



RALEIGH DOWNTOWNER MAGAZINE

VOLUME 7, ISSUE 11

DINING, ENTERTAINMENT, ARTS & CULTURE, EVENTS, MUSIC, WINE, AND MORE

FREE

WINTER EATS DOWNTOWN



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winter recipes
from four
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features

- 3. Winter Eats Downtown
- 9. Raleigh Winterfest is Back
- 18. Local History: Prohibition in Raleigh

arts & entertainment

- 20. Artist Profile: Keith Norval
- 22. @Art: Local Gallery News

food & wine

- 6. Triangle Dining: Battistella's
- 10. Local Beer: Triangle Brewing Company
- 12. Uncorked: Dessert Wines, How Sweet They Are
- 16. Let's Do Lunch: Mantra Indian Cuisine and Bar

business

- 13. From the Publisher
- 24. Meet the Downtown Raleigh Ambassadors
- 27. Downtown Snapshot From the Downtown Raleigh Alliance

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Puzzle answers from page 27



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Winter Eats

A collection of tasty winter recipes from local downtown chefs

❄️ BY MELISSA SANTOS | PHOTOS BY THOMAS M. WAY ❄️

Food always seems to taste better in the winter. Summer is a time of restraint, of counting calories and watching your weight. It calls for simple dishes that can be prepared quickly or tossed on the grill. Winter is for indulging, for getting together with friends and family and celebrating the holidays. It's ideal for simmering soups and stews all day, baking apple pies from scratch and eating them while they're still warm, or slow-cooking pork and stuffing it into fresh tortillas or empanadas.

For our November issue, we asked a few of our advertising restaurants and other chefs to share some of their favorite winter dishes. Some evoke holiday memories and some are based on seasonal ingredients, but all are delicious and will have your friends asking where you found the recipe.

We hope you enjoy making them and sharing them with loved ones. As you all know, there's nothing like a room filled with food, friends and family to make you appreciate your life and the people in it.

Jibarra

Oscar Diaz, Executive Chef Chef Oscar Diaz is new to Raleigh, but he's quickly made a name for himself since taking the reigns at Jibarra. His modern, fresh flavor combinations have earned rave reviews from customers and the press alike. (His ceviche recently graced the cover of the *Independent Weekly*.) Not bad for someone who never planned on becoming a chef. "My family and everyone in Mexico always cook a lot—and I like eating—so I always wanted to learn some cooking growing up, but I didn't know it would end up being my career until later in life," he says. And after he took a job in



Oscar Diaz



Pumpkin/Poblano Soup

- 1 large sugar pumpkin
 - 5 poblano peppers
 - 2 Tbsp canola oil
 - 1 large scallop
 - 1 small yellow onion
 - 2 cloves garlic
 - ½ quart heavy whipping cream
 - ½ quart vegetable stock
 - 1 stick of cinnamon
- Baguette

Preheat oven to 350°F. Cut pumpkin in half and de-seed. Place pumpkin in roasting pan, drizzle with oil, and roast until tender, roughly 30-40 minutes (knife should cut through with ease). Clean poblanos and de-seed. Cut them roughly into 4 pieces. Cut onions into quarters as well. Place onions, poblanos, garlic, and cinnamon into pot along with heavy cream and vegetable stock. Cook over medium heat until contents are soft, roughly 30 minutes. Strain mixture, reserving cooking liquid and discarding cinnamon stick. Once pumpkin is roasted and has cooled enough to handle, scoop flesh and discard rind. Now add a bit of strained cooking liquid to blender along with pumpkin flesh and poblano mixture. Blend until smooth. Repeat this process until done, using cooking liquid to adjust consistency of soup. Season soup with a touch of sugar and salt.

Crouton Garnish Cut baguette into thin slices. Toss with olive oil and salt; place in oven till browned and crispy. Remove and sprinkle with cinnamon.

Scallop Heat pan until oil wisps. Once hot, season scallop with salt and pepper. Place in pan and do not touch. Once scallop is seared and caramelized; flip and repeat process. Once the second side is seared, put butter in the pan with sage leaves. Baste the scallop with the browned butter. Pour soup over the seared scallop, add crouton, and finish with light dusting of cinnamon. >>>

Las Vegas at the notable French restaurant Alizé, he still wasn't convinced cooking was for him. "In my first few days there, I really just didn't want to cook anymore," Oscar remembers. "I came in and right away got put into a hot station. When you're working at a Michelin-starred restaurant, it gets hot and stays hot; it was intense." But luckily Chef de Cuisine Mark Purdy changed Oscar's outlook on working in the kitchen. "He had faith in me and was patient. Chef Mark showed me the ropes and thanks to that, I was able to continue my career cooking."

Raleigh thanks you, too, Chef Mark. Since starting at Jibarra, he's brought the focus back to dishes that reflect the restaurant's theme. "In our name, it says Modern Mexican and that's really what we're trying to touch on. We take chilies or sauces that we grew up eating and find a new way to present them," Oscar says. Jibarra has always been known

for its unique dishes, and that's largely because of the Ibarra brothers' Mexican-American upbringing. Oscar, who's originally from Chicago, has a similar background so he's able to understand and share Jibarra's vision, "We're really trying to refine our palates, kind of as first-generation Americans. We grew up eating Mexican food in the house and now we are experiencing another culture, for example, medium rare steak that our parents would never have eaten. It's a blend of the cultures that we grew up in as Mexican-Americans."

With Oscar in the kitchen, Jibarra's innovation has reached a whole new level. He recently launched a new winter menu based on seasonal ingredients. He's also pared the menu down, because as he explains, "A smaller menu gives you a chance to be more personal with those individual items. Instead of having a large menu where everything is just okay, you can have a small menu where everything is perfected."

For our food issue, Chef Oscar has shared on of those perfected dishes, pumpkin poblano soup.

Frazier's

Albert Wojciechowski, Chef de Cuisine

Albert's last name may be hard to remember, but his food certainly isn't. Albert, who has worked at Frazier's since 2005, has been the creative force behind the revamped Frazier's since he was promoted to Chef in 2009. Serving everything from simple cheese plates to extravagant multi-



course dinners with wine pairings, Frazier's menu and atmosphere is ideal for an after-work appetizer and aperitif to a date of dinner, drinks and dessert.

Albert may be young, but he has the work ethic of a seasoned chef. "My father always told me you have to work for what you want," he says. "I would say this is true of everyone whom I've worked for or with. Without a formal culinary education, I've learned by watching others and mostly from my own mistakes. I am truly blessed to be where I am today at my age."

He's learned well. Albert's work ethic, passion and creativity are evident in each dish he develops. His menus are constantly changing, but

they're always a blend of his ideas and experiences and reflective of his love for slow cooking. His plates may require patience and care to produce, but after one bite, you'll see his energy and efforts are worth it. But what Albert feels is Frazier's most unique contribution to Raleigh is his tasting menus and wine dinners. "On these nights, I get to cook vanguard and experiment with flavors I normally don't use," he says, excitedly.

Look for Frazier's new late fall/early winter menu to debut soon. Like most of his menus, it will be a collaboration of recent tasting menu courses.

In the meantime, you can re-create one of Albert's favorite holiday dishes, Polish Borscht. "I ran a version on a past menu of mine. My family came in and tried it,



Albert Wojciechowski

and now they request it for every holiday get-together."

Polish Borscht

(Yields 4 servings)

Pork spareribs
2 Tbsp cooking oil
4 quarts chicken or beef stock
1 large onion, chopped (save trim)
2 cloves garlic, chopped (save trim)
4 bay leaves
4 Tbsp white vinegar
3 large red beets
1 cup sour cream
1 cup heavy cream
1 Tbsp whole grain mustard
3 Tbsp All-Purpose flour
4 sprigs fresh dill, picked and roughly chopped (save stems)
Salt and pepper

Spareribs In a large pot, add oil and brown spareribs. Once color is achieved, remove spareribs and add onion. Once onion is translucent add garlic, bay leaves, chopped dill, vinegar and a pinch of salt and pepper. Add stock covering the spareribs and bring the pot to a low simmer. Cover and let cook for 1.5 hours or until meat is fall-off-bone tender. Remove ribs, pick meat off bone, and cut

into mouth-able pieces. Skim pot with liquid of any excess fat and add cubed rib meat. Bring pot back to a low simmer.

Beets In a deep pot, add scrubbed beets, bay leaves, trim from onion and garlic, and dill stems. Add water to cover beets. Bring pot to a low simmer and cook for up to one hour or until beets

hold no resistance when poked with a knife. Once done, let beets cool slightly in liquid and remove. Peel beets, discarding the tops and bottoms. Pass through a grater. Strain liquid through a fine mesh sieve and reserve.

Assemble Whisk sour cream, whole grain mustard, heavy cream, and flour together. With a ladle, slowly add a little of the simmering rib liquid to the bowl. Once bowl is up to temp, add contents to the rib liquid pot. Make sure turn down heat or the sour cream will curdle. Add grated beets. Give it a whirl and season with salt and pepper. Add beet liquid to soup for color and viscosity adjustment. Enjoy with a side of boiled potatoes, rye bread, and/or a dollop of more sour cream and fresh dill.

Tuscan Blu

Maurizio Privilegi, Chef/Owner "We don't sell food; we sell a feeling," Maurizio says of his restaurant Tuscan Blu. "It's a place to gather around a table and share a good, authentic Italian meal with friends, family and colleagues. It's very Italian, to be gathered around food."

If anyone knows authentic Italian, it's Maurizio. He grew up eating classic dishes hand-prepared by his mother and father in the main harbor of Tuscany. "My mother would always make her own pasta, sauces and all the fillings. Whenever she would prepare something, she would always teach me how to make it. And then my father taught me all the good dishes with seafood, from Cacciucco (Italian fish stew) to Branzino al Forno," he recalls.

At Tuscan Blu, Maurizio continues his parents' tradition of taking the finest ingredients and preparing them simply. While Maurizio says his menu isn't necessarily unique—it's basic Italian fare—what makes it different from other places in

Raleigh is his specials. "We do sometimes have linguine Cinque Terre (linguine with a basil sauce, finished with cherry tomato and Parmesan cheese), then we have other seasonal dishes like tortelloni with pumpkin and bistecca Fiorentina (steak in the style of Florence), a huge porterhouse steak made the way it should be," he boasts. Another thing that sets Tuscan Blu apart is their commitment to quality. Growing up in Tuscany, Maurizio was surrounded with fresh seafood, and that's what he serves in his restaurant. He imports red snapper from the Mediterranean for his Branzino and purchases all the produce himself. "All the vegetables are fresh and organic because it's so easy for me to go to the local farmers markets; it's so close," Maurizio says.

To celebrate what's in season now, Maurizio is serving what he calls "winter dishes, but on the light side." Look for the aforementioned tortelloni with pumpkin along with Cannelloni alla Toscana, cannelloni stuffed with veal, ricotta cheese, spinach, and Parmesan cheese. Maurizio is also adding other veal and sausage dishes. Considering he only uses the best ingredients, there's

no doubt they'll be just as tasty as his past menu offerings.

Veal Cannelloni Alla Toscana

(Serves 4)

6 fresh lasagna sheets (or fresh pasta sheets)
2 Tbsp of olive oil
2 cloves of finely minced garlic
5 Tbsp of fontina cheese
1 ½ pounds of ground veal
6 bunches of fresh spinach; roughly chopped
2 cups of tomato sauce (more or less to taste preference)
3 cups of freshly grated parmesan cheese
2 raw eggs
Salt and pepper to taste

In a 12-inch sauté pan over a medium-low flame, heat the olive oil until hot but not smoking. Add the veal and garlic and cook until golden brown. Flavor to taste with salt and pepper. Remove from the heat and set aside to cool at room temperature. When the meat mixture has cooled, add the eggs, chopped spinach and 2 cups of parmesan cheese. Use a wooden spoon to mix until well combined.

In a pot of boiling salted water cook the noodles, a few at a time, for 1 to 1 ½ minutes, or until they are al dente, transferring them as they are cooked to a bowl of cold water. Spread the noodles in one layer on paper towels to drain. Spoon ¼ cup or so of the filling down the center of each noodle, roll to enclose the filling, and transfer the cannelloni side by side in a single layer, seam side down, to a well-oiled oven-safe dish. Ladle tomato sauce over the cannelloni then sprinkle on the remaining parmesan cheese and bake in the oven on the center rack at 400 degrees until the cannelloni are hot throughout and the cheese is hot and bubbling, about 30 minutes. Serve immediately on warmed plates.



Maurizio Privilegi





NOFO

Pete Gibson, Executive Chef Fans who were saddened by the closing of the contemporary continental restaurant Savoy can now rejoice; Chef Peter Gibson is back as the Executive Chef at NOFO. Peter started cooking at a young age so he's worked with a lot of people who have shaped his career, but he cites Jean Paul Fontaine of Bistro 607 as his biggest influence. "He taught me a lot of classical things and even sent me to France," he says. "I would just be another cook if I hadn't taken advantage of the opportunity he gave me."



Pete Gibson

His menu at NOFO celebrates local food, whether it's cheddar from Ashe County or seafood from the NC coast. It's good food prepared fresh daily, simple as that. Peter's food changes with the season, so look for new winter dishes to roll out after Thanksgiving. He didn't give us any hints on what to expect, and we definitely don't believe his answer, "I'm only offering boring dishes because winter is boring."

This holiday season, Peter plans to spend time with his biggest fans and supporters, his family. "I'm also looking forward to someone buying me a Harley," he jokes.

The dish below is a favorite of his guests, who routinely ask for the recipe.

Butternut Squash Soup with Fig Preserve

6 cups butternut squash
2 cups peeled chopped carrot
1 cup chopped celery
¾ cup chopped onion
4 quarts of water
Cover vegetables with water, bring to a boil and simmer vegetables until soft. Take off heat and puree vegetable-water

mix with processor. (You may want to cool the mix a bit first, but it will process better hot.) Note: depending on the body or texture of soup you desire, you could even skip this step entirely. The processing of the vegetable doesn't affect flavor, only texture.

After processing, return to heat and add:
1 quart of heavy cream
1 tsp of paprika
1/4 tsp white pepper
Pinch of cayenne pepper
Pinch of nutmeg
Pinch of allspice
2 tsp madras-style curry (spicy)
Salt to taste

Variations To thicken soup, you could use a traditional roux. To maintain a gluten-free soup, thicken with a slurry of 8 Tbsp corn starch and 6 Tbsp cold water. Add to hot soup and stir. Thickening takes place in about two minutes with starch. A roux takes a little longer. Use more slurry for a thicker soup.

Garnish soup with fig preserve. They sell some at NOFO or make your own:

Fig Preserve

8 oz dry figs
1 cup of water
1 Tbsp honey
Pinch of salt
Combine ingredients, bring to a boil, and simmer until figs are plump. Puree and chill.

For a great recipe from Brian Adornetto, Downtowner Food Editor, personal chef/instructor, and owner of LoveatFirstBite.net, visit our Facebook page, www.facebook.com/raleigh-downtowner. There's more chef and food photos plus a few more tasty recipes from previous issues of the Downtowner. Cook, eat and enjoy! 🍴

Melissa can be reached at melissa@raleighdowntowner.com.

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Battistella's

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



For generations, Brian Battistella's family owned B's Seafood Market and Restaurant in New Orleans' French market. As soon as he was old enough, Brian began helping out whenever and wherever he could. He learned what it takes to run a restaurant, how to cook and how to treat seafood with respect. Battistella found his calling in the kitchen and since then, has committed himself to the study of food.

Brian's staunchness led him to employment at a local slaughter house where he learned the art of butchering. Next, he took a job at Dickie Brennan's Steakhouse in the French Quarter, first as their butcher and then as their saucier. While there, Battistella heard that the famous Commander's Palace was hiring and he jumped at the chance to work for the award-winning restaurant. By the time he left what he calls "CP University" he had earned his way to the rank of sous chef.

After four years at Commander's Palace, Battistella opened a traditional Cajun and Creole bistro on Charles St. in New Orleans. Unfortunately, just as the restaurant began to hit its stride, Hurricane Katrina destroyed the building. His home

and B's Seafood Store and Restaurant were left in ruins. The devastation and destruction to their property drove the Battistella family from their beloved New Orleans.

Eventually, the Battistellas landed in the Triangle and, to no one's surprise, opened a restaurant (in the Raleigh Crabtree Inn). After two years there, Brian noticed a vacancy in City Market on the corner of Blount and Martin Streets. It was exactly what he wanted. At last, Battistella felt at home again.

Downtown's incarnation of Battistella's eponymous restaurant includes several New Orleans touches. There are bare brick walls with photos of the Crescent City and vintage mirrors all around. The background music is a mix of jazz and blues and the floor is covered with understated black and white tiles. The lighting fixtures in the dining room are bare light bulbs covered with old glass vases. The space has a decidedly hip, urban, hole-in-the-wall vibe.

The bar area is cozy, with several high top cocktail tables for casual dining. Battistella's has plenty of room to unwind after work or finish the evening with a nightcap. While I was disappointed with the limited wine list, it does include a couple of reasonably priced gems. That



Brian Battistella

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said, the restaurant's main beverage focus seems to be microbrews and classic New Orleans cocktails.

Battistella sticks to his roots with the food as well. His menu showcases classic New Orleans-style Southern food. Creole, African, French, Cajun, Spanish, and Soul are all represented, either directly or inherently. He is steadfast in his

loyalty to locally-sourced produce and protein. In fact, Battistella formed a partnership with Rare Earth Farms, which supplies the restaurant with all of its eggs, chicken and beef (among other specialty items). Everything is made in-house and every ingredient that enters this kitchen is used.

Our visit began with Louisiana Crawfish Remoulade (\$9), Gumbo (\$7) and New Orleans BBQ Shrimp (\$9) from the appetizer section. Chopped crawfish tossed with mustard and vinegar remoulade sauce was mounded on top of a fried green tomato and served with "Cowboy Caviar" (black eyed pea relish). The remoulade was delicate in texture but packed a big punch. The crawfish was moist and buttery, providing a perfect foil to the tasty sauce. The Gumbo was a wonderful stick-to-your-ribs soup. It was spicy, hearty and soul-mending; I haven't tasted a better gumbo outside of the Big Easy. The shrimp was slathered with a wicked brown butter BBQ sauce with hints of rosemary, garlic, lemon, and pepper. It was so good we needed more bread because we didn't want to waste a drop.

For the main course, we chose the Seafood Platter (\$24), the Pork Chop Special (\$25), Louisiana Etouffee (\$19), and



Shrimp and Grits (\$19). The platter consisted of fried oysters, fried shrimp, blackened catfish, and hand cut French fries. The cast iron seared chop came with grilled romaine and a turnip-butternut squash puree. Unfortunately, our chop was rather fatty, leaving us without much meat, although what we had

tasted great. The muscadine BBQ was the best part of the dishes but there wasn't nearly enough of it. The etouffee was a shellfish lover's dream—loaded with fresh crab and crawfish and smothered in a lusciously rich spicy, stewy sauce. The shrimp was outstanding. They were sautéed and served over sumptuously creamy goat cheese grits. The entire dish was topped with Battistella's "Holy Trinity" sauce, a mind blowing pottage of peppers, onions and andouille (a spicy French pork sausage very common in Cajun cooking). I could have eaten that sauce alone as a meal, while Raleigh Downtowner Magazine publisher Crash Gregg declared it the best shrimp and grits he's had since NOFO. Clearly, Battistella is an unmatched saucier.

Battistella's demonstrates the evolution of New Orleans classics and other traditional Southern favorites by modernizing them and offering his adept touch of sauces. 🍴

Brian is a culinary instructor, food writer and chef. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, please visit www.loveatfirstbite.net. Brian can be reached at brian@raleighdowntowner.com.

Battistella's

200 E Martin St, Raleigh | 919.803.2501
www.battistellas.com
 (site not completed at this writing)

\$\$\$

Tuesday–Saturday: 11am–2pm
 Tuesday–Saturday: 4pm–11pm
 Sunday Brunch: 10:30am–3:30pm

Meals: Lunch, Dinner, Weekend Brunch
 Cuisine: Classic New Orleans-style Southern cuisine
 Ambiance: Urban, jazzy and bluesy
 Dining Style: à la carte
 Service: Enthusiastic and friendly
 Dress: Casual
 Noise Level: Can get loud
 Features: Vegetarian plates available upon request, specials, bar dining, lounge area, outdoor seating, take out, credit cards accepted
 Wine List: Small, less than a dozen choices
 Alcohol: Full bar
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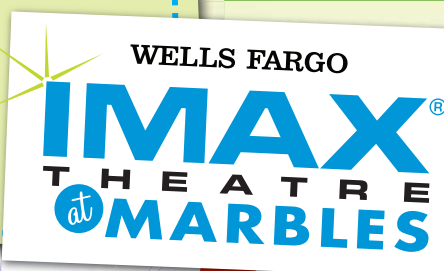
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Raleigh Winterfest is Back

BY JESSICA SICILIANO | PHOTO BY CRAIG CARPENTER



Winter is on its way, and it's bringing along a blizzard of family-friendly activities. Once again, the city center is playing host to Raleigh's premier holiday event—the AT&T Raleigh Winterfest. Winterfest is a two-month long celebration of all the festivities that make the holidays a memorable and special time. The event kicks off Dec. 3 in City Plaza with the official opening of the Winterfest Ice Skating Rink. The kick-off will also feature live music, including holiday selections by The Embers, as well as sledding ramps, ice-carving demonstrations and Mayor Charles Meeker's last ceremonial tree lighting. It's been rumored that Ol' St. Nick himself will be making an appearance.

AT&T Raleigh Winterfest turns Fayetteville Street into a winter escape, and the centerpiece of the winter wonderland is the 45-by-90 foot Polar Ice House ice skating rink. The rink will be located on the southern end of Fayetteville Street next to the Bank of America Building, can hold up to 140 skaters at a time and will be in operation from Dec. 3 to Jan. 29. Skating is generally open from 4pm to 9pm on weekdays and 4pm to 11pm on the weekends, but the hours vary daily, so be sure to check the schedule online at www.GoDowntownRaleigh.com/Raleigh-winterfest. The rink is open six days a week and is

closed to the public on Mondays for private parties.

Regular admission price to the rink is \$8 for adults and children (cash, Visa, Mastercard, and Discover are accepted), which includes the cost of skate rental. Winter sport enthusiasts are



encouraged to bring their own skates if they have them, but the admission cost will stay the same. If you don't have your own pair of skates, they are available from children size 9 up to adult size 14, but don't forget to bring your own socks!

The Winterfest Ice Rink has special events every week. Tuesdays: two for one admission, Wednesdays: live music from 6pm to 9pm, Thursday Mornings: parents can skate and push their children in strollers from 10am to 11am, Thursdays: date night (free carriage ride with the purchase of admission), Fridays: Rock around the Rink from 6pm to 10pm, and Sundays: snow sledding by the rink, free with paid rink admission (only available on December 18, January 8, and January 15, from 11am to 4:30pm).

Wondering where to park? There are over 5000 parking spaces within a block of the ice rink. Parking along Fayetteville and adjacent streets is \$1 per hour, and free after 5pm and on weekends. The City Center parking deck at 429 S. Wilmington is just a block east of the rink and is \$1 per 30 minutes and the Convention Center Underground Deck is \$3 an hour. Both decks are free after 7pm and on weekends.

Visit <http://gallery.lusterstudios.com/winterfest> to see photos from the last two years of Winterfest events. Jessica can be reached at Jessica@raleighdowntowner.com

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Triangle Brewing Company

BY MICHAEL HANBURY | PHOTOS BY THOMAS M. WAY



Andy Miller and Rick Tufts

currently available in over 100 restaurants and bars in the area. One of the things that makes them so popular and sets them apart is their commitment to Belgian-styled beers. “We’re kind of dubbed a Belgian brewery since the first three beers we created were Belgians,” says Rick.

Year round, you can enjoy the Belgian Strong Golden Ale, the Imperial Pale Ale and the Belgian White Ale. The Belgian Strong Golden is lightly filtered, starts out malty and finishes with clean, bright hops. The India Pale Ale is light and crisp with a mouthful of hop flavor. The Belgian White is an unfiltered wheat beer. It has a complex set of flavors that finish clean and leave you wanting more. Seasonally, they brew Habañero Pale Ale (with just a hint of habañero on the finish), the Bourbon Aged Abbey Dubbel and the Winter Stout. They also brew their Rufus Reserve Imperial Amber, named for the patron saint of Triangle Brewing Company.

During renovations building, they learned about an unsolved murder in their basement of a man named Rufus so they decided to honor him in their Reserve Series. I wasn’t fortunate enough to encounter Rufus’ shenanigans, but he has been



Just a few miles down the road in Durham, the guys at Triangle Brewing Company are busy crafting full-flavored, evenly-balanced Belgian-inspired beers. (Yours truly currently has a six-pack of their Belgian Golden Ale in the fridge.) Friends and brewers Andy Miller and Rick Tufts opened TBC July 4, 2007, and their creations are

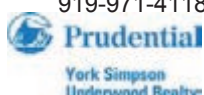
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reported to knock things over in the brewery and move things around from time to time.

While most of their malts and hops come from the Midwest and Pacific Northwest, the company has a strong commitment to being environmentally-friendly and utilizing any local resources they can. "When we decided on cans for our packaging instead of bottles, it really threw some people for a loop. But we've found a market where people have been shying away from bottles, and it's done very well for us," Rick explains. "Cans are much easier to recycle than bottles," he continues. "We get ours from Reidsville, which means it has a lower carbon footprint, and it's creating labor in North Carolina. Anything we can do to try and help out the state and the city while being environmentally-friendly, we're going to do it."

The Belgian White Ale is crafted with unmalted red and white wheat from Rocky Mount. An organic farmer in Person County grows the coriander they use. "In this area, there has been



a great push towards using local ingredients and local farmers. It's been amazing to see how Raleigh and Durham have transformed themselves over the past four years. People are starting to realize that we have great local breweries as well."

Further steps continue to be made by the company to increase recycling. "When we're done with all our grain, it gets picked up by a local farmer who feeds it to his cattle. We re-circulate the water used to cool the newly brewed beer back into the system and reuse it to cool future brews. We also got rid of

the plastic ringers for our six packs and replaced them with the black tops. These new plastic tops we are using are also recyclable and safer for the environment."

Want to visit the Rick and Andy? Free brewery tours take place every Saturday at 1:30pm. Kegs, growlers and cans are all available at the brewery after the tour, and the guys are available during the week to fill your needs, too. Just give them a call to set up a time. Information on everything about the Triangle Brewing Company can be found online at www.trianglebrewery.com.

Michael can be reached by e-mail at hanbury@raleighdowntowner.com.



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Dessert Wines, How Sweet They Are

BY JEFF BRAMWELL



Often overlooked throughout the year, dessert wines tend to get a little more attention during the holiday season, and with good reason. A hearty bottle of Port on a cold winter night is supremely comforting, and it's always easier to finish off a bottle of this higher octane (typically about 20 percent alcohol) sweet wine with friends and family during this festive time of year. It's a lengthy topic, so I'm offering an overview here in the hopes of heightening the enjoyment of your holiday drinking. The following information is adapted from the full chapter on dessert wines in my wine-education-meets-cookbook, *VinoBurger*, which very conveniently makes a great gift. For more information, visit www.vinoburger.com.

To many serious wine aficionados, an evening of wine exploration is not complete without a great bottle of Sauternes, Port or Tokaji. For most of us, though, dessert wine is largely an afterthought, which is a shame considering how even the most basic bottle draws a meal to its logical conclusion. Open one of these at the end of the evening and your friends will know it's time to stop pilaging your wine rack. Best of all, simply uncorking one of these bottles gets you off the hook for having to bake anything else for after dinner!

Fortified wines are arguably the most popular style of dessert out there. This includes various styles of Port, Sherry and Madeira, among others. In creating a fortified wine, grape spirit (usually in the form of brandy) is added to the fermenting grape juice during the winemaking process, which kills the yeast and halts the fermentation of any remaining sugar. Sweetness and alcohol content are determined by the amount of spirit added, and the point during fermentation at which it is added. The earlier in the process that the grape spirit is added, the more sugar is left in the wine and the lower the total alcohol will be. If it's added later in the process, the wine will be less sweet, but with higher alcohol. After fermentation and fortification, variances in aging will have the biggest impact on the finished wine's flavor. Barrel-aged fortified wines such as tawny Port tend to be more caramel and nutty, as opposed to those that see little to no time in barrels, which remain more fruit-forward. Generally speaking, these are the wines to reach for when paired with rich, heavy desserts, especially those with chocolate.

For a lighter style, check out late-harvest wine. As the name suggests, these are wines made from grapes that have been allowed to hang on the vine longer than those made into dry wines. During this extended hang time, sugar levels rise and flavors are concentrated as water content in the grape decreases. Most late-harvest wines will have moderate sweetness or more and are made from both white and red grapes, though whites are more common. The most extreme example of late-harvest wine is Icewine, made from grapes that are left to hang on the vine well into the winter. Frozen grapes are picked in the wee hours of the morning and crushed ever so gently, leaving the ice crystals mostly intact, releasing just the nectar of the grape.

Botrytis wines, a subset of late-harvest wines, are made from grapes affected by *Botrytis cinerea*, a fungus—more pleasantly referred to as “noble rot.” When the conditions are right towards the end of the growing season, healthy, fully-ripe grapes are exposed to moisture during the early morning hours and begin to develop a rot that shrivels the grapes and concentrates the sugars. Warm, dry afternoons are required to stop the rot from developing too quickly and ruining the cluster. Following a highly selective harvest, the grapes are gently pressed, and the super-concentrated juice is fermented into a wine with noticeable sweetness and aromas and flavors of honey, tropical fruits and marmalade. Sauternes from Bordeaux, France and Tokaji from Hungary are generally regarded as the best of the botrytis wines, though there are plenty of other solid examples. Drink these within a few days of opening the bottle and pair them with crème brûlée or fresh fruit and bleu cheese.

For something a bit less serious yet still perfectly tasty, try a bottle of sweet, lightly sparkling Moscato d'Asti or its red counterpart, Brachetto d'Acqui. These offer great crowd appeal and they're typically pretty wallet-friendly. Go ahead and share the merriment throughout this holiday season. 🍷

Jeff Bramwell is a co-owner of *The Raleigh Wine Shop* (along with fellow wine industry veterans Seth Hoffman and Ryan Fulkerson), located at 126 Glenwood Ave, across from 518 Wes on Jones St. Drop Jeff a line at Jeff@TheRaleighWineShop.com.



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RALEIGH DOWNTOWNER MAGAZINE

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From the Publisher

Welcome to this issue of *Raleigh Downtowner Magazine*. The holiday season has officially started, and you know what that means—family, friends, and food. There are plenty of activities planned in downtown Raleigh this year, with AT&T Winterfest being one of the largest and most enjoyable. For two months, City Plaza will be transformed into



a winter wonderland, complete with an outdoor skating rink. The kick-off ceremony will take place Dec. 3 and will feature live music, sledding ramps and Mayor Meeker's final tree lighting. You can read more about it and find more information about Winterfest on Page 9. We hope to see you there.

Our 5th Annual Downtown Santa Ball is coming up on Thursday, December 15th and will be held at the Union Tavern. We'll be collecting toys for the Boys & Girls Club and the party will feature plenty of great food from local chefs, free wine and beer and lots of fun giveaways including Carolina Hurricane tickets and much more. Visit www.raleighdowntowner.com/santa for details and RSVP.

In Raleigh, no holiday season is complete without the production of

Ira David Wood III's *A Christmas Carol*. Now in its 37th year, this musical comedy will have you saying anything but "Bah Humbug." Another great tradition is taking place right in the *Downtowner's* neighborhood. Eleven homes will be decorated and on display for the 40th Annual Historic Oakwood Candlelight Home Tour on Dec. 10-11. Bundle up and learn about the neighborhood, local history and see some beautiful examples of Victorian architecture on this tour of Raleigh's oldest neighborhood.

Holidays also mean food! In this issue, we profile some of Raleigh's great local chefs who share some of their favorite winter recipes with us. We hope you'll try them out at your next holiday gathering.

Wishing you a safe and happy holiday season,

Crash

CRASH GREGG
Publisher, *Raleigh Downtowner Magazine*
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AROUNDTOWN **AROUND** TOWN AROUNDTOWN



Maurizio Favale of Tesoro and Raleigh Downtowner Food Editor and private chef Brian Adornetto at Raleigh Roundup benefit



With 21 chefs representing local restaurants, two bands and great auction items, this year's Roundup was better than ever. The live auction (left) was heated as always and Chatham County (right) was a crowd favorite.



Pulitzer-prize winning composer Paul Moravec, his wife Wendy Lamb and Carolina Ballet CEO Robert Weiss



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Mantra Indian Cuisine and Bar

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY THOMAS M. WAY



After five successful years as the executive chef of Saffron in Chapel Hill, Chef Gamer Rawat decided it was time to move his career forward. Now, on N. West Street, his desire and vision have collided at Mantra, a modern Indian restaurant with a personal and meaningful name. In classical Hinduism, a mantra is viewed as a necessity for spiritual advancement and high attainment, very apropos for Rawat.

Chef Gamer honed his skills at five star hotels throughout Thailand as well as India. He then moved to New York City and worked behind the stoves at Tamarind, which was widely regarded as the best Indian restaurant in the U.S. during his time there. In 2006, after 20 years of kitchen experience, he landed

in the Triangle. But enough about the past; let's talk about the present.

The atmosphere at Mantra completely engages the senses. Intoxicating aromas tease you upon entering; eclectic displays of art, light and colors charm you; exotic music soothes you; formal table settings with modern touches enchant you. All this, before you've even tasted a morsel.



Chef Gamer Rawat

We began with Aloo Papdi Chaat (\$5) and Crab Wrap (\$7). The Chaat featured spicy potato patties with chickpeas, onions, tomatoes, spiced yogurt, and tamarind chutney. Slightly spicy, sweet, salty, and tangy, the Chaat's complex seasoning included coriander, ginger, tamarind, and masala. The dish had great texture, exquisite seasoning and was beautifully presented. The Crab Wrap, however, is not for the faint of heart. While

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it's big enough to share (or have as an entrée), it is devilishly spicy. That said, not only was this the preferred dish at our table, it was also the best crab appetizer I've had since moving to the Triangle. It was all crab (no filler fish or bread) and expertly prepared. The heat didn't overpower any of the flavors and was a perfect example of how to use fiery spices.



We followed with the Tandoori Basil Murgh (\$9), Daal Mantra (\$7) and Murgh Tikka Masala (\$9). For the Tandoori, half of a chicken was marinated with yogurt, ginger, lemon, basil, and garlic. Then it was cooked in a clay oven and served with a side of fluffy basmati rice. Chef Gamer slow-cooked black lentils, kidney beans and chick peas with garlic, ginger and his homemade yogurt for 12 hours. The result was a dish that was creamy, smoky and soul warming; a sensational Daal. The stellar Tikka Masala (diced chicken cooked with ginger, cinnamon, fenugreek, tomato, onion, garam masala, coriander, and cumin) was rich, creamy and mild. The lush sauce and balanced flavors had us sopping up the bowl with the last crumbs of naan.

For dessert, general manager Asad Mehmood recommended the Chef's Dessert Sampler and Masala Chai Tea. Mr. Mehmood, also a native of India, has worked with Chef Gamer several times before and

shares his vision for Mantra. "I wanted to do both traditional and contemporary Indian dishes, make them with the finest and freshest ingredients, and serve them with sophistication," says the chef. Asad continues, "High quality and sophistication, yes, but also friendly and relaxed."

The sampler included Mango Mousse, Pistachio and Saffron Ice Cream, Milk Dumplings, and Carrot Pudding. The mousse was light and not overly sweet with intense mango flavor. The ice cream was not only refreshing but inventive and fun. The dumplings were sweet and billowy, almost like a proper doughnut bread pudding. The pudding was fabulous; think a super moist and lighter version of carrot cake.

Elegant, exotic and interesting, Mantra creates an alluring setting in downtown Raleigh. It's an ideal place to bring a date, impress a client at lunch or have an affordable and delicious weeknight dinner. Chef Gamer Rawat's take on traditional and modern Indian cuisine is the best in the Raleigh. 🍽️



Brian is a culinary instructor, food writer and chef. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, please visit www.loveatfirstbite.net. Brian can be reached at brian@raleighdowntowner.com.

Mantra Indian Cuisine & Bar

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\$\$\$\$

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Friday & Saturday: 5pm-2am

Cuisine: Modern Indian
Ambiance: Upscale, relaxed, elegant
Dining Style: A la carte, fine dining
Dress: Stylish, business casual
Noise Level: Low
Features: Very vegetarian-friendly with some low-carb options, specials, bar dining, catering, private events, chef's table, VIP table, heated covered patio, gift certificates, credit cards accepted
Alcohol: Full bar
Reservations: Accepted
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Parking: Small free private parking lot and will reimburse paid parking lot receipts
Recommended Dishes: Crab Wrap, Daal Mantra, Murgh Tikka Masala
Downtowner Tip: Look for Mantra to offer weekend brunch in the near future



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Prohibition in Raleigh, NC

BY STORMI SOUTER, RALEIGH CITY MUSEUM

As long as there has been alcohol, there have been people who opposed the consumption of it for various moral, religious, social or health reasons. During the 19th century a number of temperance movements swept the nation, including here in Raleigh. This culminated in 1919 with the 18th amendment, which banned the sale, manufacture and transportation of alcohol in the United States.

The temperance movement in the United States appeared in 1826 with the establishment of the American Temperance Society. Temperance notions had been brewing for a while in Raleigh, where by 1822 ordinances

tradition in Raleigh to drink round after round of toasts on holidays until thoroughly inebriated, the temperance movement saw this as sinful behavior.

In 1849 *"The Spirit of the Age,"* the first temperance paper in Raleigh, was printed and circulated among the members of the American, North Carolina and Raleigh Temperance Societies. In 1855, noted temperance leader Samuel Fenton Cary filled a series of speaking engagements in Raleigh. In honor of him, the post office in what is now Cary was named after him. Not only was Raleigh's Temperance Society able to attract famous and influential visitors, but the RTS made regular appearances in national and international temperance publications.

In the early 1860s, the country was preoccupied with the Civil War and the temperance movement lost motivation, along with many other social and political movements, such as women's suffrage. Temperance again gained momentum after the Reconstruction Era. During the late 19th century, many African

and society as a whole. The aligned themselves with other social issues of the day, such as sanitation, labor rights, public health, and more. Joining the Women's Christian Temperance Union was a conservative way for women to get involved in politics, as it was far less extreme than joining the suffrage movement or advocating equal rights for women. Here, they were still following women's proper place in the home; they were concerned about domestic life, the well-being of children, and the Christian morality in the home.

Additional organizations popped up during the 1870s in Raleigh, including The Good Samaritans and the United Order of True Reformers.

The temperance movement was so popular that the 19th President, Rutherford B. Hayes, banned alcohol from the White House during his 1877–1881 term. North Carolina Governor, Thomas Jordan Jarvis (1879–1884) was an ardent supporter of Temperance and Prohibition as well.

While many of the Temperance organizations were very concerned with the betterment of society, some took positions against such things as women's suffrage and the progression of Civil Rights. Temperance workers would actually hold mock elections to show that if elections were white-only, temperance would pass.

In May of 1908, North Carolina became a dry state, with the vote overwhelmingly passing 62% to 38%. This made North Carolina the first southern state to prohibit the production and sale of alcohol. This was not repealed until 1937, when the rights were turned over to the counties. The Wake County Board of Alcoholic Control was established in June of that year by a vote from Wake County citizens. The election to begin a county ABC Board produced 7,921 citizens voting for and 6,565 voting against. 🗳️

The Raleigh City Museum is located at 220 Fayetteville Street in downtown Raleigh and is open from 10am–4pm Tuesday through Friday, and 1pm–4pm on Saturdays. For more information, please visit their website at www.raleighcitymuseum.org or call 919.832.3775.



had been passed to curb drinking as well as other public displays of sin and vice. Many people blamed the worst social evils on alcohol, including unemployment, domestic violence, prostitution, and homelessness.

By 1831, the movement had a great deal of support in Raleigh and North Carolina. Elisha Mitchell published "Arguments for Temperance" in Raleigh that year. The sentiments were aimed at UNC Chapel Hill students, then the largest student body in the area. The North Carolina Temperance Society organized in the early 1830s and by 1837, the Raleigh Temperance Society had 148 members and held monthly meetings. As the decade progressed into the 1840s, the temperance movement became about total prohibition of alcohol. In 1847 the Sons of Temperance organized in Raleigh on Independence Day and drank their toasts in lemonade as a sign of their protest against alcohol consumption. Whereas it was a long established

American women joined and became very active in the Temperance movement, citing the destruction and havoc it had caused in the African American communities at the time.

From 1867 to 1881, "Friend of Temperance" was published in Raleigh, having been established by Rev. R.H. Whitaker. The Independent Order of Good Templars was also organized during this era in 1872, with both white and black chapters in Raleigh. The black chapter had 200 members, male and female, both of whom were allowed to be officers. The presence of female officers in any organization having members of both sexes was unusual in this era.

In 1881, perhaps the most influential temperance organization, the Women's Christian Temperance Union, started a chapter in Raleigh. They had organized nationally in 1873 in Ohio and felt very strongly about the negative influences of alcohol on family life

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Keith Norval

BY JESSICA SICILIANO



For Raleigh artist Keith Norval, the decision to become an artist was never really a question, just a natural progression from a childhood interest to a lifelong passion. Keith's grandmother was an artist, mostly working with paints and ceramics. He recalls admiring her artwork in their home as a child, and visits to her house were always filled with endless time in her studio, making creatures out of clay.

Keith spent his childhood in the suburbs of Harare, Zimbabwe, punctuated by family vacations on safari in Kenya and Kilimanjaro. This afforded a fascination with animals of all kinds. At home, he was in cohorts with dogs, cats, chickens and cows, but on family trips, he would visit Lake Kariba and Nyanga. Here he encountered every kind of African beast, from impala to elephants. Keith recalls these times as a highlight of his childhood, and the experience of living in Africa has had obvious influence on Keith's artwork.

Keith's family relocated to Gainesville, FL, when he was 12, where he was faced with choosing between band and art in middle school. Keith chose art and continued developing his own creative style by constantly sketching, creating comic books and drawing political cartoons for his school paper. Even throughout high school, every elective he could take was an art class.

He studied illustration at the Savannah College of Art and Design, and it was there that he met Anna Podris, a painting major who urged him to give oil paints a second look. His first attempt had been less than satisfying, most likely attributed to the less than stellar quality of paints available in high school art classes. He fell in love; with Anna and with oil painting. "It's juicy, like butter," describes Keith. "Oils have the advantage of drying slowly, allowing blending on the canvas. A color that you mix will stay wet for hours." Norval was inspired, and he even considered

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changing his major. To make the switch, however, would have meant a few extra years in school so he stuck with illustration and experimented with oils, photography and printmaking.

Keith and Anna are still collaborating, inside and outside the art world. They are married, share a studio at Artspace, and have a three-year-old daughter, Ingrid. The couple has been at Artspace since 2002, embracing the community of artists and helping support other local businesses. Keith says that sharing a studio with his wife is a blessing, "I get to look at her awesome paintings all the time; I always have an unbiased critic, and I never know what will happen next." Ingrid is a budding artist

as well, working mostly in acrylic paint but also dabbling in watercolors, colored pencil and crayon. Keith describes her style as "abstract expressionism in the modernist tradition."

As for Keith, his background in illustration has a strong influence on his work with oil paints. Every piece begins with a sketch, either with a pencil or with a paintbrush. His painting style is linear and graphic, almost cartoon-like, defined by geometric shapes and vibrant, saturated colors. All of these characteristics are a throwback to the time he spent drawing comic books in his youth.

Keith's subjects are familiar creatures from his time in Africa and here in Raleigh, many of which are recurring characters, but with "pop art" anthropomorphism. The Kats and Dogs are based on his own pets, while the biped Hieronymous Bob is a depiction of the quintessential beer drinking, sedentary, American man. "He's just a big guy that works at a gas station," explains Norval. Then there's the large-and-in-charge Jeremy the Elephant and Rodney the Rhino, both most often found in business attire. The Monkeys are also usually

sharply dressed, as they were inspired by a lawyer ad from the yellow pages. Hieronymous Bob and the animals in business suits are a mildly satirical jab at corporate sentiment, but Keith doesn't believe in forcing a message down any one's throats. "Mostly I'm just trying to entertain myself first," he says. His process is spontaneous. He paints whatever he feels like painting that day, focusing more on craft of oil painting rather than trying to deliver some grand communiqué. Norval describes his style as "being connected to the oil painting tradition, but using a contemporary approach."

His artwork can be viewed just about any day that Artspace is open, Tuesdays through Saturdays from 10am to 6pm. If you pay a visit, you can expect to find at least one half of the Norval/Podris art team creating in their studio. He will also be showing at the Block Gallery on West Hargett St. from May to August of 2012, in a collaborative exhibit featuring other animal-loving artists. For more information on Keith Norval and his artwork, visit www.keithnorval.com.

Jessica can be reached at jessica@raleighdowntowner.com.



MUSIC CALENDAR

Mondays Jazz/Swing dance w/ Frankie 7:30-10:30, Michael Sullivan from Lawn Darts acoustic til 2am. Karaoke every Tuesday & DJ JW Sundays		
Thursday 12/1 Chuck & Steve	Saturday 12/10 Soul Psychedelique	Friday 12/23 Honey
Friday 12/2 Magic Pipers	Thursday 12/15 DJ George	Wednesday 12/28 Jason Adamo
Saturday 12/3 Crush	Friday 12/16 The Lawn Darts	Thursday 12/29 L Dub & Mr. Smith
Thursday 12/8 Mikemickxer	Saturday 12/17 Madd Elaine	Friday 12/30 Soul Psychedelique
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Local Gallery News BY MAX HALPEREN

Rembrandt IN AMERICA

The Rembrandt frenzy that struck American millionaires and billionaires in the late 19th century and continued into the 20th brought some of the Dutch master's greatest work to the states. But it also brought an art connoisseurs' nightmare that, apparently, will never end.

The nightmare is a shrouded figure who asks again and again, is this painting really by Rembrandt?



Rembrandt van Rijn, Self-Portrait, 1659, oil on canvas, 33 ¼ x 26 in., National Gallery of Art, Andrew W. Mellon Collection

The curators of *Rembrandt in America*, the extraordinary show that opened this month at the North Carolina Museum of Art—the largest group of American Rembrandts ever brought under one roof—have plunged into the controversy with éclat, creating far more than a gathering of work collected by American moguls who saw the great Dutchman's name as a capstone to their art collections and a warranty of their superior taste.

Genuine Rembrandts fill about two-thirds of the show of 47 paintings, ranging from work of his late teens to the magnificent image of the legendary Roman heroine Lucretia, a work dated 1666, three years before Rembrandt's death at 63, and probably his last completed painting. But the huge number of paintings once attributed to him by cataloguers like the museum's first director, William Valentiner, has been pared considerably by cadres of scholars.

The curators have deliberately included a number of questionable pieces to suggest the nature and scope of the problem, and, as experts themselves, have occasionally insisted that a painting, once rejected, is actually Rembrandt's. One such is *Portrait of Anthonie Coopal*, denied by some, but wholeheartedly accepted by the show's three curators.

Fascinatingly, two of the rejected paintings in the show are owned by NCMA, brought here as *echt* Rembrandts by Valentiner, a renowned Rembrandt scholar painter. One is the large, colorful and theatrical *The Feast of Esther (Wrath of Ahasuerus)*, actually by Rembrandt's friendly rival, Jan Lievens. Carried to the museum with some fanfare in 1932, *Esther* has, with good reason, proved to be a popular work. It suggests that scarcely every painting in the show designated a non-Rembrandt is to be sneered at whether labeled "follower of" or "circle of" or "attributed to." Some, in fact, have been up and down and up again in scholarly esteem.

Fascinating too—to me at least—is a work once rejected as genuine because of an immense amount of clumsy over-painting, but once the added coats were removed, seemed clearly crafted by the master's hand. His early *Self-Portrait with Shaded Eyes* had at least two, perhaps three, variations of itself hiding the original.

Entering *Rembrandt in America*, you will face two other self-portraits, one in a small room devoted entirely to a famous image painted in 1655 at age 54, the other at the entry to the show proper, *Self-Portrait (Study in a Mirror)*, dated c. 1629, when Rembrandt was 23. The contrast, obviously intended by the curators, is hauntingly evident and all-too-human. The head of the older man is built with thick, brisk strokes, the edges of paint forming reflective surfaces, all hinting of underlying tensions. His cloak and beret are smooth, dark, and at times merge with the dark background. His expression has been variously interpreted; it seems to me to be pensive, slightly sad. The earlier mirror image is that of a smooth-faced young man with a wisp of a beard, a mouth slightly opened, eyes staring at his image. The wall note suggests that he seems surprised at what he sees.

Lucretia, an understated image of the moment after Lucretia has stabbed herself, is the extraordinary climax to Rembrandt's career. It stands apart in a number of ways: its uses of paint, its psychological impact, and withal, its simplicity. It certainly stands apart from other Lucretias, a favorite subject of the time. Shakespeare wrote an extended narrative poem on it, *The Rape of Lucrece*, and she was painted by Titian, Botticelli, Cranach, Artemisia, Sodoma, and twice by Rembrandt—first in 1664, showing the noblewoman as she prepares to kill herself. Two years later, Rembrandt seems to pay more attention to character than to act. Avoiding any hint of *grand guignol*, he turns the blood just beginning to stain her white chemise into a small thin stream; no blood drips from the tiny dagger. Again, the application of paint varies tremendously: her head is carefully modeled, her chemise and its many vertical creases delicately toned, her heavy robe, pulling her down, thickly dabbed.

But Rembrandt matured as an artist early on. As the catalogue to the exhibition suggests, Rembrandt may well have struck fear into the hearts of Amsterdam artists when he moved from his native Leiden. Witness his great *Old Man with a Gold Chain*, produced as a *trophie* (a character type) when he was 25. Brushwork varies from point to point; the weight given the old soldier's body, the twist in his posture, the liveliness of his face make him almost emerge from the canvas.

Because few of them were available to American collectors, the huge number of popular biblical, mythical and historical works Rembrandt produced

is poorly represented in the show; which is instead rich in portraiture and character studies. Years in the making, the show is the brain child of NCMA's curator of North European art, Dennis Weller, who was aided by George Keys, chief curator emeritus at the Detroit Institute of Arts and Tom Rassieur, curator of prints and drawings at the Minneapolis Institute of Arts. You have until January 22 to see the extensive exhibition—hopefully more than once. www.ncartmuseum.org

Max can be reached at max@raleighdowntowner.com.



Rembrandt van Rijn, Lucretia, 1666, oil on canvas, 43 ¾ x 36 ⅝ in., Minneapolis Institute of Arts, The William Hood Dunwoody Fund

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Ask the Pharmacist



Pharmacists John Johnson and Jamie Freehling work side-by-side at Hamlin Drugs in Raleigh to handle all of the pharmacy needs for several generations of Raleigh customers. Email your pharmacy questions to askthepharmacist@hamlindrug.com.

Q: How is the influenza virus spread?

A: The primary way the flu virus is spread is through the cough or sneeze of an infected person, which contains airborne particles that can travel up to 6 feet. The virus can also live on surfaces such as doorknobs, money and faucets, and be transmitted this way. Schools and high-traffic public places are of special concern during flu season. Frequent hand washing and the use of antibacterial hand sanitizer can help keep you from getting the flu.

Q: Once a person has been infected with the flu, how long before they become contagious to others?

A: You can get the flu from someone who has no symptoms and does not yet appear sick. But a person infected with the flu can be contagious up to a day before any symptoms develop.

Q: Will using hand sanitizer keep me from getting the flu?

A: Using hand sanitizer frequently is a helpful deterrent, however it does not kill all flu viruses. Frequent hand-washing is the best defense. Keep in mind that you have to wash your hands with soap under warm water for at least 20 seconds to kill most flu viruses.

About Hamlin Drugs

Originally opened in 1904 as People's Drug Store and renamed in 1907, Hamlin Drugs on Hargett Street in downtown Raleigh is the oldest African American owned pharmacy in the United States. Pharmacist John Johnson has owned and operated Hamlin Drug Store since 1957, and prides himself in keeping the old-time traditions of hospitality and excellent customer service that the pharmacy was founded on over a century ago. Hamlin Drugs offers free delivery, accepts all major insurance programs including Medicaid and Medicare, and is certified in medication therapy management for the purpose of maximizing better health outcomes for their patients. For more information, visit www.hamlindrug.com, or follow us on Facebook and Twitter @HamlinDrug.

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MEET THE DOWNTOWN RALEIGH AMBASSADORS

BY JESSICA SICILIANO



Although we may not know who they are, we've all seen them: the guys in the red jackets, patrolling Downtown Raleigh with a smile on their face and a spring in their step. They are the Downtown Raleigh Ambassadors, an invaluable resource in the redevelopment of Downtown Raleigh as a safe and clean environment.

Sponsored by the Downtown Raleigh Alliance, the Downtown Ambassadors are the eyes and ears of the city, working together to make our city an attractive place to live, work and visit. Rob Rutten, Program Manager of the Downtown Ambassadors, describes his employees as "the concierges of the streets," comparing Raleigh to a five-star hotel with City Plaza as its main lobby. "When you go to a hotel, the first person you look to for help is the concierge, and that someone is always ready to help you," says Rob. While the Ambassadors are an information center for visitors to Raleigh, they offer a lot more than that. If you blended a hotel concierge, a groundskeeper, roadside assistance, and a security guard, you might come close to creating a Downtown Ambassador.

The program is comprised of 21 people that make up two units, the Clean Ambassadors and the Safe Ambassadors. The Clean Ambassadors are responsible for maintaining the aesthetics of public areas Downtown. Monday through Friday they clean up litter, remove graffiti, pull weeds, provide maintenance, and assist at special events such as the Downtown Farmers Market and First Friday.

The Safety Team is the larger of the two units, but a

lot of their work goes unnoticed. Not only do they assist in making our Downtown visually pleasing, they help to ensure that it is a safe environment for everyone. Seven days a week they patrol the downtown parking decks, providing assistance and deterring loiterers. They can also help with jumpstarting a dead battery or locating a visitor's lost car in a parking deck or on a street after an event. If a downtown worker feels unsafe walking to their car after dark, the Ambassadors can provide an escort to get them safely to their vehicle. Ultimately, their biggest goal is visibility, not only to make residents feel safe, but also to deter crime and illegal activity before it happens.

Rob feels that it is also especially important for visitors to know about their services. "If they feel comfortable and safe, it makes their experience better and they want to come back."

Ambassadors are on call Monday through Friday from 6am to midnight and Saturday from 10am to midnight. They also provide deck patrols Thursday through Saturday from midnight to 2am and on Sunday from 8pm to midnight. To reach the Ambassadors, call the Safety Patrol Supervisor at 919.368.7962.

In future issues, we'll meet some of the ambassadors and learn a little bit about who they are and why they enjoy being Downtown Raleigh Ambassadors. 📍

Jessica can be reached for comment by email at jessica@raleighdowntowner.com.

FROM OUR READERS

"It provides a well-rounded view of the Triangle area including historical info, places to go and eat, plus entertainment info. I look forward to reading it online when the print editions run out. Thanks for what you do."

JOEL, CARY 27519—(PICK UP LOCATION: REX LABS IN CARY)

At the *Downtowner*, we get a LOT of emails, close to 400 a day or 12,000 a month. That's a lot of electronic data we go through. Press releases, recommendations for restaurants and places to go from people visiting or moving here from out of town, questions about venues and shows, suggestions for articles, and even celebrity sightings. But our favorite emails come from our readers telling us something they like about the *Downtowner*. Below are just a few of the hundreds of emails we get from readers every month and they're what keep us going month after month for the past six years. We'd like to thank you, our readers, for making the *Downtowner* what it is today. We have lots of new things planned for the coming year and we look forward to sharing them with you.

"You have a great publication, and I really love the great restaurant write-ups! I have a ton of your pages cut out for new dining ideas. Thanks so much!"

MICHAEL, RALEIGH 27609
(PICK UP LOCATION: BUSY BEE)

"Love it!"

ALLISON, RALEIGH 27612
(PICK UP LOCATION: RALEIGH TIMES BAR)

"I like picking up the *Downtowner* because I can read every article on every page and learn something new every month! I wish all the locations didn't run out so fast."

EMMETT, WAKE FOREST 27587
(PICK UP LOCATION: FARMERS MARKET)

"Love the history page!"

GAY, RALEIGH 27604
(PICK UP LOCATION: LEGISLATIVE BLDG. CAFÉ)

"Enjoy the magazine and the articles about local business, and happenings downtown."

CHUCK, RALEIGH 27605
(PICK UP LOCATION: HAYES-BARTON PHARMACY)

"Just moved here from Boston and find the magazine helpful in getting around town and exploring galleries, restaurants, etc."

KATHRYN, RALEIGH 27612
(PICK UP LOCATION: SALON 21)

"I love your magazine and the local history and interest articles, restaurant reviews, etc."

JONATHON, RALEIGH 27607
(PICK UP LOCATION: CAFÉ CAROLINA)

"Love your magazine!"

JEFF, FUQUAY VARINA 27526
(PICK UP LOCATION: BARNES AND NOBLE)

"I think it's a great magazine. Very informative about downtown activities and great places to frequent."

ROBERT, NEWTON GROVE 28366
(PICK UP LOCATION: RALEIGH MUNICIPAL BLDG.)

"I like the like the foodie reviews and interviews."

JANICE, DURHAM 27705
(PICK UP LOCATION: READERS CORNER)

"I enjoy reading the *Downtowner* and finding new restaurants or things to do. I like the cultural and historical points of view as well."

ADAM, RALEIGH 27614
(PICK UP LOCATION: BARNES AND NOBLE)"

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Dec 2 (Fri)
First Friday Gallery Walk in the downtown Raleigh districts. First Friday of every month. Art, music and dining. Free self-guided tour of local art galleries, art studios, museums, retail, restaurants and alternative art venues. www.firstfridayraleigh.com

Dec 2 (Fri)
Chic Christmas Shopping Spree at the Marbles Kids Museum & IMAX Theatre, Venture Hall from 11 am-4 pm with a Christmas Tree Lighting at 1 pm. Let the kids visit Santa while you shop the most unique vendors for great gifts and stocking stuffers. Live Christmas music performed by Doug Largent Trio. http://chiceventproductions.com/ai1ec_event/chic-christmas-shopping-spree/

Dec 2 (Fri)
Inaugural City Market Pig Wars to Benefit Easter Seals UCP from 5:30-8:30 pm. A new Cook-off challenge will entice barbecue fanatics. Four professional and non-professional teams will face off in this new First Friday event, which has been designed to attract lovers of great barbecue, live music and a

great charitable cause. www.citymarketraleigh.com/specialevents.

Dec 2 (Fri)
A Season of Giving at the Carter Building Studios in Glenwood South. Join the artists for a special holiday tribute to community. Bring canned goods or diapers to win raffle tickets for art. Participating artists will also donate a percentage of sales to support St. Saviors Center for Wake County families.

Dec 3 (Sat)
Mayor's Unity Day celebration from 9am-noon at the Raleigh Convention Center. The annual event will focus on the recommendations and results of the Human Relation Commission's Community Dialogues, which were held throughout 2010. "Many Faces, One Community" was a series of public discussions on how Raleigh can meet the changing needs of its diverse population. The Unity Day event is free and includes breakfast. Area residents planning to attend are asked to make a reservation by calling the City of Raleigh Community Services Department at 919-996-6100.

Dec 3 (Sat)
The Colonial Christmas Open House at the Joel Lane Museum House.

Dec 3 (Sat)
Kick-Off for **Raleigh Winterfest** and downtown **Raleigh Ice Rink** at City Plaza. See page 9 of this issue for more information.

Dec 3 (Sat)
The Jingle Bell Run. A run and run/walk benefit for the Arthritis Foundation. 900 Hillsborough Street, downtown Raleigh. Registration begins at 8:30 am; 1-Mile Fun Run/Walk (10 am); 5K Run (10:30 am); Reindeer Dash (11:15 am) www.arthritis.org/jingle-bell-run.php.

Dec 3 (Sat)
Jingle Jangle Holly Day Camp with sessions at

9 am-12:30 pm and 12:30 pm-4 pm at Marbles Kids Museum & IMAX Theatre. Make your list and shop, wrap or rest while your children play and create holiday crafts. Lunch and snacks are provided. Register online at http://tinyurl.com/c4xkgnl. Cost: \$25/session for members, \$30/session for non-members.

Dec 3 (Sat)
Sing! Dance! Play! At Marbles Kids Museum & IMAX Theatre from 3:30 pm-4 pm. Calling all tiny tots to join Jammin' Baby, a presenter of Music Together®, for musical fun and exploration! Appropriate for ages birth to 5. Free with Admission.

Dec 4 (Sun)
Annual Boylan Heights **Artwalk.** http://boylan-heights.org

Dec 8 (Thur)
Holiday Open House at the Governor's Mansion (NC Executive Mansion on S. Blount St.) The official **Capitol Tree Lighting Ceremony** will also take place.

Dec 8 (Thur)
18th annual holiday **Jingle Ball** and toy drive at Marbles Kids Museum. www.jingleball.org

Dec 8-14
Theatre in the Park presents **A Christmas Carol** at Memorial Auditorium. www.theatreinthepark.com

Dec 8-11
Theatre in the Park presents **The Santaland Diaries.** Mature content. www.theatreinthepark.com

Dec 10-11(Sat-Sun)
The 40th annual **Historic Oakwood Candlewood Tour** featuring 11 of the downtown Raleigh neighborhood's private homes and significant structures, which date back to the late 1800s. Cost is \$15 in advance and \$30 days of tour. Presented by the Society for the Preservation of Historic Oakwood. www.historicoakwood.org/candlelight/candlelighttour.php.

Dec 10 (Sat)
Logan Trading Company presents **Family Night at Seaboard Station.** www.logantrd.com

Dec 10 (Sat)
The Carolina Ballet presents its annual performance of **The Nutcracker.** www.carolinaballet.com.

Dec 18 (Sun)
Sledding Sunday at the AT&T Raleigh Winterfest Ice Rink at City Plaza from Noon-4pm. A winter wonderland with sledding ramps. This activity is FREE for anyone wearing their ice rink admission wristband. www.raleighwinterfest.com.

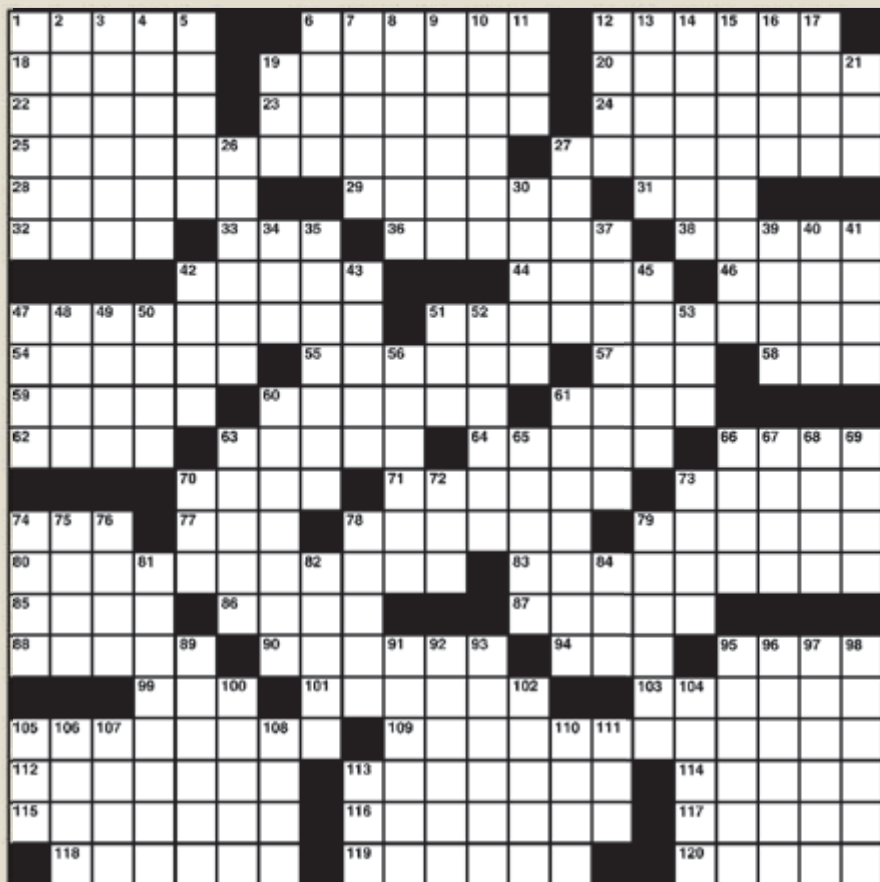
Dec 22 (Thur)
Twas the Night Before Christmas at Meymandi Concert Hall at 7:30 pm. Skip the last-minute Christmas shopping and bring the whole family to a heartwarming holiday celebration presented by the NC Symphony and Capital City Girls Choir. www.ncsymphony.org

Dec 31 (Sat)
The NC Symphony presents **New Year's in Vienna** at Meymandi Concert Hall from 8 pm-10 pm. A tribute to one of the music world's oldest traditions—ringing in the New Year with the sophisticated sounds of old Vienna. Featuring the exquisite vocal talents of soprano Sari Gruber. www.ncsymphony.org.

Dec 31 (Sat)
Come celebrate New Years Eve in downtown Raleigh at **First Night Raleigh 2012.** The 21st annual New Year's Eve arts festival will take place on Saturday, December 31, 2011, across a 20-block area of downtown Raleigh and will encompass two-dozen venues. Fireworks at 7pm and midnight. Co-sponsored by the Raleigh Downtowner Magazine. Festivities begin at 2:00pm with the Children's Celebration and conclude at midnight with the famous Raleigh Acorn drop, and fireworks to ring in 2012. Don't miss the 90-foot Ferris wheel, which will be erected on Fayetteville Street. Admission passes go on sale December 1 for \$9. www.firstnightraleigh.com.

RALEIGH DOWNTOWNER MAGAZINE

MONTHLY CROSSWORD PUZZLE



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By Jayne and Alex Boisfert from the Los Angeles Times
Edited by Rich Norris and Joyce Nichols Lewis

"GIVE B'S A CHANCE"

ACROSS

- 1 Corrupt, in a way
- 6 Ignore
- 12 Sleeping
- 18 Ayes
- 19 "Lady Marmalade" group
- 20 Caesar salad topper
- 22 Unpleasant pair to choose from
- 23 "To reiterate ..."
- 24 Deep-fried Japanese dish
- 25 Jaded ballplayer?
- 27 Grain of sand?
- 28 Mocha native
- 29 Fantastic
- 31 As well
- 32 Vase-shaped pitcher
- 33 Drama with two spin-offs
- 36 Scarlett, to Rhett, ultimately
- 38 1983 Keaton title role
- 42 Tweet
- 44 Alka-Seltzer sound
- 46 New York college whose team is the Gaels
- 47 Coal receptacle building blocks?
- 51 Steer groups?
- 54 2001 French film nominated for five Academy Awards
- 55 One reason to work
- 57 Energy meas.
- 58 Tell
- 59 Stain-removal brand
- 60 Turning parts
- 61 Grasps
- 62 Sharpen
- 63 Family name in Kafka's "The Metamorphosis"
- 64 Shark's practice
- 66 Tell
- 70 Field division
- 71 They get tipped in lots
- 73 1971 Clapton classic
- 74 Psyche part, to Freud
- 77 General at Antietam
- 78 White Label Scotch maker
- 79 Roaches, e.g.
- 80 Fish with a bad cold?
- 83 Pointed front of a two-wheeler?
- 85 Jai ___
- 86 Deserve
- 87 Browns
- 88 Cheers
- 90 Slightly burned
- 94 Was in charge of
- 95 Insect stage after larva
- 99 Morning morsel
- 101 "Got me"
- 103 Ear problem
- 105 Sound of Crosby's doorbell?
- 109 Collection of yokels?
- 112 Kuwait, for one
- 113 How a team should work
- 114 "Love Story" co-star
- 115 Timeline divisions
- 116 Reddish-brown horses
- 117 Like some mythology
- 118 Malevolent beings
- 119 From Aconcagua, say
- 120 Lamb piece

DOWN

- 1 Parting words
- 2 Look over
- 3 "Am I crazy?"
- 4 Merman, notably
- 5 Museum
- 6 Normal opening?
- 7 Stands guard, perhaps
- 8 One may be deviated
- 9 Disney dwarf
- 10 Played loudly
- 11 Although
- 12 Entr' ___
- 13 Costumed kid's hope
- 14 "Pretty Woman" genre, briefly
- 15 Blissful
- 16 Broadway souvenir
- 17 Songwriter Amos
- 19 Bldg. with stacks
- 21 Rebellious Turner
- 26 Singer Lionel
- 27 NBAers' game
- 30 RSVP
- 34 Word seen in brackets
- 35 Trying
- 37 See 69-Down
- 39 Comedian Jay
- 40 Draft status
- 41 Sail support
- 42 Short review?
- 43 H.S. exams
- 45 Crack filler
- 47 Gala
- 48 Letters before an online view
- 49 Krypton relative
- 50 Word after sky or powder
- 51 Grill partner
- 52 Sea witch in "The Little Mermaid"
- 53 Frat letters
- 56 Bakery array
- 60 49-Down, for example
- 61 Braver
- 63 Part of an act
- 65 Southern Slavs
- 66 Zinger
- 67 Connecticut town for which a disease is named
- 68 Et ___
- 69 With 37-Down, Bonnie and Clyde
- 70 Ex-boxer Laila
- 72 Litter reactions
- 73 Reduced
- 74 Auction site
- 75 ___ warning
- 76 Like much history
- 78 Steve's sidekick in "Hawaii Five-O"
- 79 Washington's mount?
- 81 About 2.2 pounds
- 82 "___ it on!"
- 84 Kipling python
- 89 Domingo preceder
- 91 Martini with an onion
- 92 Einstein's second son
- 93 Reserved
- 95 Some uprights
- 96 Says
- 97 Web image-viewing software
- 98 Scarlett's love
- 100 On a scale of one ___
- 102 Sleep problem
- 104 Beef cut
- 105 Flower place
- 106 Wrote online, briefly
- 107 Pleasing
- 108 Storied loch
- 110 Potter's oven
- 111 "___ a Wonderful Life"
- 113 Botanist Gray



Dear Reader,

The Downtown Raleigh Alliance is proud to bring back Raleigh's most popular holiday attraction, the AT&T Raleigh Winterfest outdoor ice rink and kickoff festival, which returns for its third year on Saturday, Dec. 3, at City Plaza on Fayetteville Street.

The real ice outdoor skating rink will anchor the AT&T Raleigh Winterfest, a two-month holiday entertainment extravaganza. The rink will open with a kickoff event on Saturday, Dec. 3, 2011 from 5-10 pm (with skating until 11pm). Highlights include Mayor Meeker's final tree lighting as Mayor of Raleigh and headliner *The Breakfast Club* with opening act *Café Mars*. There will also be performances from local choirs, bands and dance companies, local crafters and artisans, Victorian carolers, storytelling, sledding ramps, Santa's Village and carriage rides. These much anticipated festivities will be featured in a half-hour long holiday special on WTVD ABC 11 Saturday, Dec. 10 at 7 pm. The AT&T Raleigh Winterfest Ice Rink in City Plaza is the quintessential holiday outing.

Read more about Winterfest on page 9 of this issue and be sure to follow the Raleigh Winterfest on Facebook at www.facebook.com/raleighwinterfest for exciting updates and chances to win great prizes.

Please enjoy this issue of the *Raleigh Downtowner Magazine*.

DAVID DIAZ

President and CEO, Downtown Raleigh Alliance
www.YouRHere.com

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