered weary

wayfarers now invite patrons to enjoy a relaxing lunch or dinner of fine food accompanied by warm hospitality. The cup of cheer is still available but the variety of spirits has vastly increased for the pleasure of the Ship Inn’s guests. Travelers and diners are still beckoned by the sign of the Ship, located at the original site, in Exton, one mile east of the intersection of Lancaster Pike (Route 30—also known as the Lincoln Highway) and Route 100.

# Kimberton Whole Foods Hosts A Raw Food Challenge



By Leslie Weinberg  
Phoenixville Dish

On October 23rd, Kimberton Whole Foods kicked off their six-week Raw Food Challenge with a workshop led by renowned raw foodist, Lisa Montgomery.

For the next 30 days, participants are asked to eat a diet of 85 percent raw foods and 15 percent whole food carbohydrates (whole grains, rice, potatoes, cooked vegetables, beans etc.). The crowd that packed the Kimberton Cafe was a mixed bunch: some had dabbled with raw foods, some have eaten raw for years, while others were just getting their feet wet. However, everyone in attendance was looking to adopt a healthier lifestyle.

Raw foodists eat foods that are cooked below 112 degrees, because foods lose living enzymes and optimal nutrition above that temperature. There are two types of raw food followers; vegan raw that only eats fruits, veggies, seeds and nuts, while others eat raw meat, eggs and dairy.

Fifteen years ago, Lisa changed her diet because of food allergies and her Candida. From there she tried a macro diet, which evolved into a raw foods diet four years later. Working full-time as a packaging sales rep did not stop her from pursuing her passion. She found the time to get certified as holistic health care practitioner and certified associate raw chef and instructor.

Lisa has created a community for people living dynamically, holding monthly potlucks with raw food gurus in attendance. Lisa is the author of "Raw Inspiration", "Raw Garden", "Liquid Raw." Her fourth book, "Raw Potluck," is due out on November 29.

Lisa's doctor told her she was the healthiest person in his 3,600 patient practice and if everyone ate and exercised like her, he wouldn't be needed. The raw lifestyle has benefits beyond more energy, feeling better and a glowing complexion.

"By eating more and more raw, we will feel better not only physically but emotionally and spiritually. Mind. Body. Spirit," said Lisa. "Eating raw is

a lifestyle. It's not a diet you do to lose ten pounds, it's a way of thinking. It will touch every facet of your life if you allow it."

Lisa recommends transitioning to raw foods over time and introducing one raw food meal-like a salad or smoothie-a few times a week. Whether people choose to go raw or not, Lisa encourages eaters to eliminate white flour, sugar, caffeine and processed foods from their diet as well as cut back on meat.

Growing accustomed to raw foods can be a challenge, but it is highly rewarding. Some individuals have discovered a balance that fits their needs; 80 percent raw and 20 percent cooked or 60 to 40. The more

raw foods you add, the better you will feel and eventually your body won't want to go back.

Lisa did more than just talk about raw foods; she prepared a chocolate mousse pie, a green smoothie and three nut basil "pasta" for attendees. She shared her trials and tribulations along her raw food journey as well as her favorite kitchen gadgets-Vitamix blender, juicer, dehydrator and food processor.

She cleared up many raw food misconceptions. Raw foods don't have to be difficult, in fact many of the recipes have only a few ingredients. You don't have to abandon sweets and delicious meals to go raw. Cutting out processed foods

and meats actually makes raw food diets less than traditional diets. Raw food recipes have a lot of room to grow and can easily be changed and substituted.

Throughout the challenge, the Kimberton Cafe will be serving a daily raw entree, raw smoothies, raw soup and a selection of raw foods. KWF is hosting a raw potluck on Sunday, November 13 from 7 to 9 p.m. and a holiday cookie party to celebrate on Tuesday, November 22 from 6:30 to 8:00 p.m.

*The challenge is free and interested parties can join at any time. Email [info@kimbertonwholefoods.com](mailto:info@kimbertonwholefoods.com) to receive emails with support and recipes throughout the challenge. Kimberton Whole Foods is located at 2140 Kimberton Road in Phoenixville.*

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## Three-Nut Basil Pesto Pasta

Page 142 in "Raw Inspiration"

### "Pasta":

- 4 medium zucchini, spiralized
- cherry tomatoes, quartered or whole
- 6 asparagus stalks, thinly sliced on an angle
- 1/2 cup chopped fresh cilantro



Use a spiral slicer to cut the zucchini into long strips and put in serving bowl. Add the other ingredients to bowl!

### Pesto:

- 2 cups raw pine nuts
- 1/2 cup raw cashews
- 1/2 cup raw macadamia nuts
- 4 garlic cloves, minced
- 6 tablespoons fresh lemon juice
- 4 teaspoons Himalayan salt
- 1 cup basil, freshly chopped

In a food processor, combine all the pesto ingredients and process until smooth and sauce-like.

Pour the sauce over the vegetables and toss well.



# ART & RESTAURANTS

## Talking with Janis Galbraith

BY JEFF SCHALLER • WCDISH.COM

I recently interviewed Janis Galbraith Fitch over a delightful lunch at the Station Taproom in Downingtown. When I emailed Janis to set up lunch, she told me she had read the other interviews and was honored to be chosen. I thought, 'oh crap,' she knows the questions and has the answers rehearsed. Our lengthy conversation meandered and we shared many stories and laughs.

We discovered we both had recently returned from Cape Cod. I reflected on how quaint and beautiful Martha's Vineyard was. Janis had just returned from her third visit to the Cape this summer. Her enthusiasm for the beach, the rocks, the sea glass, and the light could not be contained. She shared her photos from the Cape that she had stored on her iPhone. I loved her enthusiasm for the subject matter expressed in her art. Beaches, beach houses with blue skies, Cape Cod sun and shadows painted with blues and fuchsias. That's just some of her paintings. Now place a cow within the painting on the beach! I know...but really it isn't that odd. She has been painting this unique combination for over twenty years. I'll let Janis tell it, hoping that her enthusiasm comes across in words. Make sure you smile and think of that warm summer sun as you read.

### How did you get started making art?

I always drew. I always drew as a kid. I would draw my dolls, my backyard.

### Did you receive any formal art training? Where and what did you major in?

Yes, I went to the University of Delaware. I started as a math major. My dad thought I was going in as a math major. Before I ever

had to take a math class I changed to art. My sophomore year there they started a BFA program. So I entered that. There was sixteen of us, I think, and so I got my BFA in drawing and painting.

### Describe your work in general for the readers?

Cows, and the beach...and sometimes its the cows on the beach, and bright colors. The cows are not wearing sunglasses, they belong there. I guess its kind of pop. I don't know how to describe it.

### What is your medium?

I use oils because, that's what I was taught in my painting classes at the U of D. But I also think it's because they blend easily, I can get intense colors with them, and I can get a nice shiny surface with them. And the smell of oils is the best.

### When did you start placing cows on beaches?

When I lived in Texas. I lived in Texas for 2 years. 1984-1986 I think. Right before we lived in Texas I lived in Pennsylvania and I took pictures of all these cows and I really was homesick. So I was looking at all these cows and I was also looking at these pictures of Cape Cod, I also love Cape Cod. I thought it would be really cool. Wouldn't it look good if I put a cow at the bottom of this hill on the beach? And there is something about the cows, their black and white; well usually they are black and white and the beach because the colors of Cape Cod are so vivid that they go well together. I'm kind of obsessed with them. I do paint cows that aren't on the beaches. I get away from the cows and I have to start painting them.

### You really capture the sunlight and warm glow of

### the Cape Cod sun. What tip do you have for artists to capture that?

Go at the right time of day. I go around and take pictures, I take a lot pictures in the early morning before there are a lot of people on the beach or cars, but my favorite time is in the afternoon when the sun is lower and it just has that warmth. Cape Cod just looks like that. You have to remember there's a lot of yellow in your white.

### How do you decide when an artwork is done?

I knew you were going to ask that. I saw it on the blog and I was like CRAP! Well I was thinking about it and I will look at my painting and analyze it. Like this one I am working on right now. I have these beach chairs and they are looking over the Provincetown line and you can see all the monuments. I really love that I changed the sky, it was awesome! And I went back downstairs after dinner and looked at it and I was like crap! The monument is crooked! I mean little things like that. I wrote it down because I wasn't going to get everything out that night, so I make a list. And I say okay, monument bothers me. It's crooked, and I have to remember to put the bright light on the side of this chair. I have all these things, little tasks that I

have to finish with the painting before it will be acceptable. So when I can look at the painting and there's nothing that screams at me that says this is bad, I think it's done. There's always the time limit.

### What inspires you?

I never really know, usually Cape Cod and cows and I always have to have my camera with me. We'll be driving along and I'll say, "Stop Stop Stop!" And it's just sunlight on a building and I know I have to paint it, and sometimes we'll pass something and I'll think I should have taken a picture of that, so 5 min down the road I'll say Richie can we turn around there's something I really want to do.

### Do you have any habits or morning routines you do before going to the easel?

Yes, indeed I do. I wake up, I have 2 cups of coffee; I go to the YMCA and work out for 2 hours. Then I come home and I try not to go on the Internet, so I shower and paint. If I go on Facebook, I paint much later.

### What are you eating right now?

Well, I have a ham and brie Panini and its very very good, very creamy, truffle fries, and it tastes like a little bit of garlic, but not

too much.

### What is your favorite food?

Probably ice cream.

### Your proudest moment?

It's not a moment, my 2 daughters I guess, they turned out so good. I'm very proud of them.

### What was your mother right about?

I was hoping you'd ask this one because my mother is totally right about this. She always said I never feel older than 18, like in my mind, I always feel like I am 18. And I thought yeah right, Well I never feel older than 22. I never liked 18 because I was too shy, so maybe 24. I can relate to everybody that is young. My body is maybe not cooperating. I look in the mirror sometimes and I'm like, 'oh my God its my grandmother.' But she was right, you never feel older than a certain age.

### Money is okay, but it isn't what life is about. What is it about?

Life is about relationships.

### Where did you grow up?

New Jersey.

### Two words you would use to describe your ideal self?

Happy, Successful.

### You collect?

Sea glass and rocks.

### An artist whose work you highly respect?

Edward Hopper.

You think I would have realized by now that these conversations take at least three hours. This one was no different. We had a window seat at the Station Taproom, and we watched as many passengers boarded and disembarked at the Downingtown Train Station. The food was awesome, simple yet gourmet, along with a great rotating beer selection. We chatted over a homemade chorizo and goat cheese sandwich and a ham with a triple crème panini. I insisted on getting the truffle fries.

I felt bad that we had to end it and get on with the remainder of the day. Janice's nerves were squelched from the pint of Weizen Beer (if you ever need a good hangman word.) So I took advantage of the opportunity and played a speed round of questions. Check them out on my blog <http://jeff-schaller.blogspot.com/>. She thought I was easy on her.

Find Station Taproom at 207 West Lancaster Avenue in Downingtown or online at [stationtaproom.com](http://stationtaproom.com).



# Chef-Influenced Beer or Beer-Influenced Chefs?

By Chris Grimmig  
Main Line Dish

On an evening furious with fanatical foodies and beer-lovers at Nectar in Berwyn (1091 Lancaster Avenue), the Feury brothers (Patrick of Nectar and Terence of Fork), collaborated on a menu with Bill Covaleski of Victory Brewing to appease all of the senses.

The four-course prix fixe tasting menu featured adventurous dishes from the Feury brothers, complimented each by one of Victory's finest brews – most notably, the brothers' own audacious "Fists of Feury" American Pale Ale. The trio delivered punch after punch over the course of an exciting evening.

**Round 1:** Greeted hospitably at the door by Bill with a sampling of the refreshing Harvest Pils, diners ventured immediately into a unique seafood charcuterie pairing. Three tiny tastes packing bold flavors were featured on the plate, including pickled beet and herring salad, a smokey shrimp sausage, and a delicate salmon pastrami that stole the show. I have had charcuterie many times before, but never with seafood; I can assure you this was special.

**Round 2:** Lobster and pancetta, two of the richest and most decadent flavors one could hope to taste – paired in a single dish? In this case, the sum is even greater than the individual parts. Course num-

ber two was a delicious warm citrus poached lobster salad with crispy sun chokes, sun choke veloute, pears, pancetta vinaigrette and baby greens.

As if it couldn't get any better, the salad was paired with the brothers' "Fists of Feury." Called an American Pale Ale, it doesn't take long to realize this is a beer only chefs could concoct...and I'm glad they did. Brewed with rosemary, this crisp, clean beer possesses a smell that is distinctly herbal and very inviting. The zesty lemon notes in the beer made a wonderful compliment to the lobster in the salad.

**Round 3:** The third course of the evening featured Victory's Moonglow Weizenbock, an extremely complex yet very

drinkable dark amber wheat beer. The brew was paired with wild striped bass en crepinette and Asian pork belly with crispy shallots and root vegetable glaze. It takes great finesse to pair seafood with meat, and this dish was done artfully. This was the perfect dish for a cool autumn night, with the earthy fall flavors of root vegetable and pears.

**Round 4:** The finale was beautiful in its simplicity, featuring Yellow Springs Farm's goat's milk cheese with a Fists of Feury washed rind that the server eagerly encouraged you

to eat. The smooth cheese paired nicely with a tart, refreshing quince and the herbs of a round cracker complimented the subtle rosemary of the washed rind. The final course showcased Victory's V12 Belgian specialty ale, a perfect beer to conclude the night with...or so I thought.

Instead I had the good pleasure of sharing great beer and better conversation with Patrick, Terence and Bill over a pint of Harvest Pils at Nectar's bar. Enthralled by the unique herbal flavor of the Fists of Feury, I noted to the group that it was a

beer only a chef could have inspired. Yet Terence joked that the night's menu could only have been created by chefs inspired by beer.

Between the Fists of Feury beer, the Fists of Feury washed goat cheese and of course each unique pairing, this was a meal that truly showcased the brothers' and brewer's versatility. At the end of the evening it was clear that Patrick, Terence and Bill expressed as much joy in orchestrating the night as the patrons did in indulging, and it clearly showed in their offerings.



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