

NOTABLE EDIBLES

DUFFY'S SAUCE BY COLLEEN TROY

Nothing says Southern cuisine like BBQ sauce. The mustard/tomato/vinegar base debate rages on. Now there's a newcomer to the sauce competition. Its secret weapon: chocolate.

Chef Ciarán Duffy of Charleston's Tristan restaurant has been wowing guests for two years with his signature flavors. His Chocolate BBQ sauce (served at the restaurant on savory lamb ribs) has been a crowd favorite. Guests often ask for the recipe. "One lady wanted to take home a gallon of it," he laughs. The sauce was inspired, as is so often the case, during a moment of quiet reflection. "It just struck me one day that all the complexity of a mole sauce could be captured in a BBQ sauce." Duffy mixed up a batch in his kitchen, and "everyone who tasted it pretty much loved it." The final push from kitchen to store shelf came earlier this year, when Duffy was one of just two Charleston chefs chosen to appear on the nationally syndicated Wheel of Fortune. "Here I was, with a chance to tell my story to 48 million guests," he says.

"It was pretty clear that if ever there was a time to bottle that sauce that time was now." Indeed. Duffy's Chocolate BBQ Sauce (which also comes in a chipotle and a pomegranate version) debuted on national television in February. The same night, more than 1,000 viewers clicked on the restaurant's website to order. Within weeks of his February launch, Duffy had re-ordered 100 cases. Chocolate is universal. People love it; they crave it. We hope soon that thousands of them will crave it in BBQ Sauce form," Duffy says.

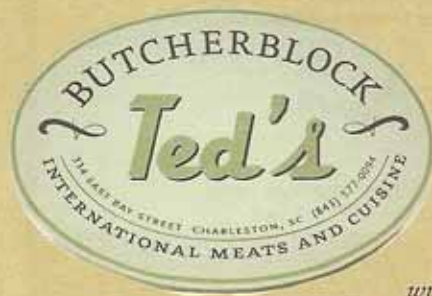
Tristan Restaurant
55 N. Market St.
Charleston
(843) 534-2155
www.tristandining.com



HERITAGE PORK BY SARAH O'KELLY

Buying local takes on a double meaning when shopping at Ted's Butcherblock these days. Since February, owner Ted Dombrowski buys much of his pork from just a few hours away in the Spartanburg County area. There, a group of farmers practicing sustainable agriculture recently formed their own co-op—the Upstate Farmers Alliance. The six farmers banded together to help each other with the challenges of farming, marketing and purchasing. They bought their own processing facility where they handle pork, beef, poultry and lamb. Dombrowski buys pork chops, tenderloins and Boston butt, from the co-op. He firmly believes in the product because, "It's pork that tastes like pork." Dombrowski thinks that most people probably don't know the true flavor of pork since they are so accustomed to the super lean, grocery store variety. The Upstate Farmers Alliance specializes in heritage breeds like the Tamworth, which is known for its dark red,

well-marbled meat. One sweet bite determines that this is most certainly not "the other white meat." Dombrowski recommends grilling or sautéing the pork chops and offers up an old Polish trick. He remembers that his aunt would always cook her pork chops on top of onion slices to insure a juicy outcome.



Ted's Butcherblock
334 East Bay St.
Charleston, SC
(843) 577-0094

www.tedsbutcherblock.com