

Issue No. 12
Spring 2016

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What's in Season



Opportunities to eat local are springing up all around us, bringing along with the season a sense of rebirth and renewal. Our city embodies and encourages these qualities, and we as eaters are hungry for them.

With the help of big barrel-aged beers, Netflix binges of *Mind of a Chef* and various festivals, we've managed to survive another Wisconsin winter. We've cooked and stayed in a lot, and after this hibernation, it's now time to peel off layers and get some fresh air. For some of us, that might mean finding a patio in the sun. For others, it might mean going out to catch, forage or harvest your next meal.

During the cold weather, our thoughts inevitably drift toward escaping someplace warm. Most of us can't afford that trip to Bali, but what we *can* afford is to be tourists in our own city. We've done the hard work for you, highlighting ten locally-sourcing restaurants for all your daily lunching needs. If you're looking for a way to quench your thirst at night, read our round of craft beer bar recommendations and start checking some destinations off your list. For those especially suffering from wanderlust, go South by Midwest with a visit to New Orleans by way of Milwaukee restaurant, Maxie's.

Opportunities to eat local are springing up all around us, bringing along with the season a sense of rebirth and renewal. Our city embodies and encourages these qualities, and we as eaters are hungry for them.

Read on for more information about community-supported agriculture and consider partnering with a farmer for your fresh veggies, meat or dairy. Get to know the men behind the mushrooms at your favorite restaurant and/or farmers markets in our cover story, "Fungus Among Us." Visit the intrepid food and beverage producers who have taken and transformed an abandoned Bay View warehouse, and mixed their goods and talents into the one hottest new places in town.

Whether you're a cook, an eater, a cocktail enthusiast, a beer nerd or just a lover of all things Wisconsin, we've got something for you here. Take a tour of your city by way of food and drink, and you'll never run out of things to do.

edible MILWAUKEE

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Correction: The last name of Angela, the owner of New Glarus Bakery, is Neff, not Johnson. *Edible Milwaukee* regrets the error.

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Springing for C.S.A.s



Support Your Community Agriculture

Story and Photography by Molly Rippinger

Even the biggest veggie lover must admit, nothing about kohlrabi seems particularly edible. The knobby bulb with thick, waxy skin looks like something that should stay in the ground, not something that should sit snuggling in a shopping cart with bunches of carrots and kale. With no one there to explain that once washed and peeled, kohlrabi has endless culinary applications—from fritters and fries to coleslaw and cream soups—it's no wonder why most people pass it up.

But if you have shaken the hand of the farmer who plucked that kohlrabi from the ground, who placed it in a box and delivered it to your neighborhood, odds are you will be inclined to give it a try. This is community-supported agriculture, a partnership between a farm and a local group of supporters who receive a box of just-picked produce each week of the growing season. Boxes vary from farm to farm, but a member could expect to see bunches of radishes in June, bulbs of fennel in July, eggplant in August, tomatoes in September, rutabagas in October and bok choy in November.

With each box of bounty comes a newsletter, giving updates from the farm and recipes highlighting the produce. David Kozlowski and Sandy Raduenz, co-owners and operators of Pinehold Gardens in Oak Creek, are always mindful of what meals could be made from the box's contents. Like all C.S.A.s, Pinehold Gardens' newsletter includes box-specific recipes, which are submitted by local chefs or C.S.A. members.

Carly Huibregtse, a student at Milwaukee Institute of Art & Design and Riverwest resident, was skeptical when a few unfamiliar items landed in her C.S.A. box last summer. "I didn't know what to do with a lot of the veggies at first," says Huibregtse. She split the C.S.A. membership, from Rare Earth Farm in Belgium, with a friend.

Having so much fresh produce on hand forced Huibregtse to up her vegetable IQ and get creative in the kitchen. When softball-sized celeriac and foot-long leeks were in their C.S.A. box, Huibregtse found a recipe for soup in the Rare Earth Farm newsletter. She also tried her hand at pickles and preserves. "The C.S.A. definitely made me curious about where my food comes from," says Huibregtse. "It also taught me to try new things."

For Huibregtse, the weekly box was also an opportunity to bring friends together around the dinner table. "The C.S.A. was always a

fun excuse to cook a meal for a few people," says Huijbregtse. Beth Kazmar, co-owner and operator of Tipi Produce in Evansville with Steve Pincus, says many people don't realize the difference of fresh-picked versus store-bought food. "You can taste the difference," Kazmar says. Most supermarket produce has been picked underripe to survive shipping and increase shelf life. Whereas, C.S.A. members often receive produce that has been harvested within 24 hours.

C.S.A.s promote a sense of community as much as they do local, seasonal eating. "It's nice to remember that C.S.A. is not just about the food, hopefully, but also about the group of people who are supporting the farm together," says Debra Jo Becker, co-owner of Rare Earth Farm with her husband, Steve Young. Like most C.S.A. programs, Becker and Young encourage members to volunteer at Rare Earth, but they also offer activities that coax people out to the farm. Weekend yoga, a fall harvest festival, pumpkin carving and farm dinners are just a few ways they facilitate a sense of community.

Jeff Schreiber, co-owner with Kelly Kiefer of Three Sisters Farm in Campbellsport, says it can be a challenge to get C.S.A. members to take the time to visit the fields. "The best part of running a C.S.A. is connecting with the people who make the effort to connect with the farm," says Schreiber. But members seem to have increasingly busy schedules, making it more difficult for them to come to Three Sisters.

Any C.S.A. farmer would agree, having members spend an afternoon or even an hour on the farm is always a fruitful experience. It's when people walk the fields, pet the animals and talk to the farmers, that they fully appreciate what comes in their box each week. For Becker and other farmers, children are the most rewarding to watch explore the farm. "It's incredible to see the light bulb go on that food doesn't just appear in the grocery store," says Becker. "They can make a full circle connection—from farm to fork."

This is the aim of the C.S.A. model—to encourage local eating, to educate people about fresh produce, to create a sense of community and to inspire C.S.A. members to try new things. Most importantly, to farmers and members, C.S.A.s encourage the next generation of eaters to support local farms. "We have mothers who tell us their kids say the carrots they get from the store don't taste like the ones from Farmer Dave," says Kozlowski. "That kind of comment makes it all worth it." **eM**



Molly Rippinger is a writer with a passion for the food and restaurant industry. As a graduate of The Culinary Institute of America, she understands and appreciates what it takes to cook in the kitchen. Currently she is working towards a master's degree in Mass Communication from Marquette University.

Choosing a C.S.A. that's right for you can be a challenge. Factors include cost, convenience and the kind of produce offered.
Urban Ecology Center hopes to ease the process by hosting the 14th Annual Local Farmer Open House on Saturday, March 12 from 11 a.m.-3 p.m. The event is held at UEC's Riverside Campus, and provides an opportunity to meet local farmers and explore C.S.A. options.

If you can't make it to the UEC event, here's information from eight area C.S.A.s that may be helpful in your search. Visit ediblemilwaukee.com for a fuller list.

Harvest Farm, LLC 7112 County Rd. South, Hartford
www.fullharvestfarm.com • 262-673-6760
20-week season from June to November
Pick-up locations, farm pick up; Full share cost: \$450

HighCross Farm 2292 Rustic Dr., Campbellsport
www.highcrossfarm.com • 920-533-3276
20-week season from June to October; Pick-up locations; farm pick up; Large share cost: \$690, small share cost: \$520

Pinehold Gardens 1807 E. Elm Rd., Oak Creek
www.pineholdgardens.com • 414-762-1301
18-week season from early July to November
Pick-up locations, farm pick up; Full share cost: \$500

Rare Earth Farm 6806 Hwy KW, Belgium
www.rareearthfarm.com • 262-285-7070
21-week season from mid-June to end of November
Pick-up locations and farm pick up
Full share cost: \$615 (just vegetables); \$105 (weekly egg share)

Three Sisters Community Farm W3158 Hwy 67, Campbellsport
www.threesisterscommunityfarm.com • 920-533-3042
20-week season from June to mid-October
Pick-up locations, home delivery and farm pick up
Full share cost: \$635 (drop-off location); varies for home delivery

Tipi Produce 14706 W. Ahara Rd., Evansville
www.tipiproduce.com/csa • 608-882-6196
24-week season from mid-May to end of October
Pick-up locations and farm pick up; Full share cost: \$675

Turtle Creek Gardens N5105 Pinnow Rd., Delavan
www.turtlecreekgardenscsa.com • 262-441-0520
18-week season runs from June to October
Pick-up locations and farm pick up; Full share cost: \$600

Wellspring, Inc. 4382 Hickory Rd., West Bend
www.wellspringinc.org/csa • 262-675-6755
20-week season runs from June 4 to October 15
Pick-up locations and farm pick up; Full share cost: \$562



Fungus Among Us

A Medley of Local Mushroom Growers

Story by Brett Kell • Photography by Joe Laedtke

With spring around the corner, visions of once again chopping and sautéing a broader swath of nature's bounty have begun to dance furtively into the daydreams of Milwaukee chefs and home cooks alike. The scramble is on to plan menus around seasonal ingredients that are so frequently the star of a dish after winter's thaw. Few of these are as captivating as the humble mushroom. Fewer still are those who have spent the winter growing them.

A handful of local mushroom growers are committed to providing a diverse variety of mushrooms both foraged and cultivated, with a keen eye toward quality and affordability.

Mushroom Mike, LLC

Mike Jozwik's burgeoning eight-year-old business, Mushroom Mike, LLC, is an increasingly well-known example of this commitment. An expert forager, Jozwik could forget more about mushrooms and wild plants than most will ever know. He recently began growing them in a newly renovated, customized space in the National Warehouse building in Walker's Point he affectionately dubs "the 'Shroom Factory."

The facility includes a lab, an incubation room and a grow room, where Jozwik produces hen-of-the-woods, king trumpet, lion's mane, oyster and shiitake mushrooms, plus a half-dozen more species soon to come.

What's perhaps most unique about Jozwik's business isn't that it combines both high-quality cultivated and wild-foraged mushrooms, but that he's built a broad local, regional and national network of like-minded foragers and suppliers on whom he can call to help meet demand for mushrooms and much more.

"I didn't get to the point where I'm offering 250-plus products because I really wanted to," he says. "It's because chefs constantly want something new and innovative."

Jozwik's predilection for mushrooms is inborn. His parents founded the Mycological Society at UW-Parkside, and dad Larry Jozwik helped get the "Shroom Factory" up and running. The younger Jozwik started foraging while in college and began showing up at kitchen doors, where chefs snapped up what he had to offer.

"All of a sudden it was like, 'What else can you get me?'" he recalls. Soon came late night phone calls and Facebook messages from chefs who wondered if he could get that special ingredient for a dish they literally dreamed up. He could, and did.

"Offering quality, diversity and affordability are really what got things rocking and rolling," Jozwik says. "There aren't a lot of people doing this. I really want people to taste the great local flavors available to them. I want people to be able to eat morels, not have them be some ridiculous ingredient chefs can't afford to use."

100% of his sales are direct to restaurants, primarily in Milwaukee, but also in Madison and a few outlying locations. Jozwik intends to forage wild greens this year, and hopes to begin offering his mushrooms and sourced products at select farmers markets, including fermented honey, pure maple syrup, and more. This summer, he'll use a small courtyard next to the building to grow products on demand for chefs—heirloom tomatoes, greens, flowers and other items.

"This is my dream job," he says. "It's so cool to be able to go out and pick mushrooms, meet awesome people, make handshake deals with farmers and talk to so many chefs who make such damn good dishes."

River Valley Ranch & Kitchens

Another local mushroom grower whose size and longevity reflect a passion for fungus is River Valley Ranch & Kitchens. Eric Rose started the farming business with his father, Bill, in 1976. The operation has since become a multifaceted business that employs 50 people, growing

Opposite, (left to right, top to bottom):

River Valley Ranch, Pink Lady mushrooms; The Jozwiks, Eric Rose, Bryan Simon; Oyster mushrooms, The inoculation room at Mushroom Mike, LLC



and processing 12,000-15,000 pounds of mushrooms each week on its farm, kitchen and store complex in Burlington.

98% of River Valley's fungi are certified organic white button, portabella and crimini mushrooms, which all grow on the same substrate. A new crop is started every eight days and requires 40 tons of compost and seven weeks to bring to harvest. Rose also grows shiitake, oyster and lion's mane mushrooms.

In order to utilize and supplement its massive mushroom yield, River Valley offers value-added prepared products like pasta sauces, salsas, dips, pickled vegetables, and hot sauces, most of which feature mushrooms or other produce grown on site, such as asparagus, garlic, shallots, basil, tomatoes, sweet corn, chilies and much more. Also part of the mix are frozen and ready-to-eat items like tamales, vegan veggie burgers and pot pies, as well as grow-your-own mushroom kits.

River Valley employs a full-time chef who devises recipes to utilize the farm's products. The Rose family also operates a market and cafe in Chicago and is a regular presence at that city's many farmers markets. In Wisconsin, River Valley Ranch has a presence at a number of farmers markets and a handful of other locations.

"Our processing kitchen consumes about 20% of what we grow, sometimes more. It's a great way for us to highlight the produce and ensure nothing goes to waste," Rose says. "Our two retail operations consume about another 10-15% of our fresh mushrooms, the farmers markets consume about 40% and the wholesale market accounts for probably about another 30%."

The Food Network took notice, featuring the farm's portabella salsa on its "Food Finds" program. Rose is currently in talks with Whole Foods to get products into its stores.

"Mushroom growing at the level we do is a huge and risky investment. For us and a lot of farms, having a processing kitchen and being able to do value-added products is a critical component of survival. A lot of people are moving in that direction because it affords flexibility that just selling fresh produce doesn't."

Sugar Bee Farms

In much the same way Eric Rose identified a complementary way to supplement his existing business, Sugar Bee Farms owner Bryan Simon saw farming mushrooms as a natural extension of the ways he was already working in the dirt—as a landscape contractor, conservationist and part-time farmer of microgreens and worm castings.

Simon owns a former warehouse on South 6th Street that Sugar Bee's original owners leased to farm mushrooms. After the two sold it to a second owner who ran into problems, Simon bought the business in 2015 and halted production for three months to retool the space in which it operated.

Now back up and running, Sugar Bee primarily produces a medley of four types of oyster mushrooms—grey dove, pohu, pink lady and Italian—for restaurant orders, plus shiitake and lion's mane mushrooms in smaller quantities for sale at farmers markets. These are supplemented by a variety of microgreens Simon grows on site, as well as honey and honeycomb from nine hives on the building's green roof. Simon estimates mushroom yield at full capacity will be 200-250 pounds a week.

"We had standing orders from about 20 restaurants, and we're now getting back into those," he says, rattling off a who's who of Milwaukee's best: Sanford, Lake Park Bistro, Bacchus, Odd Duck, Crazy Water, Goodkind, AP Kitchen, La Merenda and more. At full capacity, about 90% of sales will be to restaurants, with the other 10% to farmers markets.

"We're able to expand production in the summer months to the five hoop houses we have across the street, which help provide additional vegetables for farmers markets," Simon says.

An advocate for green spaces, urban farming and environmental sustainability, Simon is executive director of the Energy Exchange Inc., which educates and engages the community on good stewardship of the natural environment through water management, renewable energy, community development and local food systems. The non-profit is located alongside Sugar Bee in Simon's building.

Simon led the effort that resulted in a three-mile stretch of South 6th Street between Howard and College Avenues being designated as "The Green Corridor" by the City of Milwaukee in 2011. According to Simon, "it's a testing ground to showcase new and innovative technologies in sustainability" that improve water quality, reduce stormwater runoff, save energy, clean the air and stimulate business and job growth.

"I didn't expect to be the owner of a mushroom farm, but what I've been able to do with microgreens, mushrooms, worm castings, bees ... it all helps demonstrate what can be done to benefit the community and the environment."

Though they each approach mushroom farming from slightly different angles, Jozwik, Rose, and Simon—as well as other local food-centered businesses like theirs—value craft, quality and integrity every bit as much as profit, ensuring that what ends up on your plate will feel as good as it tastes. **eM**



Brett Kell is a writer and communications professional whose work has been featured in various publications and has won awards for feature writing. He nurtures a fondness for food and drink in Milwaukee, and is passionate about wristwatches, whisky and the Green Bay Packers.

Brett and his wife, Lauren, have two children whose culinary interests begin and end with mac and cheese. Follow him on Twitter @brettknows.



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The Milwaukee Craft Crew

Bay View Houses Top Shelf Beverage Makers

Story by Heather Ray • Photography by Adam Horwitz

A distiller, a bitters maker, a tonic producer and a brewer walk out of bar... and into a warehouse. Only this is no joke. These like-minded entrepreneurs aren't your ordinary brew crew, they're fine-tuning Milwaukee's craft beverage industry in very distinct markets, and yet, they're all under one roof—a warehouse actually—sharing the same view through the 20th century factory windows on the corner of Becher and South 1st Streets in Bay View.

The Lincoln Warehouse, originally built in 1928 as a bake house for the A&P grocery chain, has been home to several manufacturing companies specializing in fishing equipment (Frabill Manufacturing), sporting goods (Huffy Corporation) and "Be Mine" candy hearts (NECCO).

Today, under the management of Andrew Bandy, the warehouse has been reconfigured to better suit the needs of Bay View's young businesses, with imaginative spaces built out for artisan producers ranging between 500 and 7,000 square feet.

Wandering up and down the stairs and through the halls, aromatics are your tour guide for what's in production. Beer makers from Enlightened Brewery send wafts of fermenting yeast to counter Bitercube's sweet fragrance of macerated orange peels and toasted spices. A floor above, grapefruit peels and Makrut lime leaves are accented with fresh lemongrass and infused into Top Note's Indian Tonic concentrate, an ideal mixer for the small-batch gin being distilled on the ground floor at Twisted Path Distillery.

It may seem that each of these artisans has carved out their own personal space, but the beverage tenants that call Lincoln Warehouse home frequently turn to each other to propel mutual success. After all, that's the spirit of Bay View's young artisan producers—you sample my booze, I'll accentuate yours.

The Distiller

Brian Sammons, founder and distiller of Twisted Path Distillery, lives about a mile and a half from the warehouse with his wife and two young children. A former lawyer, Sammons' risk to transition from attorney to one-man organic distiller introduces Milwaukee to its third distillery, joining the likes of Great Lakes Distillery and Central Standard, both in nearby Walker's Point.

Admittedly, Sammons recognizes Milwaukee's storied brewing history—"We aren't known for our spirits," he says. "But as the craft distilling industry begins to shadow the growth of craft brewing, I'm excited to be part of Milwaukee creating a name for itself in distilling."

The Bitters Maker

Ira Koplowitz, co-proprietor of the specialty bitters company Bitercube, works out of the 2,800-square-foot space responsible for the ambrosial scents that sweep through the open corridors. Here, apothecaries tinker with an evolving menu of elixirs, ranging from bitters with notes of chamomile and jasmine, such as their Bolivar, to the Jamaican #2, a potent concoction with hints of ginger and black pepper—a bitters built not just for cocktails, but for liquors (rum is recommended), baking and marinades.

Koplowitz, 35, founded the company along with fellow bartender Nick Kosevich in 2009. "We came to Milwaukee during the early stages of the cocktail renaissance and helped put our stamp on the scene here," says Koplowitz. During those early years, the company leased space from Yahara Bay Distillers Inc. in Madison before seeking out a home in Bay View in 2014. "I was talking with an old friend of mine, the manager at Braise in Walker's Point, about our need to move. He mentioned the Lincoln Warehouse," he says. "I own a house less than a mile from there, so it seemed like the perfect place to open the apothecary."

The Tonic Producer

Shoppers at Outpost, Sendik's, Woodmans or Beans & Barley may have seen Top Note Tonics in the beverage aisle and thought, *hmm, that's new.* This premium, lower-in-sugar concentrate was designed to put a better mixer in the hands of specialty cocktail and soda drinkers. It too is produced in the same unassuming warehouse.

"We wanted to craft traditional tonics, which are really herbal, botanical sodas," says president and cofounder Mary Pellettieri. With a background in botany and more than 20 years experience in the craft brewing industry, Pellettieri draws on her brewing skills to balance the flavors in the company's line of tonic recipes. The Gentian Tonic, for example, doesn't contain any quinine—a controversial compound commonly found in tonics—instead, Pellettieri uses natural gentian bittering and flavors from limes and ginger to give it a distinguished taste.

She and her husband Noah Swanson share the business, along with their two creative middle school boys, who are used to spending evenings doing homework in Top Note's warehouse office space. "We moved to Bay View from a not-so-safe neighborhood in Chicago," says Pellettieri. "And we love it. Our neighborhood customers are loyal early adopters, and that's highly coveted when you have an uphill climb."

The couple started eyeing up Lincoln Warehouse early in 2014, as it offered a raw space for them build out their own kitchen and a convenient location to their home. They started by renting storage space, but by the time they were ready for construction, "we were almost too late," says Pellettieri. Luckily, they staked their kitchen space in time to meet the production needs for three new distributors in 2015, allowing them to expand into Minneapolis, Denver and Seattle.

The Brewer

Occupying a cozy 500-square-foot space in the warehouse, Bay View resident and founder of The Enlightened Brewing Company Tommy Vandervort along with co-owner James Larson are supplying neighborhood bars such as Sugar Maple, Palomino and Burnhearts with seriously thoughtful beers (look for Sustained Thought and A Priori Pale Ale), and all before turning 30 years old. "We just want to make good beer for our neighbors and friends," says Larson. "We did everything we could to find a space in Bay View that would work for us, so we're pretty grateful for Lincoln Warehouse."

Vandervort and Larson are working to expand from a half-barrel brewery to three barrels, a jump that offers hope for the twenty-somethings to quit their day jobs. "We're lucky to have an opportunity to grow within the warehouse," says Larson. "We'll be moving downstairs to the first floor to have street level access and more space for a tap room."

Mixing It All Together

The idea of four Bay View neighbors in the beverage industry operating within earshot of one another at the "office"—was it calculated? Nope. Was it ill-fated? Not at all. Was it destiny? Heck yeah.

"In building out, we all consulted each other on compliance and inspections, and on particular equipment needs," says Sammons of



Brian Sammons, founder, Twisted Path Distillery



Toby Cequa, managing partner, Bittercube



Twisted Path Distillery. "I ended up buying a large commercial sink that I subsequently couldn't use, but it was perfect for Top Note. And Bittercube needed water filtration, but I already figured out a good system they could duplicate."

In return, the folks at Bittercube were able to help broker Twisted Path into new states. "We're also collaborating on Dock18, a cocktail lab that we're running for the distillery," says Kopowitz.

"All of us are creating products from scratch and love experimentation, so it's great to be able to share ideas and get their feedback on different projects," continues Kopowitz.

"Top Note has been a great neighbor, too, because Mary worked for a long time at Goose Island. So we can pick her brain when it comes to sales, distribution and all the rest," says Larson. "Being in the same industry, it's just inevitable that we'll run into similar challenges or opportunities, and so it's easy to check in with each other and get help or advice." eM

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Heather Ray is a Milwaukee-based freelance writer currently pursuing a Master's in Nutrition and Dietetics from Eastern Michigan University. As the former editor of *Healthy Cooking* magazine for *Reader's Digest*, she claims to eat healthy 80 percent of the time, reserving 20 percent for pie. When she's not buried in homework, you're likely to find her running along the lake or shooting arrows at one of Milwaukee's outdoor ranges.



Adam Horwitz is a Milwaukee based photographer specializing in food, editorial, and portrait photography. Active in the food and photography scene the former manager of the South Shore Farmers Market has been creating images of food and gourmands alike as well as working for local food-justice and art for many years.

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Dock18 Cocktail Lab

A partnership between Twisted Path Distillery and Bittercube, this experimental cocktail "lab" is open to the public Thursday through Sunday. Just past dock 17, there is a glass door with a metal box. Open it and press the buzzer to enter.

Thursday: 5 p.m. – midnight

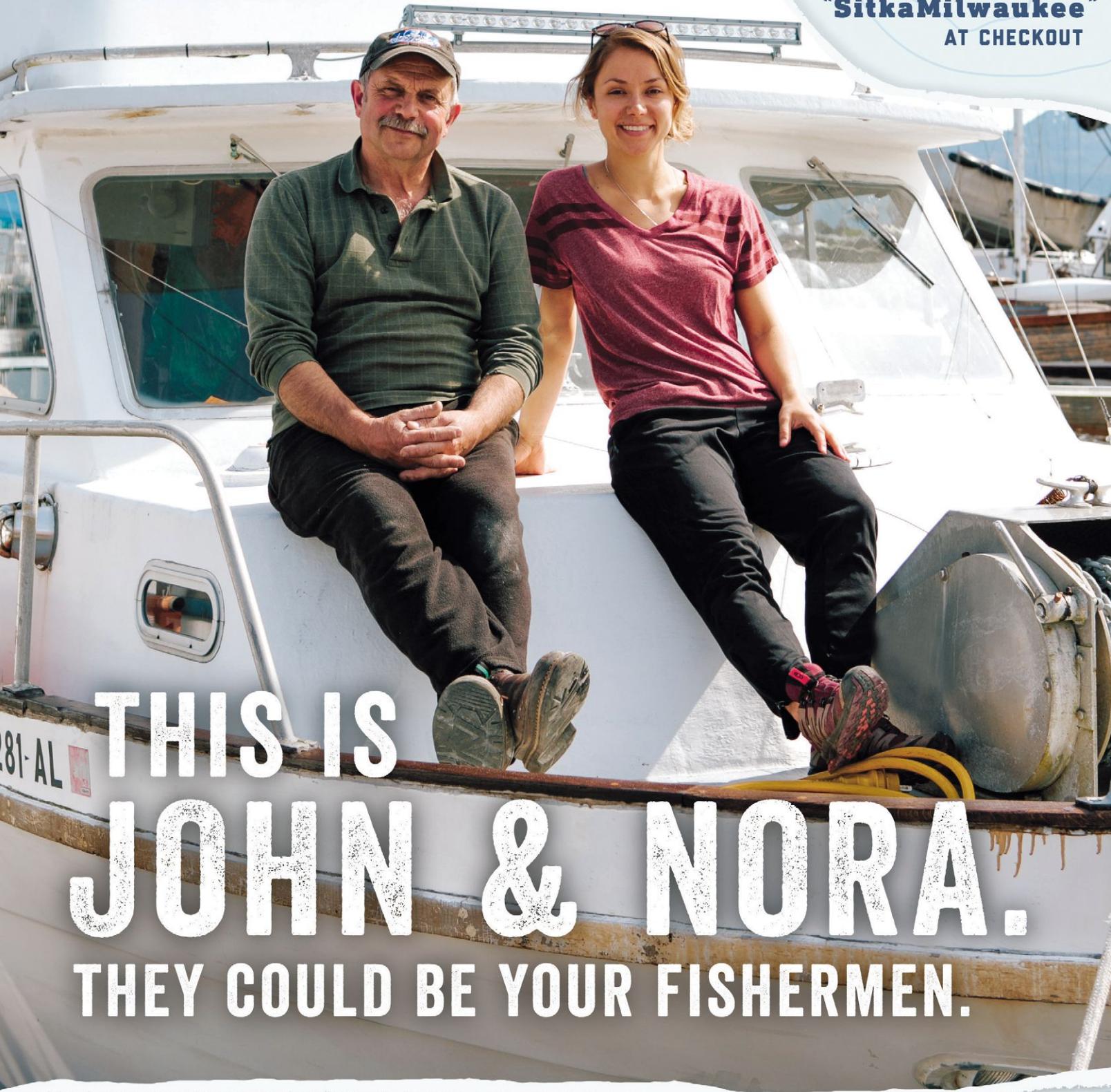
Friday: 5 p.m. – midnight

Saturday: 1 p.m. – midnight

Sunday: 1 p.m. – 5 p.m.

The Lincoln Warehouse is located at 2018 S 1st St. in Bay View.

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Sinking Your Teeth In

Local-Sourcing Lunch Spots

Roundup by Brett Kell

Photography by Joe Laedtke

The National's
roasted veggie stack
with cashew pesto



Too frequently the domain of dry sandwiches, limp lettuce and vending machine stare-downs, lunch is sorely overlooked as an important meal. However, an increasing number of local restaurants are turning their attention toward the lunch hour as a means of further expressing their commitment to inventive, high-quality and tasty dishes.

More than a few lunch menus reflect diversity of flavor, with a particular focus on locally-sourced ingredients. Below is a rundown of just some spots where the lunch game is strong.

Bavette La Boucherie

Part butcher shop, part lunch counter, part modern gastro-bar, Bavette sources whole animals responsibly raised on small, local farms. Chef/owner Karen Bell, a global traveler with a keen interest in sustainability, said she gets beef from Schmidt Farm in Juneau, pork from Kirschbaum Family Farm in Kewaskum, and lamb from Pinn-Oak Ridge Farms, LLC in Delevan, and Farm 45, LLC in Jackson.

Meats sourced by Bavette star in an impressively diverse selection of snacks, soups, salads, and sandwiches; among them a corned beef tongue reuben, pork meatball bahn mi, pressed Cuban, and BBQ pork. Bell said other hits include pate, rillette, and raw preparations. The bar features spirits from Milwaukee's own Twisted Path and Great Lakes distilleries, Top Note Tonics and Midwest craft beers. A small shop features local artisan condiments and more.

330 E. Menomonee St., Third Ward
414-273-3375 • www.bavettelaboucherie.com

Buckley's

Chef Christian Schroeder said Buckley's contemporary American menu, globally-inspired flavors and top-notch bar program are what draws regulars and newcomers alike. His inventive approach highlights a few carefully chosen local ingredients, such as oyster mushrooms from Milwaukee's Big City Greens featured two ways: beer-battered with fried capers and a champagne-lemon vinaigrette, and smoked on a pizza with



Bavette's BBQ pork sandwich

grilled portabellas, sheep's ricotta, fontina, garlic confit and spinach. A blackened salmon BLT features bacon from Bernie's Fine Meats in Port Washington. Local spirits and beer are also available at the cozy, well-stocked bar.

801 N. Cass St., East Town
414-277-1111 • www.bucklesmilwaukee.com

Field to Fork Cafe

Field to Fork is an improbable kind of place that contains something for literally everyone—it's a restaurant, cafe, butcher shop, bakery, deli, juice bar and grocery all at once, serving up hearty dishes like a charred BLT salad, grassfed Black Angus burgers, a chicken biscuit, and vegetarian options like three variations of the trendy bowl meal. The Asian version has brown rice, quinoa, roasted black beans, Thai-marinated soy curls, kimchi, kelp noodles, grilled bok choy, and a creamy cashew Korean hot sauce. The list of local vendors so long it would be easier to name whatever isn't local or artisan. Highlights: Jerry Lenz Farm beef, Saxon Homestead Creamery cheeses, Rushing Waters fish, Willow Creek Farms pork, Yuppie Hill eggs and much more.

511 S. 8th St., Sheboygan
920-694-0322 • www.fieldtoforkcafe.com

HoneyPie Cafe

HoneyPie is a torch bearer for the kind of stick-to-your-ribs, Midwestern-inspired scratch cooking that Milwaukeeans dearly love. It serves what Mom would make if she sourced countless super-high-quality local

ingredients: house-cut fries topped with shredded BBQ pork, cheese sauce, pickled jalapenos, green onions and bacon; a Cornish pasty of the day; a lambwich with fontina, greens and red pepper-oregano oil on focaccia. Much of HoneyPie's sourcing is done through Braise RSA: beef from Big Ney's Ranch, seasonal produce from Mi-laeger's, Springdale, Turtle Creek, High Cross, Tipi and Bowers, and much more.

HoneyPie also works directly with other vendors, like Centgraf Farms, from which it gets produce featured in a rotational "Farmhouse Trio" of soup, salad and starch. Other local connections include a custom blend coffee from Anodyne, tea from Rishi and bread from Breadsmith. HoneyPie's side business is sending piegrams, and its black-bottom banana cream was recently named one of the best pies in America by *Time Out*.
2643 S. Kinnickinnic Ave., Bay View
414-489-7437 • www.honeypiecafe.com

Iron Grate BBQ

Chef/owner Aaron Patin, an integral part of the success of the East Side's James Beard Award-winning fine dining restaurant Ardent, struck out on his own to open Iron Grate BBQ, a stripped-down "meat-and-three"-style joint. The meaty, where-have-you-been-all-my-life Milwaukee rib, a spare rib with the belly attached, is custom-cut by Franklin Meats in Franklin. The Angus beef brisket comes from Pritzlaff Brothers Meats in New Berlin and hot links are made by Gahn Meat Co. in Milwaukee. Even the oak and cherry

Le Reve's moules frites au Pernod with garlic aioli



wood fed into smokers Edna and Roxanne is local, and helps flavor sides including smoky grits, baked beans, smoked tomato mac 'n cheese, smothered greens and coleslaw. Iron Grate shares a space with Hawthorne Coffee and is only open Friday-Sunday from 11 a.m.-7 p.m.
4177 S. Howell Ave., Milwaukee
414-455-1776 • www.irongratabq.com

Lagniappe Brasserie

Lagniappe features continental cuisine expertly prepared by chef/owner Andy Tenaglia using French techniques—think veal franaise, paella and escargot. Small hoop houses and garden space behind the restaurant provide a bounty of seasonal produce supplemented by eggs, chicken, Duroc pork and greens from Field to Fork Farms in Waukesha, as well as mushrooms from Mushroom Mike LLC, honey, apples and pears from Patterson's Orchards in New Berlin, and vegetables from a farmer who lives two doors down. Tenaglia “adores” Wuthrich Swiss-style butter from Greenwood for all Lagniappe's bakery, pastry and butter sauces, and said that customers love the grassfed Wagyu beef burger topped with 9-year aged cheddar from Vern's Cheese in Chilton.
17001 W. Greenfield Ave., New Berlin
262-782-7530 • www.lagniappебrasserie.com

La Merenda

A cozy, casual neighborhood restaurant specializing in regionally- and internationally-influenced small plates, La Merenda is an extension of chef/owner Peter Sandroni's commitment to all things local, seasonal, and socially and environmentally responsible. Pork pierogi feature Maple Creek Farms pork, Brynteg Farms, Brightonwood Orchard apples and Sartori Dolcina gorgonzola. A Malaysian goat dish features LaClare Farms goat, and bacon made down the street at Sandroni's other incredible restaurant, Engine Company No. 3. Mexican fundido de hongos include River Valley Ranch mushrooms, local onions, Clock Shadow Creamery Menonita cheese, Alsum Farm sweet corn and Flyte Family Farm beans. You get the idea.

125 E. National Ave., Walker's Point
414-389-0125 • www.lamerenda125.com

The National Cafe

The National is everything you want a breakfast and lunch spot to be: funky, comfy, friendly and delicious. All that and it's within spitting distance of I-43. Chef/owner Nell Benton's simple-yet-diverse menu includes scratch-made soups, fresh salads, and hot or cold sandwiches, among them the blackened salmon with pickled peppers and arugula; and the truffled egg salad with capers, arugula, and tomatoes on sourdough. Benton said about 75-80% of her ingredients are local, from the likes of Bernie's Fine Meats, Vern's Cheese, Clock Shadow Creamery, Yuppie Hill poultry and eggs, Rocket Baby bread, and more.

839 W. National Ave., Walker's Point
414-431-6551 • www.nationaleats.com

Parkside 23

It's safe to say that executive chef Erik Malmstadt's cuisine is atypical of a suburban restaurant surrounded by residential neighborhoods. Billing itself as “the only restaurant in Wisconsin with an on-site farm,” PS23's ethos is farm-to-fork, whether grown out back or delivered via trusted local partners like the Oilerie just up the road, Strauss Veal in Franklin, Rushing Waters fish, Uphoff Farms of Madison, Sassy Cow, Sartori, and Roth Kase. Unique dishes include creamed corn with leeks, roasted poblano pepper and bacon, as well as pretzel-crusted veal with black pepper spaetzle, sauteed asparagus, wild mushrooms and caper pan sauce. The bar features beers from Lakefront, Sprecher and Milwaukee Brewing Co., upping the local quotient even further.

2300 Pilgrim Square Dr., Brookfield
262-784-7275 • www.parkside23.com

Le Reve Patisserie & Cafe

Housed in a historic former bank, Le Reve does French bistro chic with a sweet twist in one of the most striking dining spaces in all of Milwaukee. Breads and pastries are gallery-worthy and delicious, and the savory menu features classic French standouts like crepes, nicoise salad, steak frites and steamed mussels. According to assistant GM Tim Minor, Le Reve uses a host of local products: bacon from Wilson Farms in Elkhorn, eggs from Yuppie Hill Poultry in Burlington, breakfast sausages from Hometown Sausage Kitchen in East Troy, mushrooms from Mushroom Mike LLC and Sugar Bee Farms, baby greens from Kettle Rock Farms in Palmyra, and cheese from Plymouth's Sartori Cheese, LaValle's Carr Valley Cheese and Saxon Creamery of Cleveland.

7610 Harwood Ave., Wauwatosa

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GO Fish

**Luring the Catch
of the Day**

Story by Heather Ray
Photography courtesy
of Gordon Martin



Writer Heather Ray waits for the “gateway tug” on her first fly fishing trip.

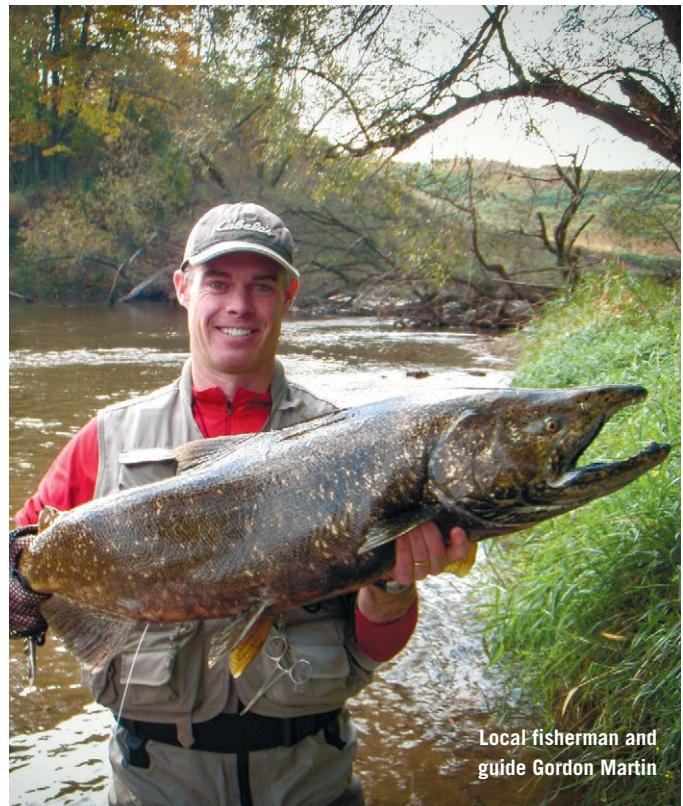
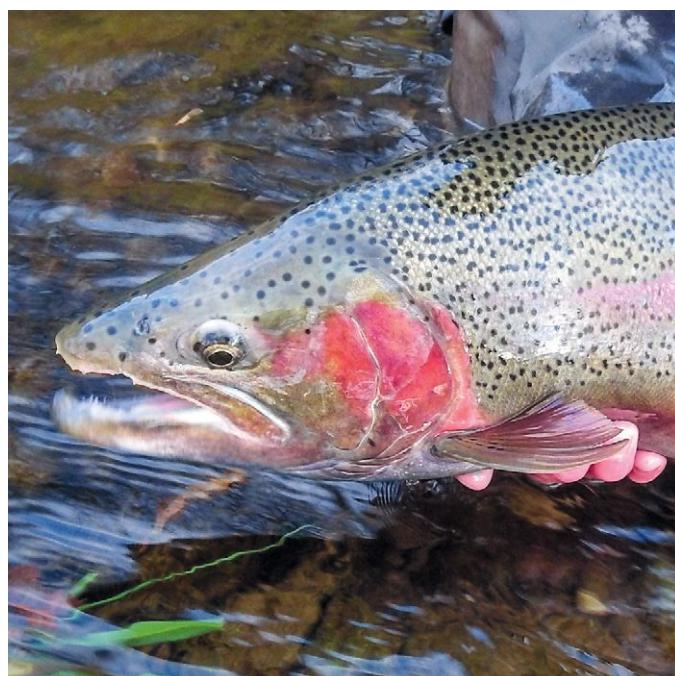
Moving to Wisconsin introduced me to the wonders of Bloody Marys with beer chasers, a respect for brats and my very first cheese curd craving. But perhaps the most curious wonder of all was the experience of the Friday night fish fry.

Something about those crispy filets piled over a stack of potato pancakes hushed my hankering for seafood, while days spent wandering through the rolling moraines along the Ice Age trail reminded me that with new geography come new adventures. It also taught me that, in Milwaukee, if you give a girl a fish fry, she will eat well for a day. But teach a girl to fish and she may never leave Wisconsin.

It was on a late spring hike through southern Kettle Moraine that I sent my very first cast with a fly fishing rod, eventually catching what I would later know as the “gateway tug,” according to local fly fisherman Gordon Martin, owner of Tie 1 On in Elkhart Lake.

“Catching one is like the gateway drug of fly fishing,” he says. “Once it happens, you’re hooked.” He’s referring to the spirited tug of the bluegill, a type of sunfish that’s abundant in Wisconsin waters and found on many fish fry menus.

But on this particular afternoon, I didn’t know about the great steelhead fighting their way through the urban tributary streams, passing by Miller Park Stadium and through Estabrook Park. I didn’t even know that steelhead was another name for rainbow trout that spend most of their life a good ways out into Lake Michigan



Local fisherman and guide Gordon Martin

before coming through town to spawn in the spring. Or that the DNR stocks the rivers with different strains of steelhead from Kenosha up to Green Bay.

I didn’t know that flies were tiny works of art—a composition of patterned feathers and thread sewn onto tiny hooks, each designed to mimic a different insect the fish might snack on. Or that fly fishing lines are measured from 1 to 12, with 12 being the thick heavy line used to catch the kind of legendary fish likely to grace a mantle, and that there were rods made to accommodate different line sizes. All I knew was that it was a beautiful day to be in the Kettles, in shorts, and in the company of a good friend and naturalist, Ken Keffer.

An educator and wildlife biologist at Wehr Nature Center in Franklin, Keffer keeps a fishing rod (or two) in the trunk of his car for days like this. For us, it started as an adventure to explore new trails and ended with me hip deep in the McKeawn Spring along the side of Highway 67 with a fly rod in my hand, proving that it doesn’t take much gear to experience the wonder of this ancient technique. It does, however, require a fishing license and a trout stamp. But because I was a first-time buyer in Wisconsin, my annual

license was only \$5; the trout stamp is \$10 (See the sidebar on page 21 for more information on fishing licenses).

I was fortunate enough to be with a veteran fly fisherman in possession of two different styles of rods: a normal fly rod and a tenkara rod. Tenkara is a centuries-old Japanese style of fly fishing in its simplest form, using only a long flexible rod, line and fly (hook)—no reel. The name is suspected to mean “from heaven” or “from the sky,” as the fly would appear from the fish’s perspective, gracefully touching down on the water’s surface. Modern versions are designed like telescopes, extending up to 13 feet and collapsing down to the size of an arrow, making them lightweight and portable companions for backpacking, or in our case, day hiking.

Some fishermen consider tenkara a waning fad after it gained a surge of popularity a handful of years ago when Tenkara USA introduced these Japanese rods to the American market. Other fishermen embrace the option. “It’s hard to tell if it’s just a trend,” says Taylor Todd, one of the fly fishing instructors at Orvis in Glendale. “I have a few buddies that are really into it; I could see it being around for a while,” he says.

Taylor spends his spring weekends at Orvis teaching free fly fishing classes along with fishing manager Erik Helm. “The course is designed to introduce beginners to the sport,” Todd says. “In two hours, we go through knot tying, casting, flies, places to fish, and help everyone find the right equipment.”

Before experimenting with the tenkara rod, I get a lesson in casting from Keffer using a standard fly fishing rod. We wade out into the cool spring, letting our feet sink into the soft bottom. Within striking distance to several cliques of small trout, we start with the basics, an overhead cast. It’s a back and forth motion meant to transfer energy from the rod to the line while keeping the tip of the pole in a straight line. After a few practice casts, I eye up a nearby trout. My line soars above me, back and forth, back and forth, before sailing out to greet my victims. Too short. I try again. Even shorter. After a deep breath, I cast again, watching my fly soar within inches of a curious fish that seems to be lured by the mysterious fly. He’s just about to bite when my eagerness gets the best of me and I pull my line too soon.

Patience is a virtue, and I’ll get plenty of practice today. With each cast, I gain a better understanding of the rod’s movements, the line’s momentum, the timing of pauses between back casts. Right away I understand the therapeutic charm of fly fishing, before even catching a fish. I watch as my instructor moves closer to the bank. With a horizon of shrubbery and branches at his back, he explains the purpose of a roll cast. “You won’t always have room behind you to back cast,” he says, using his wrist to pull the line up into a D-loop before “rolling” the line forward and sending the fly on its way.

Keffer wades back out to where I’m standing. He talks me through another cast, mimicking the motions with his arm. I follow along with the movements, sending my fly out into the water. “We got

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one!" I yell, my tummy fluttering in the same rhythm of the feisty bluegill on the end of the line.

Call me biased, but it's been said by many a fishermen that women are better fly fishers. "Women are better listeners, and they have more patience than most men," explains Martin. "When I take out a group of beginners, the women almost always catch more fish than the men," he says.

As we reeled in the bluegill, I realized how the excitement of learning on the fly trumped my craving for the Friday night special. With that, I thanked the little sunfish with a kiss on the lips (for good luck) and set it free. But when it comes to falling hard for yet another Wisconsin tradition, I'm not off the hook. *eM*



Heather Ray is a Milwaukee-based freelance writer currently pursuing a Master's in Nutrition and Dietetics from Eastern Michigan University. As the former editor of *Healthy Cooking* magazine for *Reader's Digest*, she claims to eat healthy 80 percent of the time, reserving 20 percent for pie.

Classes and Guides

Free classes are available at Orvis in Glendale beginning in April. For details and a schedule, visit www.orvis.com/milwaukee or call 414-963-8709.

Tie 1 On Guide Service in Elkhart Lake offers fly fishing excursions for beginners and seasoned anglers. For seasonal rates (full or half day trips), visit www.tie1onguideservice.com or call Captain Gordy at 920-876-3510.

License to Fish

The Wisconsin Department of Natural Resources (DNR) offers discounted fishing licenses for first-time buyers or anyone who hasn't purchased one in the last 10 years. Free licenses are issued to kids 15 and under and active duty military anglers on furlough or leave who are Wisconsin residents. For a complete list of rates, visit www.dnr.wi.gov/topic/fishing/outreach/FishingLicenses.html.

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Schaum Torte

A Sweet Living History

Story by Erika Janik
Photography by Joe Laedtke

Schaum torte by Chef Thomas Hauck,
new owner of Karl Ratzsch's

"Send him something sweet,"

urged Jean Templeton in *The Milwaukee Journal* on April 17, 1941. Husbands, sons, brothers, and boyfriends away at war craved desserts in addition to their army meals. "Candy, cookies, cake or a surprise schaum torte are among the packable sweets you may mark 'perishable' and rush through the mails by air or special delivery." Packed between thick layers of popcorn, schaum tortes "go through the mail in perfect shape." And bonus: with real popcorn packaging, the "entire contents of this package is edible."

Templeton's suggestion of schaum torte was a true taste of home for soldiers. It's a Wisconsin favorite, particularly among those of German descent, that few outside the state know.

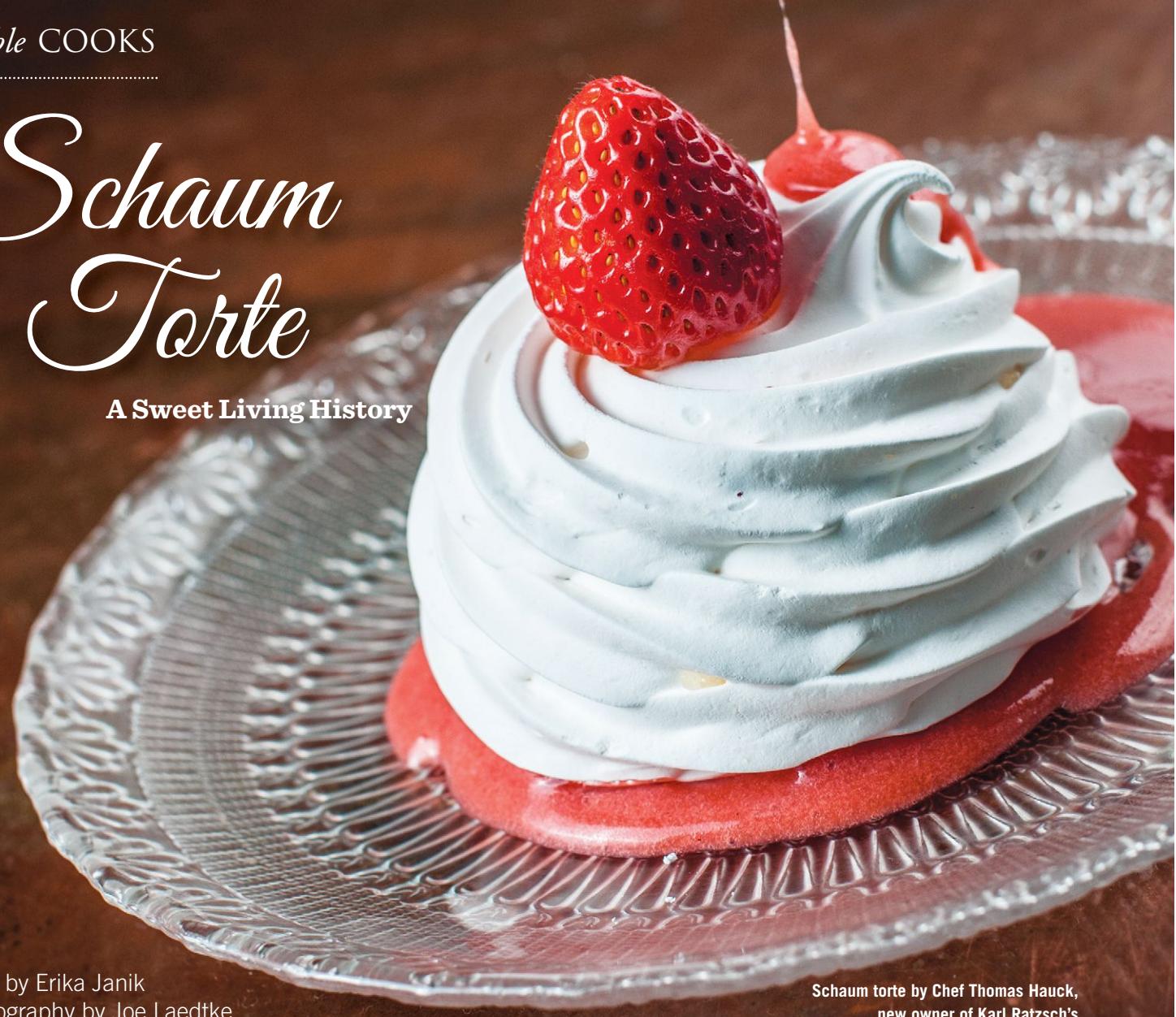
"I never realized there was anything unique about it until I was an adult," says Milwaukee native Lori Fredrich, author of *Milwaukee Food: A History of Cream City Cuisine*. "My grandmother made schaum torte for Easter every year, and ladies sometimes brought it

to church potlucks and community events. It was a special occasion food."

Schaum torte, or sometimes *schaumentorten*, is German in origin. Its name translates to "foam cake," an apt description of its meringue base. In Germany, a torte usually refers to a layered cake made with little or no flour. Prepared with little more than egg whites and sugar, schaum torte is typically baked in a springform pan and topped with cream and fruit.

Meringues like schaum torte are familiar desserts in many cultures. Its closest relative is the more well known pavlova, named for the Russian ballerina Anna Pavlova, though meringue sweets have a much longer history.

Desserts made from sweetened egg whites appear in cookbooks dating back to at least the 17th century. Lady Elinor Fettiplace's 1604 cookbook included a recipe for "White Bisket Bread" that



called for 1½ pounds of sugar, a handful of flour and 12 egg whites, a recipe not unlike that used for meringue today.

Schaum torte may trace its origins to the *Spanische Windtorte*, often called the “fanciest cake in Vienna” during the height of its popularity in the Austro-Hungarian Empire of the 1600s. Made of cylindrical rings of baked meringue, the complex dessert holds whipped cream and fruit and is traditionally decorated with crystallized or fondant violets. It got its name from the ruling Austrian Hapsburg family, who controlled much of Central Europe between the 15th and 18th centuries, and had a fascination with all things Spanish.

The Wisconsin version likely comes from Germany or Austria, traveling to the United States with immigrants. The *Joy of Cooking* traces schaum torte back to Wisconsin in the 1870s. It also offered some advice for making it. “If you are cursed with a mental hazard in regard to meringues, dismiss it,” counseled *Joy* author Irma Rombauer. Milwaukee’s own Lizzie Kander included a recipe for schaum torte, or kiss torte as it also appears to be known, in *The Settlement Cookbook*.

Although strawberries are common, the fruit topping can vary. In 1973, Milwaukeean Betty Sakar won the National Pineapple Cooking Classic with her “Hawaii Five-O Torte,” a recipe based on schaum torte. Sakar’s tarte called for canned pineapple and lemon pudding. Other versions, like the one served at Pappy’s Bay Shore restaurant, a favorite with Vince Lombardi and Packers players, featured pecans and hot chocolate.

The recipe for schaum torte doesn’t call for many ingredients, but it does require some precision.

Older eggs tend to make the best meringues because the whites are thinner, beating up faster and attracting air quickly. Fresh eggs tend to have thicker egg whites that require more beating to achieve the even viscosity of a perfect meringue.

Sugar is the key to both sweetness and volume. The sugar pulls water from the whites as the proteins recombine around air bubbles. It also helps the beaten whites hold their shape and gives the meringue its distinctive look and texture.

The meringue emerges golden and crusty from the oven. As it cools, the center of the meringue collapses, creating a hollow for berries and cream.

There are two camps with regard to the texture of the meringue: those who like it crispy and dry and those who like it crisp exterior with a marshmallow-soft interior. The difference comes in cooking time and temperature.

“My family lands firmly in the marshmallow-y category,” Fredrich says. “And, as a child, I thought that those little hard disks of meringue were a sign that the torte had been overbaked.”



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Lori's paternal grandmother got the recipe from her aunt, Edna Riebe, although it's possible that the recipe goes even further back. A favorite dessert, Fredrich made her first schaum torte for prom. Her high school boyfriend loved schaum torte so she made it as an after-prom treat. Her grandmother insisted she borrow her springform pan so it would turn out right.

"I really took on the tradition of making schaum torte in my family," Fredrich says. "You could even say it launched me on my food trajectory because it was this recipe that I sought to make and preserve."

Once married, Fredrich made schaum torte for her father-in-law for Father's Day. Because the meringue requires so many egg whites, leaving a lot of yolks, she began making lemon curd for a topping with the strawberries.

"Schaum torte can be an achingly sweet dessert, so I like how the tart lemon curd cuts through the sweetness," Fredrich says.

Many people make schaum torte at home or for community events but it can still be found on menus, primarily old-school supper clubs, ethnic restaurants, and steak houses. Karl Ratzch's serves its schaum torte with strawberries, cream and ice cream. Joey Gerard's, the Bartolotta Restaurant Group's modern take on a supper club, features schaum torte as does Alioto's in Wauwatosa, which opened in the 1920s and features the Alioto family recipe for the dessert.

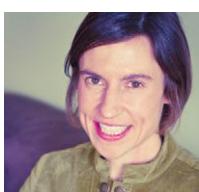
But that said, schaum torte may be becoming an endangered food.

"Schaum torte is a piece of nostalgia that I think may be fading," Fredrich says. "It's still beloved by many people but it is becoming less familiar."

Fredrich is doing her part to keep schaum torte alive. A few years ago, she entered an adapted version of her grandmother's recipe in a contest. The recipe won and was featured for a time on the menu of Il Mito in Wauwatosa. Her grandmother, since deceased, was astonished and thrilled that her recipe had inspired this modern version.

"Recipes are meant to be shared. I believe they have a way of developing a life of their own," Fredrich says. "Sharing my schaum torte recipe is spreading the love to my friends and family. It's also keeping my German heritage and family baking traditions going." *eM*

Visit www.ediblemilwaukee.com for Lori's adaptation of her grandmother's schaum torte recipe.



Erika Janik is a writer, historian, and the executive producer of "Wisconsin Life" on Wisconsin Public Radio. Her most recent book is *Marketplace of the Marvelous: The Strange Origins of Modern Medicine*.

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Looking for a schaum torte with a side of strong tradition? Karl Ratzsch's is serving up the old with some new. Milwaukee native and chef Thomas Hauck of c.1880 in Walker's Point purchased the more than a century-old restaurant in January. Asked why, Hauck replied, "because it's Karl Ratzsch's!"

"This was a special place for my parents and for people in their generation. It's where I came as a kid," explains Hauck. "The restaurant embodies everything about Milwaukee. You can't say that about many places."

Owning Ratzsch's was a longtime dream for Hauck. He even wrote a proposal for future ownership of Ratzsch's when he was in culinary school (an idea that included franchising and taking it national, a thought that he now recognizes as "horrible").

Otto Hermann opened what is now Karl Ratzsch's as Otto Hermann's Café on Water Street in 1904. The business moved to its current spot on Mason Street in 1929 after its purchase by Hermann's stepdaughter, Helen, and her husband, Karl Ratzsch. Today, the restaurant is among the last of the German eateries in the city.

Ratzsch's will remain German but Hauck plans to update the décor and revise the menu to highlight regional German food and beer styles. Many old favorites like schnitzel, sauerbraten, and schaum torte, the dishes many customers expect, aren't going anywhere, though that schaum torte will likely come with fresh rather than frozen or canned berries.

Taking over a landmark isn't without its pressures, but he also recognizes that restaurants need to change and adapt to survive.

"You are still going to know its Karl Ratzsch's when you come in the door," says Hauck. "I love this place and I certainly don't want to mess up."

Hauck hopes his tenure will introduce younger generations to German food.

"My generation and those younger don't have the love for German food that my parents and even older generations had," says Hauck. "This is food that's been popular for centuries and we're going to take it back to its roots."

Note: Karl Ratzsch's will remain closed during the renovation but will reopen in the spring.



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Build a Bar

Story by Dy Godsey
Photography by Joe Laedtke



The phrase “craft cocktail” has been around for so long that it’s starting to make some people uncomfortable. While those two words may have jumped the shark, applying the time-honored tenets of craftsmanship to cocktails has not. Thoughtful selection of ingredients, proper mixing and the right gear are as important behind the bar as they are in the kitchen.

Milwaukee is your palate’s playground, where local players combine to make spirits, bitters and tonic syrup in the Lincoln Warehouse. We are also home to top bartending talent. At a time when even home bartenders want to make more complex and impressive drinks, we’ve worked up a delicious concoction for you. Here are five ingredients to the perfect local cocktail.

Tea. Rishi Tea has been the secret weapon of Milwaukee’s best bartenders for years. Any recipe calling for simple syrup can be made vastly more interesting with tea syrup, and Rishi Tea is known as much for the quality of their selections as their expertise in blending them. Using their teas to make syrup is lovely way to herald next season’s juicy flavors into your spring drinks.

Rishi Tea’s Herb Lab Series builds a bridge between the tearoom and the bar by drawing inspiration from Italian amari and French vermouth, which are enjoyed somewhat interchangeably before and after meals to stimulate and settle digestion. Aperitifs and digestifs are seeing an increase in popularity as modern drinkers explore the notion of “courses” in drinking, just as we enjoy courses of food.

Salt. Bartenders and chefs alike know that a pinch of salt can really make flavors pop while inhibiting bitter rough edges. This humble mineral isn’t just sitting around, looking pretty on the rim of your glass anymore. A drop or two of saline brightens up citrus notes and lends a savoriness to sweet drinks. Cocktail scientist Kevin K. Liu recommends making your saline solution with a quarter teaspoon of salt and an ounce of water.

Your local grocery surely carries few varieties of salt, but the Spice House has exotic salts in a range of colors, flavors, textures and minerality. Make your next White Russian with Roaring Dan’s Maple Flavored Rum instead of vodka, and add a few drops of smoked salt solution. Trade the kosher salt on your next Twisted Path Salty Dog for a thin rim of pink Hawaiian salt and behold its beauty. The Spice House sells quantities small enough that you can afford to experiment. Plus, any flavored spirit that uses artificial flavors will taste better enhanced with natural ingredients.

Herbs. If you’re not yet convinced that crafting cocktails starts in nature, take a walk through Milwaukee’s farmers’ markets. We are lucky to have plenty of outdoor markets in fine weather and indoor markets to carry us through the colder months.

Seasonal produce will spark your curiosity, as will herbal infusions and honeys from local companies like Thymely Herbals. Whether you’re spoiling yourself or impressing your loved ones, fresh fruits and herbs are a beautiful addition to drinks.

Ice. Great drinks deserve great ice, and an icy cocktail requires good refrigeration. Ask any serious bartender about the subject and she (or he) just might wax rhapsodic about how gorgeous ice has become in recent years. Mostly this means chunky cubes and spheres and definitely this means crystalline clarity.

You've probably seen the name "Perlick" dozens of times in bars and breweries around the city, but did you know they are headquartered here in Milwaukee? The Perlick Corporation offers many hospitality-designed appliances including an icemaker for perfectly clear ice. Their residential line-up features appliances for indoor and outdoor use that will transform the way you think about entertaining at home. The Cadillac of home bar accessories just might be their martini rack—no other manufacturer has it on the market.

Put it all together. Great ingredients and the right gear make bartending a lot easier, but the most important qualities a bartender can have are knowledge and confidence. You can develop these qualities in the wild like a lot of us have, but it takes years and passionate dedication. If you were hoping somebody else would do the heavy lifting, you can get a head start by taking a class or course. New or aspiring bartenders can benefit from courses at WCTC and MATC, which usually include certification.

Experienced bartenders and cocktail aficionados are more likely to benefit from "drinking field trips" to the best cocktail bars in the city. The name implies that you will go with a group, which is a must because there is a lot of exceptional talent here and you've only got so much sobriety. Taste each other's drinks, and make more than one evening out of it because there are many mixological styles being well represented in Milwaukee.

The revolution is over; the culture of cocktails has taken hold in America. Thankfully it is about so much more than intoxication. I do hope that this short list inspires you to partner with local producers to thoughtfully craft your own cocktails, and to choose wisely when you're in one of Milwaukee's many great bars. The satisfaction you will get from sipping a great historical or original drink is as meaningful and real as the pride of handing your guest your own craft-built cocktail. Consciously prepared drinks represent a culinary pursuit worthy of our best efforts because, like great cuisine, they bring people together and can inspire them to learn about subjects like history, geography and science. Even more importantly, over cocktails, as over meals, we get to really know people. *eM*



Dy Godsey is a career bartender who blends classic formulations with fresh ingredients and a DIY philosophy. Learn more at www.dygodsey.com.

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South by Midwest

The MKE-NOLA Connection

Story and Photography by Joe Laedtke

There and Back, and There Again

Bon vivants, hedonists and wanderers agree—visit New Orleans and it's all over. The city, the people and the *joie de vivre*, knock you over and then burrow so deeply inside your heart that, by the end, you get this feeling that you're merely living between trips.

Your plane arrives. Your legs come back under you while you stroll through the French Quarter, in the company of buskers, hustlers, natives and tourists. The music draws you in, all jaunty and energetic in the daytime near Preservation Hall, and at night, sultry in a smoky 7th Ward neighborhood bar or at a bounce club [in the 9th]. You can't help but move, even if you never had any rhythm to start with.

And then, there's the food and drink: Po' boys, grilled oysters, etouffee. Sazaracs at the Hotel Monteleone. Barbecue shrimp washed down with Abita. Powdered sugar-drenched beignets at 3 a.m., while sipping on chicory coffee and inevitably wearing black. Cajun,



A Hurricane at Maxie's



Maxie's fresh shucked oysters



Jambalaya at Maxie's



Abita beer-braised
Duroc pork cheeks
at Maxie's

Creole and classic French stand proudly alongside newly-arrived and longstanding immigrant cuisines, making New Orleans a true American multicultural melting pot.

Like New Orleanians, Milwaukeeans, too, turn our music up loud, pour our drinks strong, and appreciate equally our longstanding culinary traditions. We went down and came back up, then found our fix in town for when we can't get away—but also can't get NOLA off our minds.

The Moxie of Maxie's

"We plan our trips down there so our staff can 'drink the Kool-Aid.' They have to believe in the culture that we've established at Maxie's. You can't cook French food if you haven't been to France. You can't cook Southern if you haven't been down south. The most impactful

city to visit to get somebody to understand Southern cuisine is New Orleans."

Joe Muench, co-owner of Black Shoe Hospitality, first visited Louisiana when he was in high school. At the time, he had no inkling that he'd become a chef, let alone chef-owner together with partner Dan Sidner, of three successful restaurants in Milwaukee. With Blue's Egg strongly established and Story Hill BKC, their newest concept, finding a strong identity in small plates and a great craft cocktail and beer program, Maxie's grew up a little differently—and knew who she was right away. Like New Orleans, she likes her music up, her lights down low and her home to be a place for a party.

"Maxie's, by far, has the most expression [of our restaurants]. It could work in any city. We could put it into New Orleans and people would embrace it," Muench says. It fits with the DNA of the



south—humble and hospitable, a place you can go to eat well and get a taste of something you once had (or look forward to having, after landing at Louis Armstrong International Airport). With Muench's strong belief that Milwaukeeans and New Orleanians share a common attitude, there's not a lot of pretentiousness in what Maxie's is doing.

What sets Maxie's apart is not that they import the cuisine of the South, but that they strive to be authentic in their interpretation of traditional Southern food using local ingredients. You'll find the standards there—freshly shucked oysters, Hurricanes and jambalaya, just to name a few—alongside dishes that are more innovative, yet won't be entirely unfamiliar to Wisconsinites' palates, like rabbit stew with sweet potato drop biscuits and pecan-crusted Rushing Waters trout fillets. To sample the menu is like taking a tour across the broad South without crossing the freeway to the south side.

Gastrotourism

Brilliant Savarin said, "Tell me what you eat and I'll tell you who you are." If this is true, then we might be southerners at heart.

"Every city is connected to New Orleans. We can relate to the genuineness, the longstanding traditions. It's the heart of the U.S. When you go there, you leave a piece of yourself, but you also take a part with you," Muench says. And us, well—we agree. We'll keep living between those trips, with Maxie's keeping our bon temps rouler-ing in the meantime. *eM*

In No Particular Order

A Round of Craft Beer Bars

List by Nick Rasmussen • Photography by Adam Horwitz



BJ Siedel, Burnhearts and GoodKind



**Adrienne Pierlussi,
Sugar Maple and Palm Tavern**



Nat Davauer, Draft & Vessel

Beer bar. The term conjures images of snobbery, exclusivity and niche beer styles that are 11 syllables in length. Sure, there are places where accessibility and approachability are distant concepts. But the best beer bars are institutions that pour equal parts thoughtfulness and creativity into every glass. As soon as you hit the barstool, you feel the care and pride. And when you get your pint, tulip or mug, you wash down along with your beer a palpable sense of community. The list below is just a handful of establishments in the area serving up a great craft beer experience. Bottom's up.

Bernie's Tap Room

There's something inherently casual and comfortable about the space that sits at the corners of Main and Clinton Streets in Waukesha. Bernie's Tap Room perfectly combines Wisconsin colloquialness and Milwaukee urbanism. Throughout the open concept space, in the exposed brick, you find

old and new, European and American, traditionalism and progressiveness.

The one consistent theme at Bernie's is beer. 26 tap handles of good beer. Meticulously selected, aged if needed, seasonally allocated, beer. Owner and bar manager John Bernhardt and his bartenders know how to cater to their clientele, offering and suggesting varieties that taste familiar or push boundaries. Bernie's also hosts events and tastings—an educational forum for those entering the labyrinthian land of craft beer—in a relaxed and accommodating environment.

Bernie's Tap Room

351 W. Main St., Waukesha
262-548-9800 • www.berniestaproom.com

Burnhearts

You know that place of solace that you visit when you want things to feel familiar? Well, this is it. Maybe it's the iconic beer memorabilia strewn about. Or it could be the gritty, vintage ambience. Or perhaps it's the haloed glimmer of your favorite tap handle.

Whatever *it* is, there's just an abstractness that is warm, inviting and just plain cool. It's a bit like walking into an episode of *Cheers*, but instead of Sam grumbling about his relationship problems, there's owner BJ Seidel and Cicerone Certified beer server Mic Makalinao chatting about the relationship between the Citra hops and the pale malts in Zombie Dust. And instead of Norm sipping that same ol' beer from that same ol' mug, it's a girl you've never seen before sipping something you've never heard of from a glass that you didn't even know existed.

Burnhearts is more than a corner bar—it's a craft beer institution that curates one of the most diverse lists in the city with 24 constantly-rotating taps and casks. Whether you're new to artisanal beer or a self-proclaimed craft connoisseur, you'll find something that will soothe your beer-craving soul.

Burnhearts Bar

2599 S. Logan Ave., Bay View
414-294-0490 • www.burnheartsbar.com

Draft & Vessel

Unique and progressive business models are necessary in the saturated segment of craft beer. Not a single other place in Milwaukee is doing things quite like Shorewood's Draft & Vessel. The premise is simple yet brilliant: a cozy beer destination that pours taps, fills growlers, and sells select 22-oz. bottles as retail carry-out with a few pieces of merchandise for good measure. That's it. Well, not quite. There's more. Much more, actually.

Draft & Vessel is really built upon the idea of conversation while sipping or waiting for a growler of one of their 16 tap beers. It's about congregation, or discussing nuances of beer styles, or debating about how Milwaukee is doing things a bit differently in the craft scene, or any other topic that you can dream up. Just ask owner Nat Davauer or manager Eric Gutbrod what their recommendations are the next time you find yourself bellying up to the bar. After all, the beer lineup can be a tad daunting. While you're taking that first sip of something decadent, strike up a chat with Nat or Eric, or with the person sitting next to you. Before you know it, you will have spent hours conversing with a few new friends over a few new favorite beers. And that is what the Milwaukee beer scene is all about.

Draft & Vessel

4417 N. Oakland Ave., Shorewood
414-533-5599 • www.draftandvessel.com

Sir James Pub

Most don't consider the smallish city of Port Washington a beer mecca, which is precisely why Sir James Pub is such a surprising delight. Having been in business for over 30 years as a specialty beer bar—long before beer bars were a thing—this unassuming pub houses more than 700 varieties of craft beer with 18 circulating on draft. However, it's not just the capacious beer list and approachable, charming and convivial atmosphere that gets Sir James Pub mentioned here.

Owner, manager, bartender and patron-dubbed "beer whisperer" Jason Rabus is a substantial part of the draw due to his beer acumen and ability to spin the sometimes-esoteric world of beer into something accessible and fun. Jason's fervor towards beer as a topic of conversation, object of historical perspective and enhancement of community packs this quaint town.

Sir James Pub

316 N. Franklin St., Port Washington
262-284-6856
www.beermenus.com/places/11200-sir-james-pub

Sugar Maple/Palm Tavern

If you're unfamiliar with the burgeoning craft beer culture in Milwaukee, you may also be unaware of Bay View mainstays Sugar Maple and Palm Tavern, sister locations owned by husband and wife, Bruno Johnson and Adrienne Pierluissi. On the American craft beer side, Sugar Maple boasts 60 taps all devoted to beers brewed in the U.S. The interior is relaxed and aesthetic, with most of the wall art originating from the adroit hands and inventive mind of owner, Adrienne. There's something cultured and intellectual in the way that Sugar Maple flows, from the winding bar top to the perpendicular benches. If you see Adrienne behind the bar or walking around, don't hesitate to ask for her assistance with your next selection from their ever-changing list.

If a European beer style is more in your wheelhouse, then head over to Palm Tavern instead. Palm boasts 25 drafts and a hefty stash of bottles with a Belgian-leaning tilt, though they still offer an impressive array of American crafts. The diminutive Palm vastly differs from Sugar Maple. Beer signs, posters and metal plating adorn the walls, the lighting is basically nonexistent. Matt Tunnell, whose background is in both beer and spirits, and the bartenders at Palm, live and breathe craft beer, so lean in and ask questions.

Sugar Maple

441 E. Lincoln Ave., Bay View
414-481-2393 • www.mysugarmaple.com

Palm Tavern

2989 S. Kinnickinnic Ave., Bay View
414-744-0393
www.beermenus.com/places/4036-palm-tavern

Uncle Mike's Pub

For the sake of this list, let's strip away everything that makes Uncle Mike's the adult amusement park it is—televisions, trivia, volleyball, food and spirits—and focus just on the beer. It's evident from this bar's 76 taps, with an obvious nod towards Wisconsin and Midwestern breweries, that Uncle Mike's beer list rivals Tolstoy in its vastness.

But again, this isn't about sheer volume. This is about details and customer experience. Whether your thing is a pilsner or an imperial stout, general manager Theresa Moon and the staff at this Kenosha landmark can assist you in selecting something viscous and chewy that can coat your tongue, something resinous and citrusy that will punish your palate, or any flavor profile in between.

Uncle Mike's Pub

6611 120th Avenue, Kenosha
262-857-2392
www.mikelikesbeer.com/uncle-mikes eM



Nick Rasmussen has been a self-proclaimed beer geek ever since he took his first sip of Dogfish Head 90 Minute IPA back in 2009. Born in Stevens Point, WI and now residing in Milwaukee's Bay View neighborhood, Nick is also a home brewer and a passionate food zealot, particularly with regard to organic, locally-sourced vegetarian and vegan food. When he's not writing or brewing beer, you can find Nick either running or biking along the lakefront or out dining with his girlfriend, Katie.

Loaves & Fishes

Not Just a Lenten Tradition

Story by Erika Janik

Photography by Joe Laedtke

“Fish Fry Taste Conquers City in Wake of Return of Beer”

declared the *Milwaukee Journal* on July 9, 1933. One Milwaukee tavern owner called fish and beer “a good combination” that “will go just as well in winter as in summer.”

While the declaration was perhaps a bit premature (the 21st Amendment repealing Prohibition was not officially ratified until December), many people had already begun to drink openly, and breweries had been allowed to produce beer with 3.2 percent alcohol. The connection between beer and fish was more than just taste. It was a business move.

“Bars offered fish fry as a way to get people—families—back in after Prohibition,” explains Janet Gilmore, a folklorist at the University of Wisconsin-Madison. “Fish tended to be cheap and it was an easy way to feed a crowd.”

Friday (and often Wednesday) is a kind of holy day in Wisconsin, with people gathering in taverns, supper clubs, VFW lodges and churches to eat fried fish and raise a glass of beer.

The main event is fish—often yellow perch, catfish, walleye, haddock, cod, bluegill, or smelt—battered and fried. It typically



Fish was cheap, abundant and, as tavern owners noted, tasted great with beer. These meals encouraged the thirst for and subsequent sale of beer.

comes with potatoes in some form (baked, mashed, fried, hashed), bread and coleslaw, but this can vary. In areas of Danish settlement, like southeast Wisconsin, pea soup often accompanies the fish. In Milwaukee, the potato often takes the form of a pancake served with applesauce. At the Polish Center of Wisconsin, the Lent fish fry comes with pierogi.

No one really knows why fish fry became so universally popular in Wisconsin. Its story draws on many threads, from Catholicism and Prohibition, to the state's abundant water resources and the many different people who settled here.

"There's an incredibly creolized character to fish fry," Gilmore says. "It doesn't come from one place but from many places, people and traditions."

With plenty of streams, rivers and lakes, Wisconsin had offered Woodland Indians a ready supply of fish for centuries. Native peoples planted some crops, but agriculture was of secondary importance to the hunting, fishing and gathering of wild foods that formed a central part of their diet. The Ojibwe, for instance, depended on whitefish, often smoked and salted, from the Great

Lakes. They later shared these practices with white settlers who often had their own fish foodways.

African Americans developed a fish fry tradition in the South during slavery. It became a social event after the Civil War, usually featuring drinking and dancing, as well as a reliable church fundraiser because of the availability of cheap fish and ease of preparation. African Americans likely brought this tradition north to Wisconsin where it melded with the traditions of other immigrants.

Those immigrants included Germans with their sense of *gemütlichkeit*—conviviality and good cheer—hallmarks of the fish fry today. Germans and Bohemians also introduced Wisconsinites to the *bier stube* tradition, opening taverns and drinking spaces that welcomed families. These differed from saloons where the all-male patrons tended to stand. The combination of family and drinking similarly made the supper club a popular Wisconsin tradition.

To bring in more customers, many taverns began serving a free lunch in the late 19th century. Fish was cheap, abundant and, as tavern owners noted, tasted great with beer. These meals encouraged the thirst for and subsequent sale of beer.

Gilmore isn't sure why the fish was fried rather than cooked by another method but speculates that it had much to do with American affection for fried foods and general aversion to eating fish. Fish consumption has historically been low in the United States as compared to the rest of the world, making up less than 10 percent of Americans' consumed



animal protein. Frying masked its fishy flavor while the saltiness increased thirst—good news for tavern and supper club owners.

Add to this Wisconsin's large Catholic population, many of whom did not eat meat on Fridays. Technically, it was the flesh of warm-blooded animals that was off limits so coldblooded fish became an easy substitute. In the 1930s, the Catholic Church reaffirmed meatless Fridays during Lent for its members in observance of Christ's crucifixion. Vatican II ended the Friday meat ban for Catholics in the 1960s, but by then, eating fish had little to do with organized religion.

"Other places have fish fry, like Minnesota and Michigan, as they are often too quick to point out when Wisconsin fish fry comes up," Gilmore says. "But these tend to happen only during Lent. There's a huge range of fish fry across the state."

How and why this Catholic meatless tradition spread to a whole community and thrived outside of Lent is a question without an easy answer, according to Gilmore.

No matter how, where, and why they began, fish fry took off in Wisconsin.

Until the mid-20th century, lake perch, once a staple of the Milwaukee diet, and walleye were the most popular fish. But shortages led to the addition of ocean fish like haddock and cod. The collapse of Lake Michigan perch fisheries in the 1990s led to a commercial ban on perch fishing that essentially eliminated local perch from the table. Today, haddock and cod are the most common fish seen at a fish fry, with most perch coming from Lake Erie and Lake Winnipeg.

But local perch does appear on some menus thanks to aquaponics. Will Allen began growing yellow perch in his system at Milwaukee's Growing Power in collaboration with UW-Milwaukee's School of Freshwater Sciences. These fish reach maturity in one year, as opposed to three years in the wild.

Among those to benefit from the local perch are Locavore at the Potawatomi Casino and the Lakefront Brewery Beer Hall, the latter of which serves its popular fish fry along with live polka. The line to get in often stretches out the door.

That's another feature of the Wisconsin fish fry: the wait. Waiting for a table in a crowded dining area is a Friday fish fry tradition. Some places, like Serb Hall, which can and does seat hundreds every week, also offers a drive-through with lines of cars stretched down the block.

Of course, fried isn't the only way fish is served in Wisconsin. Fish boils became particularly popular in Door County, but Gilmore says that fishermen often boiled fish at home and for parties.

"People went out for [fish boils] sometimes, but it was really something you did at home," Gilmore says.

Vatican II ended the Friday meat ban for Catholics in the 1960s, but by then, eating fish had little to do with organized religion.

Legend has it that Scandinavians brought the custom to the Midwest. Parties featuring boiled seafood, particularly crayfish, are common in Sweden and Norway.

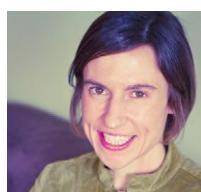
What's perhaps most remarkable about fish fry in Wisconsin, however, is that despite its popularity and ubiquity, fish fry claims no experts. Even Gilmore, despite frequently speaking on the topic and her academic work on commercial fishing and fishing culture on rivers and lakes, says there's still much to be learned and understood about the origins of Wisconsin fish fry.

But she knows enough about fish fry to understand its importance to the state.

"What's really distinctive is that people go out for it every week," Gilmore says. "It's so much in the fabric of what we do."

Gilmore speculates that many people may not even care whether the fish tastes good.

"Fish fry is about the ambience of a place and having fun with your friends and family," explains Gilmore. "That sociability is what makes this tradition uniquely Wisconsin." *eM*



Erika Janik is a writer, historian, and the executive producer of "Wisconsin Life" on Wisconsin Public Radio. Her most recent book is *Marketplace of the Marvelous: The Strange Origins of Modern Medicine*.



From Seed to Salad Bowl

Column by Francie Szostak
Photography by Joe Laedtke

After being cooped up during our endless Wisconsin winters, come spring, kids make eager gardening assistants. Many baby greens and fresh salad veggies have a very short “waiting for reward” period, and can grow and reach maturity in just 30 short days. From seed to salad bowl, families can plant and enjoy their own homegrown salads by the time school lets out for the summer.

From picking out seeds to watering responsibilities, be sure to involve kids in the growing process because any time children have a chance to plant, tend and harvest veggies themselves, they are far more likely to eat them.

Let's Get Growing!

Planting your own salad garden is quite simple. Planting your own salad garden is generally quite simple, but be sure to read the back of your seed packets for specifics on each plant variety.

Little gardeners are the most eager planters so be sure everything is organized before beginning. We've also included a few tips for gardening with kids to make sure that everyone enjoys the experience.

Site Selection

Greens and other spring salad veggies grow well in established in-ground beds, raised beds, or even containers or window boxes. Since their roots are shallow, all leafy salad greens need to grow in six inches of soil.

Healthy soil is the building block of a healthy plant, be sure to have the kids add a hearty amount of compost to your soil before planting. Keep your eyes out for worms helping the garden grow!

Leaf veggies (lettuce, spinach, kale) only need 3-4 hours of direct sunlight, and root veggies (radishes, beets, carrots) need 4-6 hours, which makes them all great options for a “spring garden area” that is normally shaded once mature, tall trees spread out their leaves. Have children record hours of sunlight for certain locations before

planting and use their data to pick the pick spot. (The beauty of containers is they can be moved around, too!)

Planting

For salad gardens, try planting a big, fat row or sections of each veggie rather than a skinny row. Instruct little gardeners to make a claw with their hand and drag it through the soil shallowly, only about $\frac{1}{4}$ of an inch deep.

For spinach, lettuce and arugula, gently sprinkle the little seeds evenly over the newly-created trench.

For radish and peas, have little gardeners make holes in the trench, approximately one inch apart. Have them wiggle their finger around to identify their first knuckle—holes should only be made as deep as this spot on your little gardener's finger. Plop one seed in each hole.

To cover seeds, simply pinch or brush the soil over the hole or trench. Do not smoosh or pat down to cover, as this compacts the soil and makes it harder for little seeds to germinate. Remind little gardeners that they want to keep the soil light and fluffy so it's easy for the baby plants to burst out of the ground!

While early spring rains will help out, it is important for seeds to have constant moisture prior to germinating or sprouting. Provide young gardeners with small cups to water, so eager pours from watering cans don't wash shallow-planted seeds away. The best motto to teach children about watering is "low and slow."

Harvesting

The beauty of many salad greens is that, if harvested properly, they can provide the makings of a salad for weeks to come. Simply pick or pinch off the outer, larger leaves on spinach and arugula, or give rows of lettuce or pea shoots a "haircut" with a pair of scissors. Cut only the section needed, leaving 1-2 inches of the plant still growing in the ground. The part that got cut will regrow completely in two weeks and the rest of the row is harvestable in the meantime!

Radishes are a "one and done" plant, meaning once the root (like the radish) is removed from the soil the plant is done and will not regrow. Leaves of radishes are edible, though. Chop and sprinkle leaves to salads for a radish-like zinger. *eM*



Francie Szostak is the Wisconsin Nutrition Education Program Administrator for Milwaukee County as well as a WI Master Gardener Volunteer. When not gardening at home in Milwaukee's Tippecanoe neighborhood, she can be found enjoying all the local food, live music and outdoors activities that Southeastern Wisconsin offers!

Seed Selection and Planting

Families can have fun flipping through seed catalogs in late winter to pick out what salad veggies they would like to grow. Below are a few of my favorite varieties for "growing your own salad" at home from Johnny's Seeds and Seed Savers.

All of the plant varieties listed below are spring or cool season veggies, meaning they thrive in temperatures between 55-75 degrees, but become stressed when the weather is too hot.

Arugula. Pick early for a less peppery flavor or leave a few more days for those who like a more intense bite. It's a fun experiment to taste what a week of difference makes! *Arugula—21 days until baby sized. 40 days to mature.*

Lettuce. I recommend growing leaf lettuce rather than head lettuce for salads, as leaf varieties can provide you with a continuous harvest. *Encore Lettuce Mix—green and purple, inverting shape leaves make for a fun colorful salad. 28 days to mature.*

Pea shoots. The tops of the pea plant are a sweet treat in early spring. Plant a row of peas for their shoots and a row to mature into pea pods.

Radish. Forget red-only radishes, try a multicolored variety for pink, purple and white radishes. *Easter Egg Radish—30 days until maturity.*

Spinach. Corvair—39 days until maturity.

Sugar peas. Dwarf Gray Sugar Pea—10 days for pea shoots, 57 days for pea pods.

Salad in a Jar

Sometimes kids just need a little fun added to their meals to encourage them to make healthy choices. They will be excited to pick out the ingredients for this salad in a jar and even more excited to shake and eat it!

Salad in a Jar is perfect for whatever leftovers you have laying around, but we've included a few layering suggestions below. Stack colorful ingredients and store dressing in a separate container. When tummies are rumbling for salad, pour dressing on top and shake to your heart's content.

1. Greens: Lettuce, spinach, baby kale
2. Grains or beans: Leftover quinoa, chickpeas, black beans
3. Shredded root veggies: Carrots, beets, radish
4. Dried fruit or nuts: Raisins, currants, walnuts, cashews
5. "Wet" veggies: Chopped tomatoes, peppers, zucchini

Francie's Not-So-Secret All-Purpose Vinaigrette

$\frac{1}{4}$ c. olive oil $\frac{1}{4}$ c. apple cider vinegar
1T. Dijon mustard 1T. honey Salt and pepper



These businesses show support for Wisconsin's food-related initiatives by partnering with *Edible Milwaukee* as we highlight the stories behind the production, distribution and consumption of local food.

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Outpost Natural Foods Cooperative

outpost.coop

Milwaukee: 100 E. Capitol Drive
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414-778-2012

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262-242-0426

Aurora Sinai Hospital: 945 N. 12th St.
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414-210-4577

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Saturdays 7:30am - noon • 262-784-7804

Milaeger's Great Lakes Farmers Market

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Milwaukee County Winter Farmers' Market

Saturdays 9am-12:30pm • mcwfm.org

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riveredgenaturecenter.org • 262-375-2715

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lagniappebrasserie.com • 262-782-7530

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parkside23.com • 262-784-7275

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SalaDining.com • 414-964-2611

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twistedwillowrestaurant.com • 262-268-7600

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indulgencechocolatiers.com

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In concert with *Edible Milwaukee*'s editorial voice, our partners provide a full panorama of the rich local community in Wisconsin for both locals and visitors.

We appreciate their support and hope you will in turn tell them you believe in what we do by patronizing their establishments.

What's in Season

March through Early June

List by Francie Szostak • Photography by Joe Laedtke

Come springtime, many of us crave a nice big bowl of anything green. From arugula to spinach, the crisp freshness of spring salads are always a much welcomed experience for our taste buds and physique after winter months filled with root veggies and squash (turnips are delicious, but a person can only eat so many).

In addition to a diverse foundation of greens, there are many other spring produce toppings to round out a seasonal salad. Try thinly shaving asparagus and radishes, or blending herbs into your favorite dressing, for lots of added fresh flavor.

eM

Grilled lion's mane mushroom with rice chip, asparagus, radish, watercress and pistachio. Special thanks to Chef Van Luu and Locavore for providing this special spring dish.



- Arugula
- Asparagus
- Beets and beet greens
- Bok choy
- Broccoli raab
- Chives
- Cilantro
- Collards
- Dandelion greens
- Fiddleheads

- Green garlic
- Horseradish
- Kale
- Kohlrabi
- Lettuce
- Mint
- Mustard greens
- Mushrooms
- Parsley
- Pea shoots

- Radishes
- Ramps
- Rhubarb
- Salad turnips (Hakurei)
- Sorrel
- Spinach
- Spring Peas
- Sprouts
- Swiss chard

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