

FORT LAUDERDALE magazine™

OCTOBER 2014

SPECIAL
BOAT
SHOW
ISSUE

THE GREATEST SHOW ON WATER

OUR GUIDE TO THE BOAT SHOW

SAILING, SAILING

Going to Sea the
Old-Fashioned
Way

A Day in the Life
of a Towboat
Captain

BOAT PEOPLE

FOLKS WHO
KEEP THE
MARINE
INDUSTRY
AFLOAT

PLUS: FRESH FIRST'S
MOTHER-DAUGHTER TEAM
AUTUMN IN NEW ENGLAND



LIGHT BITES

BY ALEXANDRA ROLAND



A HANDCRAFTED BREWERY

Over drinks at Tap 42 last year, Kyle Jones and his friend Joey Farrell came up with the idea of opening a brewery. Within a week, they purchased a five-gallon home brew kit and brewed beer out of Jones' kitchen in his one-bedroom condo. Soon they graduated to a 25 gallon all-grain system, housed in Farrell's garage, and then a one barrel system in their now 3,200-square-foot brewery in the airport district. Opened in July, LauderAle is the city's first nanobrewery (scaled down microbrewery).

LauderAle follows the German beer purity law, or *Reinheitsgebot*, which stipulates that beer should consist of water, hops, yeast and malted barley or grain. "We try to keep it simple," Jones says.

They brew an IPA, a Porter, a Russian Imperial Stout, a Hefeweizen, a Saison and a lager. And everything made at the brewery is consumed at the brewery, where the hours are 4-10 p.m. Thursday through Sunday. (Though they're subject to change.)

3305 SE 14th Ave. Bldg. 4, 954-214-5334
lauderdale.com



Owner Alek Kuk and chef Diego Ng.

ASIAN COMFORT FOOD

In August, the folks behind Christina Wan's, which has had a presence in South Florida for nearly half a century, opened Temple Street Eatery in the Fresh Market plaza on North Federal Highway. Alex Kuk, Wan's nephew, owns and developed the restaurant, which is named after a Hong Kong foodie landmark.

"We wanted to bring our knowledge of cooking and what we love, our comfort food," he says, "and we wanted to do it in a fun and unpretentious environment."

Diners order at the register and then sit at one of the tables (high-tops by the window) or at the bar while food is prepared in the open kitchen.

In addition to noodles and dumplings, the eatery serves rice bowls, sandwiches and salads. For a nontraditional option, go for the kimchee quesadilla or Bulgolgi cheesesteak, the most popular rice bowl in sandwich form with cheese. There are vegetarian choices in every category.

416 N. Federal Hwy., 754-701-0976, templestreeteatery.com



Banana spring rolls

BAO'S MENU FACELIFT

Bao | Bar + Asian Kitchen opened off the Himmarshee canal on Las Olas Boulevard in February, and already it has revamped its menu. If you thought an Asian restaurant had been there — you're right. Bao occupies the location that was formerly Wild East Asian Bistro.

Bao's owner, Simon Bai, was raised in the Republic of Suriname and owns a wine bar and frozen yogurt stores. This is his fourth venture in Broward County. Chef Mark Rivera, originally from the Philippines, opted for healthy meals that would appeal to the masses. Wagyu beef sliders, organic super mix salad and beef Tobanyaki join new sushi roll additions like the smoked wild sockeye salmon and the Hamachi jalapeno rolls. Korean street tacos, on the menu from the get-go, are a crowd favorite.

To stand out, Steven Johnsen, director of guest operations, wants Bao to smell, taste and look authentic. The oriental paintings on the wall and the fishpond at the entrance set the tone.

1200 E. Las Olas Blvd. #10, 954-530-4176
baolasolas.com



Pork dumplings.



Timpano Tuna

CHEF'S RECIPE

Timpano Tuna

- 6 oz. fresh yellowfin tuna
- 1 tbsp. black olive tapenade
- 2 oz. shaved prosciutto
- 2 oz. sundried tomato tapenade (see below)
- ½ oz. lemon juice
- 1 tbsp. black olive pesto tapenade
- Pinch of Maldone salt
- Medium handful of baby arugula, micro salad
- Pinch of cracked black pepper
- ½ tsp. EVOO

Toss arugula with lemon juice, EVOO and salt and pepper and lay on plate. Drizzle sundried tomato tapenade (see instructions below) around the salad. Sear tuna with salt and pepper to rare. Slice into half-inch pieces. Shingle the tuna on the salad. Put a touch of olive tapenade on each tuna slice. Drizzle tuna with EVOO and salt to finish.

Sundried Tomato Tapenade

- 5 oz. sundried tomatoes
- 2 oz. shredded parmesan cheese
- 1 oz. shallots peeled and quartered
- 2 oz. basil leaves
- 10 rosemary needles
- 3 cloves of garlic, peeled
- Kosher salt to taste
- Pinch of fine ground black pepper
- 2 cups 75/25 canola/olive oil

Place all ingredients into blender and puree until fine. Cover and refrigerate.

TIMPANO CHOPHOUSE REVAMP

There's new blood at Timpano Chophouse on Las Olas Boulevard. Before chef Tim Hmay joined the team at the beginning of the summer, he was the executive chef at the Brooklyn Nets arena, Marlins Stadium and the American Airlines Arena. The Vegas native grew up in Nebraska. "Opportunity brought me down here," he says of his move to the subtropics, "and the beach kept me here."

He was drawn to Timpano because of the company's "great leadership and maturity." So far his focus has been on local ingredients. "I literally have a tomato guy," he says. His fish purveyors



Tim Hmay

email and text him daily with available catches. His cooking style is minimalist. Hmay thinks that quality ingredients should speak for themselves. He's into using watermelon now — he just featured a watermelon, avocado salad with yogurt dressing and seared wahoo. Look out for a new happy hour and lunch menu too.

450 E. Las Olas Blvd., 954-462-9119
timpanochophouse.net

Mario's Catalina RESTAURANT

Mario's Catalina Restaurant is named for its flamboyant chef/owner Mario Flores, who puts equally strong emphasis on creating an elegant ambiance and providing outstanding service and cuisine. White linen tablecloths contrast with an assortment of colorful paintings with ornate frames and Mario's collection of colorful paintings with the food is a combination of Cuban and Spanish favorites, like roasted pork with caramelized plantains, white rice and black beans, vaca frita, and garlic shrimp. Score a toasted Cuban sandwich for lunch, then bring your buddies back for dinner to share some paella (you may

as well order some wine if you do because it takes 45 minutes to prepare). The dessert tray includes 29 distinct plates — if you don't acquiesce to your sweet desires here, you've earned our undying respect.

**Online reviews @
Open Table, Trip Advisor,
Yelp, Urbanspoon
and Zagat.**



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