

TASTE ONE OF NC'S "BEST DISHES" FROM WILMINGTON CHEF, KEITH RHODES

The "Best Dish in North Carolina" competition, sponsored by the N.C. Department of Agriculture and Consumer Services, encourages restaurants to add creative flavor to local cuisine. Now in its second year, the statewide competition recognizes and rewards the efforts of restaurants and chefs who regularly use N.C. products in their menus.

Oven roasted local root vegetable salad with goat cheese & maple shallot dressing

peel and wash
1 med sweet potato
2 parsnips
2 carrots
1 sm rutabaga
2 sm snow white turnips
1/2 tbsp minced fresh rosemary, sage & thyme
1 tsp kosher salt
1tsp fresh cracked black pepper
1/4 cup good olive oil
4oz of goat cheese
8oz organic baby spinach



cut cleaned vegetables into uniform 3/4" dice
put into lg bowl, add olive oil, s&p, and fresh herbs
give it few tosses, spread on to 1/2 sheet pan
put into a pre heated 350 degree oven, on middle rack
roast for 15-25 minutes until fork tender.
remove and cool @ room temperature.

maple shallot dressing:
1 cup good olive oil
1/4 cup rice wine vinegar dressing
1/4 pure maple syrup
1/2 cup of purple shallots
2 tbsp olive oil

sauté thin sliced shallot in 2 tbsp olive oil until golden brown (aprox. 3min)
add all ingredients into blender and ix till smooth.

assemble 2oz of spinach on 4 plates
add 1 cup of roasted vegetables over spinach
crumble 1oz of goat cheese on each salad
dress with 1oz of dressing



WILMINGTON, NC CHEF TO ACCEPT STATE'S "BEST DISH" AWARDS AT NORTH CAROLINA STATE FAIR

Wednesday, October 17 was a banner day for Wilmington chef Keith Rhodes. That was the day the star chef and restaurateur received—not just one, but two—1st Place "Best Dish in North Carolina" awards at the N.C. State Fair.

Rhodes won "Best Dish in North Carolina" in the categories of Fine Dining and Casual Dining. The Fine Dining award recognizes the food at Deluxe, an established Downtown restaurant known for its eclectic seasonal menu and celebrity guest list. Top honors in Casual Dining went to Catch, Rhodes' own restaurant which he and his wife Angela opened last November. Both restaurants are renowned for their signature seafood dishes and committed to local fisheries, farms, and markets in order to obtain the freshest ingredients possible.

With culinary tourism on the rise, Rhodes' culinary achievements come as welcome news to Wilmington and North Carolina's Cape Fear Coast, a travel destination known for its island beaches, historic riverfront town, and fresh seafood.



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