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Issue 64

Fall 2025

edible NASHVILLE

**HOLIDAY
ISSUE**

21

**IMMIGRANT-OWNED
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**BEST CHOCOLATE
CHEESECAKE**

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*Chef Arnold Myint
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SUBSCRIPTIONS
Edible Nashville is published quarterly,
4 times per year, by JGM, LLC.
Subscriptions are \$36.
Subscribe online at ediblenashville.com

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Family Style

Instead of writing about family and food memories as we usually do this time of year, we're focusing on family of a different kind. That of our immigrant neighbors who are putting food on our tables in one way or another: harvesting produce and cooking on the line, in food trucks and in their own restaurants.

If there's anything that unites us, it's food. And our immigrant friends are dishing up some damn tasty food. You can find a map of some of our favorites on page 49, illustrated by our talented art director, Cat Kahnle. Be sure to visit their restaurants.

We also focus on a son of immigrants who has become a pillar of Nashville, Arnold Myint, our cover model. The Myint family—parents Patti and Win, Arnold and sister Anna—have educated and fed generations of Nashvillians at their International Market since 1975. Arnold carries that on....

Tradition and family also win the day with three Nashville chefs who are serving family recipes. Take a look at their recipes on page 34 (Passed Down & Served Up).

Speaking of tradition and family, our Creek Dinner, held in July at Hachland Hill in Joelton, was a celebration of both. Chef Carter Hach celebrated his grandmother Phila (married to a German immigrant), who founded Hachland Hill and was a food trailblazer in Tennessee.

Copycats of our Creek Dinner abound. (Imitation is the best form of flattery, they say.) So, what makes ours different? The people. At our July Creek Dinner, guests sat at one long table and exchanged numbers by the end of the night. Here are some snippets from guests:

"Oh my heavens, this sparking rosé is unbelievable!"

"We came to your Creek Dinner last year—the one that was a wash-out—and we had the best time. It was an adventure we still talk about!"

"My husband surprised me and snuck my boots in the car. Just wear a nice dress, he said. This is amazing."

"Well, you have great taste!" said two women wearing the same dress!

"What the heck is this? I've never seen anything like it."

"Can we book the band?"

Hope to see you at the next Farm Dinner!

Jie

Stay connected with us!

I am a Creative Director and have followed *Edible* magazine since moving here from Charleston and have fallen in love with the publication and content. It is a beautiful magazine.
—Paige Taylor —Linked In

So late again in taking time to thank you, but we celebrated our Anniversary at the Creek Dinner (Friday night), and, yet again, it was a marvelous luxury for similar reasons. As a lamb producer and a chef, I want to say how delighted I was with the lamb tartare—absolutely beautiful! —Estrella Rosenberg

Cover photo: Chef Arnold Myint on the photo shoot for his book, *Family Thai*. Photo by Linda Xiaoo.



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AMUSE BOUCHE

(e, mooz'booSH) – starters to entertain the mouth and mind



Winner Winner, Chicken Dinner!

After a long day, there's nothing like a comfy roast chicken dinner at home...that someone else cooked. Little Rey (the newest of Ford Fry's restaurants) on West End has you. Their Pollo al Carbon includes a whole smoked chicken, corn or flour tortillas, smoked onions and jalapeños, salsa and chips, cilantro rice and ranch beans. One bird (\$36) serves 3-4, and two birds (\$64) serves 6-8. All homemade. littlerey.com

What is Charcuterie? (shaar·koo·tree)

Traditionally, the term referred to a French "pork butcher's shop," where preserved meats were sold. Today, it commonly refers to a wooden board of meats, cheese and fruit. Learn to assemble the perfect charcuterie board at ediblenashville.com

SALTED CARAMEL SAUCE

Holidays are for cooking, and we have all the how-to's you need at our new website ediblenashville.com, where you'll find a video of how to make our Salted Caramel Sauce.



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Cream? Sugar?... Salt?

These days, a pinch of salt is the finishing touch on some of the most interesting lattes around town. Salt's ability to balance bitterness, enhance sweetness and deepen flavor makes it a logical addition to the barista's arsenal. Here are some of our favorites around town:



Neighborlily, Germantown

Hey Neighbor – spiced-maple brown-sugar latte topped with bourbon salt and spiced-maple whipped cream. [@neighborlily](https://twitter.com/neighborlily)

Elixir Coffee, Fifth + Broadway

Caramel Black Salt Latte – classic caramel latte finished with black Hawaiian sea salt. [@elixrcoffee](https://twitter.com/elixrcoffee)

Forevermore Coffee, East Nashville

Flapjack – latte layered with blackberry-maple syrup, vegan blackberry-maple cold foam and Maldon sea salt. [@forevermorecoffee](https://twitter.com/forevermorecoffee)

Asulon Collective, Clarksville

La Vie en Rose – rose-syrup latte finished with black onyx chocolate sugar and saffron salt. [@asuloncollective](https://twitter.com/asuloncollective)

Hank's Coffee Station, Franklin

Salted Whipped Honey Latte – double espresso, milk and local whipped honey, topped with fleur de sel
Fleur-de-Salted Caramel Latte – double espresso, house caramel and floral sea salt finish [@hankcoffeestation](https://twitter.com/hankcoffeestation)



Cookie how-to

We have all the step-by-steps for decorating these sugar cookies for holiday treats, activities and gifts.

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Mind of a Chef

A page from the notebook of Edible Nashville Chef Skylar Bush

Mobile Bay Gumbo

Gumbo is something that lives inside of me, as a lifeblood, a reminder of where I am from and a lighthouse that always guides me back home. Gumbo tells the history of the Southern coast and its foodways. It's a story mired in division and inequality that also spins yarn of the many cultures, traditions and people that came together to create gumbo and the Gulf Coast as a whole. If America is a melting pot, then gumbo is what was served out of that pot in the coastal southeastern United States.

The origins of gumbo are muddy at best. While commonly misrepresented as a dish unique to Louisiana, it is more accurately an integral part of the larger scope of African, low-country French and Native foodways in the South. Enslaved Africans brought okra to the U.S. and the knowledge of how to cook with it. The French brought bouillabaisse and other seafood stews, while Native Americans provided understanding of the Indigenous sassafras plant, which eventually became known as filé. All of these ingredients and techniques eventually coalesced into what we call gumbo today.

There are many versions of the dish. I grew up on Mobile Bay gumbo, which differs from the "classic" in a few distinct ways. Firstly, Mobile gumbo is always seafood-based, no chicken or sausage here. It also uses a darker roux made with bacon fat and flour and taken as close as possible to the burning point, providing a rich, nutty base. Okra is the main thickener, and tomatoes are always incorporated for a touch of acidity.

Lastly, Mobile Bay gumbo is always served with a nice scoop of cold potato salad in the middle as opposed to the traditional rice. And that combo will always live inside of me. Enjoy.

Skylar's Mobile Bay Seafood Gumbo

- 2 pounds shell-on shrimp, save shells for stock
- 5 tablespoons bacon drippings
- 6 tablespoons flour
- 2 onions, finely diced
- 1 cup green bell pepper, finely diced
- 1 1/2 cups celery, finely diced
- 1 tablespoon Cajun seasoning
- 2 cloves of garlic, minced
- 1 28-ounce can diced tomatoes, or 2 fresh tomatoes diced
- 5-6 cups shrimp stock (or vegetable stock)
- 1 12-ounce package frozen chopped okra, or fresh if available
- 1 pint fresh oysters, white fish, crab, mussels (or any seafood you wish)
- 3 tablespoons Worcestershire sauce
- 1 teaspoon file powder
- Dash of hot sauce

Salt and white pepper to taste
Parsley for garnish
Potato salad for serving

1. Start by preparing your shrimp stock. Place shrimp shells (and any vegetable trimmings you have) in 3 quarts water. Bring to a boil, reduce heat and simmer for about 45 minutes. This will be the stock that is the base of your gumbo.
2. To make a roux, add bacon drippings to a heavy-bottomed Dutch oven. Whisk in flour. Cook over low heat until you have a very dark mahogany color, but be careful not to burn.
3. Then add your "holy trinity" to the roux, being the onions, celery, bell

- peppers, along with Cajun seasoning. Cook for around 7 minutes or until the vegetables are tender. Add garlic in the last 2 minutes of this process.
4. Add tomatoes and stock and simmer for 60 minutes. Add seafood and okra and cook on low for another 20 minutes or until seafood is cooked through.
 5. Lastly, finish by seasoning with Worcestershire, hot sauce, salt and pepper and a bit of filé powder. Taste and adjust seasonings, and add more stock if it is too thick. Serve over potato salad and enjoy!



Chef Skylar Bush



Music to Cook By

- Love Me Like You Do
- Ellie Goulding
- The Beaches of Cheyenne
- Garth Brooks
- Endless
- Pinegrove
- Sticking to My Guns
- PJ Morton
- Bye Bye Baby
- Moody Joady
- Weight in Gold
- Gallant

WHERE WE'RE EATING NOW

By JILL MELTON, CARRINGTON FOX, SARAH WILSON AND GUEST COLUMNIST MARK BLANKENSHIP



Jill Melton
Editor



Carrington Fox
Deputy Editor



Sarah Wilson
Contributor



Guest Columnist

Mark Blankenship is a journalist who writes about food and the arts. He has strong opinions about patty melts.



Chef Andrew Dodd of Little Hats

Uzbegin Halal, Midtown

We started eating at this Uzbek restaurant when it was a scrappy upstart hidden in the back of a pizza parlor, and now it occupies a permanent storefront near Centennial Park. The house specialty is plov, a rice-and-meat dish that's unctuous, filling and fragrant with spices, and it pairs perfectly with obi non, a braided bread with a reservoir of poppy and sesame seeds in the center. We also crave the tandoor-baked lamb samosas, featuring a thick pastry that's crunchy on top and tender on the bottom. Open daily from 10 a.m. to midnight, this brick-and-mortar offers a hearty menu to satisfy appetites for Turkish or Middle Eastern food all day long. [@uzbegin.halal.restaurant_tn, MB](#)

Ingrained, Nolensville

We have friends who basically write poems about the pancakes at this bakery and café, where all the bread and pastries are made with einkorn, an ancient grain. We're equally enthusiastic about the decadent breakfast sandwich with maple-sweetened sausage, and we've gone back twice for the savory cheddar biscuits. If you dine in, prepare to be charmed by the family that owns the place, because they will strike up a conversation before you've made it to the counter. Keep an eye on the Friday menu: It's the only night they serve dinner, and the dishes change every week. [@in.grained.cafe, MB](#)

Gold's Deli, Columbia

If you're looking for a sandwich that's worth a day trip, drive to this Columbia lunch spot. It feels like a classic New York diner, from the row of stools at the wood-topped counter to the menu offering Reubens, pastrami on rye, and subs with both ham and turkey. There's so much meat on these things that you might not be hungry for the rest of the day, but you should still save room for the bacon-potato salad. And get there early: They prep limited ingredients each day, and they often sell out. [@goldsdelicolumbia, MB](#)



Chef Colby Rasavong of Bad Idea

Lyra, East Nashville

We could simply say, "Fresh pita baked in house in a wood-burning stove," then let your imagination wander across the Mediterranean flavors from sumac and za'atar to mint and garlic, but there's much more to talk about at this easygoing but elevated neighborhood joint, including the mocktail with simple syrup steeped with turmeric and the muhammara dip with roasted bell peppers, walnuts and pomegranate molasses. Of the octopus with almonds and onion, red snapper with fava beans and lamb leg steak with confit tomatoes, the octopus—so tender!—was the standout. [@lyra_nashville, CF](#)

Pastis, Wedgewood-Houston

The last time we dined on croque madame at Pastis in Manhattan's Meatpacking District, we surprised our server with the news that the New York nameplate was expanding to Nashville. But he quickly connected the dots: Pastis became famous as Carrie Bradshaw's fabulous brunch spot in *Sex and the City*, and now Nashville is the capital of bridesmaids and brunch. Setting that dubious accolade aside, Pastis Nashville is indeed fabulous and faithful to its New York original. The zinc bar, the white tile, the red awning, the globe lights, the whole "La Vie en Rose" and rose-colored-glasses vibe... all a sexy setup for coffees, cocktails and French-inspired classics. We leaned into French onion soup—cheesy, gooey and wonderful; steak frites featuring hanger steak that was perfection; and halibut amandine, which we hadn't had since Bright Star in Birmingham 15 years ago.

[@pastis_nashville, CF & JM](#)

Awedaddy's Bar & Grill, Gallatin

An on-the-fly Googling of "waterfront restaurant Gallatin" led us to this charming lakeside patio, about 45 minutes from Nashville, where umbrellas, huge fans and lush ferns conspired to shade and cool us on a peak-summer afternoon.

We drank draft beer and ate wagyu-and-bacon burgers, tender fried catfish, and brownies with ice cream, while watching festive nautical comings and goings at the docks below. (We'll save the bushwhacker with bump of banana pudding moonshine for another day.) When winter comes, we'll recall this warm memory as if it unfolded at a sun-kissed retreat somewhere fancy. But, nope, this was an inlet of Old Hickory Lake in Sumner County, and it's hard to imagine anywhere better.

[@awedaddysbarandgrill, CF](#)

Fryce Cream, Donelson and 12 South

Kudos to former Tayst restaurant chef-owner Jeremy Barlow for leaning into our universal-but-questionable habit of dipping French fries into ice cream and for making both elements as good as they can be. Order fries with choices of signature dusty coatings of salts and spices, along with dip options like ketchup, green goddess, barbecue and more. Top soft serve with the likes of candy bar, cookies and candied bacon. Enjoy them separately or order a duo of swirl frites. [@fryce_cream, CF](#)

Nectar Urban Cantina, Donelson

In a word: fresh. This Mexican-inspired and chef-curated sister restaurant to nearby TennFold Brewing offers all-day, family-friendly dining with lots of outdoor picnic tables, Adirondack chairs, yard games, a playground and breakfast and brunch menus. Think fresh juices in margaritas, seasonal vegetables on nachos and tacos stuffed with creative combinations such as fried Brussels sprouts with pickled red onion, toasted pepitas and guacamole and roasted root vegetables with goat cheese, pine nuts and parsley salsa verde. Check out [nectarcantina.com](#) for a busy calendar of live music and kids' events on the lawn.

[@nectar_urban_cantina, CF](#)

51 North Taproom, The Nations

The kind of neighborhood joint we're always wishing for, this sister of 12 South Taproom fills the bill for a kid-friendly, easygoing vibe, a culinary cut above the pub grub its name implies. One standout on the long, long list of beers on tap is the fact that you can sample them for 50 cents—or a dollar for more expensive kinds. Then move onto a menu of oysters on the half shell, mussels, ceviche, kale salad, sandwiches, burgers, a massive Cobb salad, street tacos and lamb pops with fries, arugula

salad and chimichurri. High five, 51. [@51northtaproom, CF](#)

King Tut's Food Truck and Patio, Nolensville Pike

At Ragab "Rocky" Rashwan's permanently parked food truck, the falafel waffle is... wait for it... awfully good, green with generous parsley in the chickpea-fava bean batter. The mint lemonade is... meant to be healthy, not too sweet, blended with fresh ginger and parsley. The patio is... oh, so delightful! We've got unlimited wordplay for the treasures on King Tut's menu of Egyptian-inspired bowls and salads loaded with chicken shawarma, falafel, rice, fresh vegetables, baba ganoush and more. This fall, we'll be checking out King Tut's expanded morning hours and breakfast roster of espressos and Egyptian coffees, along with little deep-fried doughnuts and shakshuka burritos stuffed with baked eggs and cheese, available indoors and on the patio. [@kingtutsnashville, CF](#)

Little Rey, West End

Hesitant to have another taco lunch, we ended up at Little Rey in the old Qdoba location on West End Avenue near Vandy around 3 p.m. What a delightful surprise from Superica restaurateur Ford Fry! Adequate parking meets ample seating indoors and outdoors, with a festive patio out front and a secret garden out back. Carrington likes the Esqueleto salad with quinoa, plantains, avocado and cashew crema dressing. Jill likes the quesadillas. We all like the tacos with corn and flour options. When we wished out loud for salt on a margarita, a server magically appeared with a fresh glass with a salted rim. Such responsive service might be even more appealing than a salty glass in the first place.

[@littlereyalcarbon, JM & CF](#)



London and Kensington, part of the great team at Koré.



Modern Love

Bad Idea, East Nashville

My husband and I went to the wine bar and restaurant Bad Idea for our anniversary, and wow—what a night. It's in an old church, which gives it a really cool, cozy vibe. The food is Lao-American with French touches, and everything we tried was incredible. The wine list is huge, but their sommelier helped us find something we loved. Our favorite dish (which we almost didn't order) was a scallop-stuffed crêpe recommended by our server—so good we're still talking about it. **@badideanashville, SW**

SuperNormal, Sylvan Park

This off-the-beaten-path eatery in Sylvan Park, nestled in a corner behind Edley's and Star Bagel, is anything but ordinary. Walk-up window service keeps things simple: burgers, hot dogs, a ham and Swiss, plus fries and soft serve. But everything's done with care and a sense of fun. (If you don't want breakfast cereal marshmallows on your ice cream swirl, you have to specify. But why would you not want that?) They've got a solid veggie burger and gluten-free buns, too. The fries were our favorite (crispy perfection), and outdoor seating on picnic tables is comfy and casual, with umbrellas and huge fans to keep things cool and insect-free. Plus, the packaging is the cutest. It's a little pricey for a burger joint, but the vibe makes it feel like a treat. Definitely worth checking out when you want something easy, fun and just a little extra. **@youaresupernormal, SW**

Verna Café & Bar, West End

Wow, a bona fide East Nashville eatery

just off West End near Centennial Park. Owner Beau Gaultier moved to West Nashville from his previous cocktail bar, Bay Ó (in The Wash off Gallatin Avenue), for a fresh start and a new audience. Verna is in the bright, airy bungalow-turned-restaurant just around the corner from Exit/In, off Elliston Place, where Coco's used to be. But like East Nashville, the menu is hip and happening and good. Verna is open for breakfast, dinner and late night, with a bar in the back named Connie's Upscale Dive. For breakfast, we had mango rice pudding and miso-maple overnight oats. Both excellent. The inventive Baby Cakes offer a smaller, denser version of pancakes. We tried the miso corn cake with yuzu kosho butter. Sweet and salty with a big bang of umami. We'll definitely be back for the chili pork melt sandwich and, of course, cold beers and cocktails at Connie's. **@verna_nashville, JM**

Little Hats Italian Market, Hillsboro Village

After the success of the flagship location in Germantown, Little Hats has come to Hillsboro Village. And not a minute too soon. Next to The Grilled Cheeserie on Belcourt Avenue, this Italian market brings all the grit and goodness of a New York Italian deli to an area desperately in need of some local love. The "Traditional" cold sandwich came piled high with a red onion and pepper slaw atop a treasure trove of deli meats: prosciutto, salami, soppressata and provolone. Be sure to finish with tiramisu, a thing of creamy beauty. And you won't leave without Alfresco Pasta and Bravo Gelato, both local, to go. **@littlehatsmarket, JM**

Modern Love,

Fairlane Hotel, Downtown

From the owners of Pearl Diver and Tiger Bar comes Modern Love, a vibrant restaurant and bar in the lobby of the Fairlane Hotel. (Ellington's, their fourth-floor restaurant with a downtown view, is now an event space.) Split into two personalities, Early Bird by day and Night Owl by night, Modern Love is a dynamic homage to the '60s-era Beat poets, artists and mod aesthetics. Lush green plants and '70s art make it a welcoming space (reminiscent of my sister's bedroom) decked out with comfy sitting areas. We ordered off the Night Owl menu and loved the seared scallops and hamachi crudo, as well as the sweet corn agnolotti. The flatbread our neighbors got looked fire, as well. If you find yourself downtown, stop by for a good meal with a dose of calm.

@modernlovenashville, JM

The Optimist, Germantown

We visited this favorite after being away for a few years. In short, it still delivers great food. But also, great service. The staff are genuinely having fun while ad-libbing on the dishes. The food is fantastic, as we expect from a Ford Fry concept, but the dish to be had is Shrimp a la Plancha. Shrimp are delivered head-on in a creamy, rich sauce, atop "sopping toast." Add the rolls served at the beginning of the meal and a couple oysters and glasses of wine for a reasonably priced, fancy-ish date night. If you don't want the night to end, head upstairs to Le Loup for one of the sexiest bars in town. Ask Ryan to make you a drink.

@theoptimistnashville, JM

Koré, East Nashville

We all want a restaurant that feels like home, right? Koré is it. The vibe of this place is instantly palpable when you walk in the door. Cozy and low-lit with a staff that is happy you're there. But a welcoming, homey vibe is not all that stands out at this friendly place. The globally inspired menu will keep us coming back to explore the likes of udon, gnocchi, mole, kimchi and crudo. Korean tapas and cocktails are spot on. Spicy tuna on crispy rice and K-Pop chicken are both fantastic, as is the Basque cheesecake for dessert.

@kore.nashville, JM

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"The hidden slot for two stools on the island keeps the kitchen inviting, without making it a permanent hangout."

—Alfredo Malatesta

When Erin and Alfredo Malatesta renovated their '90s home in the little enclave of Burwood in Thompson's Station, they chose green (specifically, Sherwin-Williams Roycroft Bottle Green). It's Erin's favorite color because it's reminiscent of equestrian life and the Italian countryside. Both are important to the couple, on their homestead replete with chickens and a substantial garden. The couple entertain and can vegetables, so the open design and large range are ideal.



Alfredo and Erin Malatesta

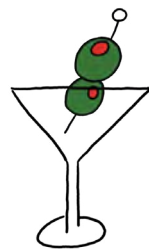


Top left: "The window above our sink is not only where the sun greets our kitchen each morning, but it's the ideal place for laying out our garden harvest prior to washing. It has also been claimed by the cats as their new hangout spot when we're washing dishes."

Above: "The brick backsplash and repurposed timber above the range was a way to give the kitchen an "old world" feel and add a different texture to the newer and cleaner surfaces. The ILVE range is an excellent companion when cooking for large gatherings, holiday feasts and our seasonal canning activities."

Left: "We opted for open shelving to display cookbooks, easy-grab bowls and mugs and some fun trinkets."

OUR 2025 HOLIDAY COCKTAIL GUIDE



The Paper Boat

A bright and balanced cocktail made with **O.H. Ingram's Uncharted**, a wheated bourbon aged in floating barrelhouses. You can try fun variations of the Paper Boat at Goodfellas Pizzeria, Blue Moon Waterfront Grille, Brotherly Love or your local Neighbors Nashville location.

- ¾ ounce Uncharted Bourbon
- ¾ ounce Grand Marnier
- ¾ ounce Aperol
- ¾ ounce lime juice

Shake all ingredients with ice. Strain into coupe glass. Garnish with a floating paper boat.

Marquee Nashville

Holiday magic arrives in a glass with the Cotton Candy Cocktail. A cloud of spun sugar crowns the glass and dissolves dramatically as the sparkling rosé is poured, creating a playful spectacle. Perfect for festive toasts, this drink embodies Marquee's glamorous spirit. **Experience Marquee**, located inside the historic Woolworth Theatre, downtown, for a cinematic atmosphere with an intimate setting.



Not Your Grandma's Pecan Pie Manhattan

This pecan pie Manhattan was developed by **Belle Meade Winery's** Callie Blake. Available at Bonnie's Bourbon & Wine Bar, nestled on the second floor of the Visitors Center, and open from 11 am to 5pm

- 1 ½ ounces Belle Meade Reserve Bourbon
- 1 ½ ounces pecan liqueur
- ¼ ounce maple syrup
- 9 drops Bittermens Elemakule Tiki Bitters
- 1 dash each chocolate bitters and cardamom bitters
- Vanilla Foam *

Stir all ingredients with ice. Strain into a cocktail glass. Use a julep strainer to layer vanilla foam on top and garnish with rosemary.

To prepare Vanilla Foam, combine 200 ml coconut milk, ½ teaspoon soy lecithin and 1 teaspoon vanilla extract and whisk until well combined. Froth until light and bubbly (4–5 minutes).



Carols & Barrels

Let the merry-ment begin!

Welcome to Carols & Barrels, a holiday pop-up bar trail (Nov-Jan) from Memphis to the Smokies with festive stops across Tennessee. Sip seasonal cocktails made with local spirits, enjoy immersive holiday themes & decor, & celebrate a merry journey of cheer and holiday magic!

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5. Old Forge Distillery at Assembly Food Hall
6. Ole Smoky Distillery "6th & Peabody"
7. Peg Leg Porker Spirits Tasting Room
8. Leiper's Fork Distillery
9. Stable Reserve
10. Old Tennessee Distilling Company
11. Old Forge Distillery
12. Sugarlands Distilling Company



Old Dominick Holiday Toddy

A Memphis twist on a classic, this hot toddy uses **Old Dominick's Original Toddy** to craft a cozy, spiced cocktail. Originally formulated and bottled in Memphis in the late 1800s, the toddy is one of the original bottled cocktails. High-rye bourbon is infused with cinnamon, cardamom, cloves, black pepper and citrus, becoming a warm and sweeter sip that's easy to love.

- 2 ounces The Original Toddy by Old Dominick
- ½ ounce honey
- ½ ounce lemon juice
- ½ ounce hot water

Golden Sound Bourbon Beach

Back in the day, Golden Sound was a recording studio on the gritty outskirts of downtown Nashville (now the Gulch). Its reincarnation as a cocktail bar is all about creating new memories in the same spirit of this historic location.

Prepare tamarind syrup by mixing tamarind paste with hot water and sugar.

Combine bourbon of choice, tamarind syrup, fresh lemon juice, Giffard Orgeat and ice in a tin and shake vigorously for 15-30 seconds—strain over new ice into a serving glass. Finish with 5 dashes of Angostura bitters, fresh mint and a Luxardo maraschino cherry.

- 1 ½ ounces bourbon
- 1 ounce tamarind syrup
- ¾ ounce fresh lemon juice
- ½ ounce Giffard Orgeat
- Angostura aromatic bitters
- Fresh mint, Luxardo Maraschino cherry



Blue Note Rye Apple Pie

Craving the taste of a warm apple pie in your glass? This holiday-inspired cocktail hits the spot, using a rye whiskey made by the **Blue Note Bourbon Distillery** in Memphis.

- 2 ounces Blue Note Rye Whiskey
- 1 ounce house-made apple cinnamon syrup
- ¾ ounce fresh lemon
- Dash of vanilla extract

Stir all ingredients with ice. Strain over fresh ice.

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Native SON

ARNOLD MYINT IS CONTINUING AND REDEFINING THE LEGACY OF HIS MOM, PATTI, AND HER NASHVILLE INSTITUTION, INTERNATIONAL MARKET.

Words CARRINGTON FOX | Photos LINDA XIAO

Of the hundred or so recipes in chef Arnold Myint's debut cookbook, *Family Thai, Bringing the Flavor of Thailand Home*, at least a dozen start with the word "Mom."

Mom's Curry Noodle Soup. Mom's Khao Thom. Mom's Eggplant Curry. Mom's Tofu Cabbage. Mom's Interactive Lettuce Wraps.

In this coffee table-worthy culinary memoir, "Mom" is Patti Myint, the author's mother, who moved from Thailand to Nashville and in 1975 founded International Market with husband Win. Over five decades in their beloved restaurant and market, Patti and Win Myint introduced generations of Nashvillians to a world of flavors and ingredients from far beyond the Belmont University neighborhood. In that half-century of serving Patti's soups and curries to loyal lunch lines, the Myint family created one of Nashville's most beloved traditions.

"If you flip through the pages of this book hoping for a pad Thai recipe, I've got some bad news for you: You won't find it here."

—Arnold Myint

Meanwhile, Patti was also preparing precocious son Arnold for a career that would build on the foundations of International Market, to continue celebrating Thai cuisine while helping define Nashville's dining landscape.

Along with sister Anna, Arnold grew up in the aisles of International Market, rollerskating between shelves loaded with rice, teas and sauces from halfway around the world. After an early career in competitive ice skating, Arnold rolled through

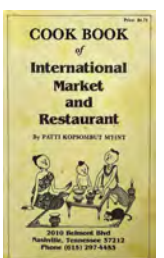
culinary school and New York, then moved home to join the family business. While Patti ran the stalwart steam table on one side of the boulevard, Arnold launched a modern, globally inspired dinner and drinks menu in a sleek, contemporary setting across the street.

Then came Suzy Wong's House of Yum. Named both for a Hollywood icon and for Arnold's alter ego and drag personality, the venue became the home to the iconic Drag'n Brunch.

Charismatic and camera-ready, Arnold stole the show on *Top Chef* and *Food Network Star*, was named 2024 James Beard semifinalist for best Southeast chef, and continues to appear in national media such as *Tastemade*, *BuzzFeed*, *Epicurious*, *Eater* and *Saveur*.

Upon Patti's death in 2018, Arnold and Anna moved International Market across the street, where loyal guests continue to share stories of Patti. "Magic and magnet," Arnold calls his mom.

Recipes in *Family Thai* modernize Patti's original formulas from International Market, and they hold faithful to her efforts to celebrate Thai cooking and culture. While Arnold may have translated Patti's original recipes into chef talk, his writing shares his mom's original belief that food has power to build something around the table. "Food builds family," Arnold says. "Whatever family means to you." ✕



CARRINGTON FOX grew up eating at Patti Myint's legendary International Market and even has a copy of Patti's first cookbook, a yellow bifold with a stapled spine, published in 1987 and sold at the cash register for \$4.75.

PEANUT SAUCE FONDUE

Makes 3 cups

The hype for my peanut sauce is real. At the restaurant, diners always want a side of peanut sauce, even for dishes that I wouldn't typically pair with it. Every iteration of "Thai" salad out there from chain restaurants has a peanut sauce because people can't get enough of the creamy dressing. I get it—the combination of sweet, salty and a little bit of heat is entirely craveable, especially when put next to coconut milk-kissed satay. But peanut sauce can be so much more than a foil to skewers. Thais love it with a side of toast, and it would also be great tossed with hot noodles and a splash of vinegar.

What I personally love to do is set it up like fondue, with a spread of fresh veggies, toast and skewers. It makes for a fun and interactive meal, all centered on this nutty sauce. It even tastes great when paired with potato chips and would make a fabulous addition to any game-day spread. To sexy it up, you can swirl in a drizzle of coconut, add crushed peanuts on top and sprinkle a chiffonade of makrut lime leaves for some color. And if you want to eat it by the spoonful, I won't judge. —Arnold Myint

INGREDIENTS

- 2 tablespoons neutral oil, such as sunflower
- ¼ cup finely chopped white onion
- 4 fresh makrut lime leaves, ribs removed and torn into small pieces
- 4 cloves garlic, finely chopped
- 1 tablespoon prik pohn (toasted ground chile) or crushed dried Thai chile (about 6 chiles)
- 3 tablespoons red curry paste
- 2 tablespoons tamarind concentrate, plus more for seasoning
- 1½ cups extra-crunchy peanut butter
- 2 tablespoons fish sauce
- 1 tablespoon sugar
- ¼ cup (60 ml) sweet soy sauce

FOR SERVING

Coconut milk, chili crisp, thinly sliced scallions, assorted vegetables

In a medium saucepan, heat oil over medium heat until it shimmers. Add onion and cook until softened, about 2 minutes. Add makrut lime leaves, garlic and prik pohn and cook down a bit, whisking so as not to burn the garlic, about 30 seconds. Add red curry paste and tamarind concentrate and cook just to heat the paste, about 1 minute. Add peanut butter and ¾ cup (180 ml) water to thin out the sauce and stir until it reaches a thick gravy consistency.

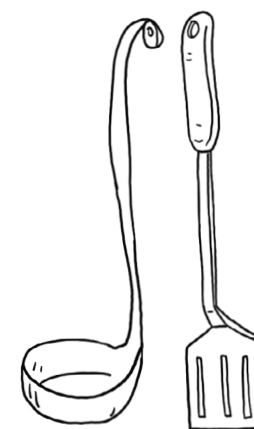
Reduce heat to low and stir in fish sauce, sugar and sweet soy sauce. Remove from heat and season with a bit more tamarind, if needed. If the sauce is too thick, add more water, 1 tablespoon at a time, to thin it out. If the sauce breaks and the oil separates, remove it from the heat and, once cooled, whip it with a whisk until it reaches your desired creamy texture. Adding a splash of cold water will help, too.

TO SERVE

Swirl in coconut milk and garnish with chili crisp and scallions. Serve warm with assorted vegetables for dipping. Store in an airtight container (like a lidded glass jar) in the refrigerator for up to 1 week. Reheat before serving, whisking to incorporate any oil that may have separated, if necessary.



Recipes and photos excerpted from *Family Thai: Bringing the Flavors of Thailand Home* by Arnold Myint and Kat Thompson
Photographs by Linda Xiao
Abrams, September 2025





MOM'S BROCCOLI NOODLE

Serves 4

If there's something Patti was good at, it was giving the people what they wanted. My mom knew that as she introduced Thai food to Nashville there might be hesitation from folks who had never heard of, seen, or tried Thai food.

These broccoli noodles were her solution because the beef and broccoli combination had already been introduced through Chinese American cuisine. I see this as a simplified version of pad see eiw, and it fared well in the steam table at International Market's earliest iteration. Back then, Patti incorporated beef, but on the current lunch line, I omitted the protein to offer a delicious vegetarian option (be sure to opt for seasoning sauce instead of fish sauce to make this dish truly vegetarian). –Arnold Myint

INGREDIENTS

- 8 ounces (225 g) flat, wide rice noodles
- ½ cup (120 ml) neutral oil, such as sunflower
- 1 tablespoon finely chopped garlic
- 1 pound (455 g) sirloin steak, trimmed, thinly sliced, and cut into 1-inch (2.5 cm) strips
- 1 pound (455 g) broccoli, cut into 1-inch florets
- 2 tablespoons sweet soy sauce
- 1 tablespoon black soy sauce
- 2 tablespoons fish sauce or Thai seasoning sauce
- 2 tablespoons sugar
- 1 teaspoon kosher salt

FOR SERVING

Put the rice noodles in a large bowl and cover them with warm water. Let stand until soft, 20 to 30 minutes. Drain and set aside.

Bring a medium saucepan filled three-quarters with water to a boil over high heat.

In a large skillet, heat the oil over high heat. Add the garlic and cook, stirring, until fragrant, being careful not to let it burn, about 30 seconds.

Add the steak and cook until halfway cooked, 1–2 minutes.

Meanwhile, add the broccoli to the boiling water and cook for 1–2 minutes to blanch it. Using a spider or slotted spoon, remove it and transfer to the skillet with the steak. Stir to combine.

Add the rice noodles to the same boiling water and cook for 10–15 seconds. Using a spider or slotted spoon, remove it, add to the skillet and stir to combine.

Lower the heat to medium. Add the sweet soy sauce, black soy sauce, fish sauce, sugar and salt and cook, stirring, until fully combined, about 2 minutes. Serve immediately.




how it's going! (2025 and counting!)

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The Season for Chocolate

FROM MEMPHIS TO MERINGUES, CHOCOLATIER PHILLIP
ASHLEY RIX SHARES HIS PASSION IN HIS NEW BOOK

Words CARRINGTON FOX



Good luck keeping the pages pristine in Phillip Ashley Rix's debut cookbook, *For the Love of Chocolate*, which hit shelves in September. We bet it's just a question of time 'til the pages of every chapter are cocoa-stained. After all, who can resist the temptations of a real-life Willy Wonka, who launched his Phillip Ashley chocolate boutique in Memphis in 2012 and landed on Oprah's "Favorite Things" list in 2020 with his chocolate candy turtles.

Known for bonbons inspired by his grandmother's recipes—fried chicken truffles, anyone?—and for innovative chocolate-based mashups such as saffron banana, coffee cookies and cream and bourbon pecan praline, James Beard Award nominee Phillip Ashley Rix has prepared bespoke bites for Hollywood award shows, Fortune 500 companies and culinary festivals. At his Memphis-based production atelier, he designs whimsical, gemlike confections infused with unexpected delicacies such as French blue cheese, sweet potato and bourbon and fig.

But as an author, he stocks the pages of his colorful cookbook with tales of his hometown, as well as accessible recipes for desserts and sweet confections that anyone can make at home. The Chocolate Basque Cheesecake contains ingredients most of us have on hand. Same with "Billionaire" Chocolate Praline Shortbread, to name just a couple of his 80 recipes for home cooks.

Now we have some pages to dirty up. ✕

phillipashley.com
[@phillipashleychocolates](https://www.instagram.com/phillipashleychocolates)

*See Phillip Ashley Rix at Southern
Festival of Books, Saturday, Oct. 18
at noon, Tennessee State Library,
Conasauga Room.*

Recipes and photos excerpted from:
For the Love of Chocolate
by Phillip Ashley Rix
Foreword by Jacques Torres
Harper Celebrate, September 2025



Phillip Ashley Rix



CHOCOLATE BASQUE CHEESECAKE

We couldn't run to the kitchen fast enough to make this glorious cheesecake. And we had all the ingredients taboot. This crustless cheesecake is super creamy and fudgy, and, as it has no crust, is also super easy to whip up.

—Jill Melton

- 2 cups cream cheese, softened
- 1 ¼ cups granulated sugar
- 4 large eggs
- 1 tablespoon vanilla extract
- ½ cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ½ teaspoon salt
- ¼ cup semisweet chocolate chips
- ¼ cup milk chocolate chips

1. Preheat oven to 400F. Grease a 9-inch springform pan with butter or cooking spray, and line the bottom with parchment paper. It's okay if the parchment sticks out of the pan.
2. In a large mixing bowl, beat cream cheese and sugar until smooth and creamy. Add eggs one at a time, mixing well after each addition. Mix in vanilla.

3. In a separate bowl, sift together flour, cocoa powder and salt. Gradually add the cocoa mixture to the cream cheese mixture, mixing until just combined. Gently stir in the chocolate chips to evenly distribute throughout the batter.
4. Pour the batter into the prepared pan. Bake 45–50 minutes, or until the top is set and dark brown. (For creamiest texture, don't overcook.) Remove the cheesecake from the oven and let cool to room temperature.
5. Refrigerate cheesecake for at least 2 hours. Serve chilled.

“BILLIONAIRE” CHOCOLATE PRALINE SHORTBREAD

My grandmother made incredible shortbread cookies, but just as I do with every treat I dream up, I added chocolate. And caramel. And praline nuts. This take on millionaire's shortbread is so good that I think it's worth even more than a cool million. (Note: This caramel uses the “dry” method and might take you a try or two before you perfect it.) —Phillip Ashley Rix

SHORTBREAD

- 1 cup (2 sticks) unsalted butter, room temperature, plus more for greasing
- ¾ cup granulated sugar
- 1 ¾ cups all-purpose flour
- 1 teaspoon salt

1. Preheat oven to 325F. Grease a 9x12-inch baking dish and line with parchment paper.
2. In the bowl of a stand mixer, beat butter and sugar on medium until fluffy, about 2 minutes. Reduce speed to low and add flour and salt. Mix 1 minute until the mixture is loosely combined.
3. Press the dough into the pan and bake until lightly golden, about 30 minutes. Remove from oven and allow to cool while you prepare the rest of the components.

PRALINE CARAMEL

- 2 cups granulated sugar
- 1 cup heavy cream
- 1 tablespoon vanilla bean paste
- ½ teaspoon kosher salt
- ½ cup light corn syrup
- 1 cup pecans

1. In a heavy-bottomed pot, heat sugar over high heat. Once it begins melting, gently move sugar around to prevent scorching. Do this as little as possible; do not fully stir it.
2. When the sugar has the consistency of wet sand, reduce heat to medium. Continue to move sugar around a bit,

breaking up any clumps. Once the sugar is about 90% melted, turn off the heat and allow the residual heat to finish, about 2–3 minutes.

3. While sugar is cooking, in a small saucepan over medium heat, combine cream, vanilla bean paste, salt and corn syrup. Warm the mixture until just before boiling and stir well.
4. Slowly pour the cream mixture into the hot caramel. Only give the sugar about 2–3 minutes off the heat before doing this, or it will burn. Let the bubbles settle, then stir with a whisk until well combined. Pour through a strainer to remove any remaining sugar clumps, then stir in pecans.
5. Pour the mixture over the prepared shortbread and smooth the top with a rubber spatula. Chill in the refrigerator 15–20 minutes until set.

CHOCOLATE GANACHE

- 1 ½ cups dark chocolate chips
- ⅓ cup heavy cream
- ½ teaspoon flaked sea salt (I like Maldon)

1. In a small saucepan over medium-low heat, combine chocolate chips and cream. Heat slowly, stirring often, until the chocolate is completely melted and the mixture is smooth and glossy, 3–4 minutes.
2. Pour the ganache over the caramel and smooth with a rubber spatula for even coverage. Sprinkle with salt to finish and refrigerate 15–20 minutes to allow the chocolate to set. Serve and store at room temperature.

PASSED DOWN & SERVED UP

TIME-HONORED DISHES FROM
THREE LOCAL CHEFS

Words OLIVIA ESCUDE

Three local chefs share the family dishes that shaped them.



Chef Allen Lo

HAWKERS ASIAN STREET FOOD

Recipe by Allen Lo, brand chef and cofounder
Serves 4

At Hawkers Asian Street Food, Chef Allen carries on a family tradition with Green Papaya Salad and Grilled Shrimp Skewers, a recipe that has been passed down for three generations. While honoring its origins, he adds his own signature by amping up the spice in the vinaigrette to suit his bold flavor preferences. This salad stands out for its extraordinary balance, each bite offering a contrast of heat and sweetness. “It’s a dance of flavors you don’t usually get in a salad,” he says. In his family, the dish transcends seasons. Its refreshing nature is ideal for summer, while the chili-forward heat makes it a comforting staple in colder months.

LO FAMILY GREEN PAPAYA SALAD WITH GRILLED SHRIMP SKEWERS

Thai Chili Vinaigrette:

- 2 Thai bird’s eye chilis, stems removed, seeds removed if desired
- 2 garlic cloves
- ¼ cup plus 2 tablespoons Coco Rico*
- ¼ cup fish sauce
- 2 tablespoons water
- 3 tablespoons granulated sugar
- 1 tablespoon fresh lime juice
- 1 teaspoon sambal oelek

Shrimp:

16 large shrimp, peeled and deveined, tail on
Vegetable oil, to brush on shrimp and grill grates
Salt, pepper, cayenne, paprika and cumin (to taste)

Salad:

- 3 ½ cups green papaya, cut into matchstick strips (or kohlrabi)
- 1 cup red onion, cut into matchstick strips
- ½ cup carrots, cut into matchstick strips
- ⅓ cup loosely packed cilantro leaves
- ⅓ cup loosely packed Thai basil leaves
- 1 ¼ cups cherry tomatoes
- 8 large leaves of red-tipped lettuce
- 1 ¼ cups European cucumbers, cut into ¼-inch strips
- ½ cup ¼-inch diced mango
- ¼ cup unsalted roasted peanuts, lightly crushed
- ¼ cup fried shallots

Salt and freshly ground black pepper, to taste

Optional: crostini or crusty bread for serving

1. To prepare Thai Chili Vinaigrette, combine chilis and garlic in a food processor and process until it makes a paste, about 1 minute. Add Coco Rico, fish sauce, water, sugar, lime juice and sambal oelek and process until sugar is dissolved, about 1 minute. May be used immediately or made ahead and refrigerated in a covered container for up to 1 week.
2. To prepare the shrimp, arrange on a baking sheet and brush with vegetable oil, then sprinkle to taste with salt, pepper, cayenne, paprika and cumin. Arrange two shrimp on each skewer, leaving room between the shrimp so they will cook evenly. Grill shrimp 4 minutes, turning occasionally.
3. Combine half of vinaigrette with papaya, red onion, carrots, cilantro and Thai basil and stir. Stir in tomatoes and toss again.
4. To serve, divide lettuce between four serving plates. Top the salad with remaining vinaigrette and shrimp. Serve with cucumber, mango, peanuts and fried shallots.

*Coco Rico is a coconut-flavored Puerto Rican soda available at stores that carry Hispanic groceries. If you want your vinaigrette to match the one served at Hawkers, use Huy Fong sambal oelek and Squid Brand fish sauce, available at stores selling Asian groceries.

TUTTI DA GIO

Recipe by Giovanna Orsino Cluff, owner and chef
Serves 4

Giovanna, of Tutti Da Gio restaurant in Hendersonville, has been cooking Ghiotta di Pesce Stocco (Sicilian cod stew) since she was 18, just like generations of her family before her. In her hometown of Messina, Sicily, this traditional stew is made with fresh, local ingredients, including flaky cod, crushed tomatoes, tangy olives, salty capers and tender potatoes, all simmered together to create a comforting, flavor-packed meal. For Giovanna, this dish is deeply personal. It reminds her of being home, surrounded by family and friends. “I believe food is about love and sharing,” she says. “It’s about calling your cousins or neighbors, even just for coffee or a bite, and taking a moment to slow down together.” That spirit of connection and tradition is at the heart of every dish she serves.



GHIOTTA DI PESCE STOCO

- 2 pounds cod fillets (fresh, skinless)
 - 1 medium white onion, finely chopped
 - 2 garlic cloves, finely chopped
 - ¼ cup chopped parsley (plus more for garnish)
 - 2–4 tablespoons olive oil (enough to coat the bottom of your pot)
 - 2 ounces (about ¼ cup) salted capers, rinsed and drained
 - ⅓ cup Sicilian green olives, pitted
 - 2 tablespoons pine nuts
 - 2 tablespoons raisins
 - 1 cup dry white wine
 - ½ cup water
 - 1 pound (450 grams) crushed tomatoes
 - 4 medium russet potatoes, peeled and cut into 1-inch cubes
- Salt and freshly ground black pepper, to taste
Optional: crostini or crusty bread for serving

1. In a large, heavy-bottomed pot or Dutch oven, heat olive oil over medium heat. Add onion, garlic, parsley, capers, olives, pine nuts and raisins. Season with salt and pepper. Sauté 5–7 minutes, stirring often, until onions are tender and golden and the mixture is fragrant.
2. Pour in white wine and let simmer for 2 minutes to allow the alcohol to evaporate. Add ½ cup water and simmer 5 minutes.
3. Lightly season cod fillets with salt and pepper. In a separate skillet, heat a small amount of oil and sear the fish on both sides until golden but not cooked through, about 1–2 minutes per side.
4. Gently nestle the seared cod into the simmering pot of aromatics. Let simmer 5–10 minutes, gently spooning sauce over the fish to coat it without breaking it apart.
5. Add crushed tomatoes and stir gently. Let sauce cook for another 5 minutes until it begins to thicken. Add cubed potatoes, stir gently and cover. Simmer over medium-low heat 15–20 minutes, or until the potatoes are tender. Stir occasionally, being careful not to break the fish.
6. Taste and adjust salt and pepper. Garnish with additional chopped parsley. Serve hot with crostini or crusty bread to soak up the rich sauce.



BOEUF BOURGUIGNON

- 1 cup oil
- 2 pounds beef knuckle or beef cheeks, cut into 2-inch chunks
- 8 ounces carrots (peeled and cut into rustic chunks) or baby carrots
- 8 ounces pearl onions
- 8 peeled whole garlic cloves
- ¼ pound celery (cut into rustic chunks)
- ½ cup sugar
- 2 cups flour
- Herbes de Provence (sage, rosemary, thyme), to taste
- 1 cup beef stock, or more, to taste
- 1 liter red wine (Burgundy, Bordeaux, Côtes du Rhône, Merlot, Syrah)
- 8 ounces button mushrooms
- Salt, to taste
- Black pepper, to taste

1. In a large, heavy-bottom pot or Dutch oven, heat olive oil over medium heat. Add beef and sear until caramelized and browned, about 12 minutes. Do not stir too often.
2. Remove from heat and stir in flour. Add carrots, pearl onions, garlic, celery, sugar, herbs, beef stock, salt and pepper. Mix together. Add wine until you can see the top of the cubes slightly floating in the wine. Add more wine if necessary or water if you prefer a less strong dish.
3. Cook uncovered in the oven at 375F or on your stove over low heat until you can crush the meat with two fingers. This might take 3–6 hours depending on your equipment.
4. Allow the dish to cool completely. Leave it to rest in the refrigerator for 24 hours.



Chef Laurent Champonnois

ONCE UPON A TIME IN FRANCE

Recipe by Laurent Champonnois, chef and owner
Serves 8–10

Chef Laurent of Once Upon a Time in France is proud to serve numerous family recipes, many originating from his grandmother’s kitchen in Lyon, France. “There are few dishes more traditional than Boeuf Bourguignon in France,” Chef Laurent recalls. “I remember preparing it as a child with my grandmother on her 19th-century stove.” While she made it with rabbit, Laurent has adapted the recipe with beef, staying true to his grandmother’s timeless techniques. The slow braise of meat with red wine, carrots, onions and herbs captures the essence of French home cooking—rustic, comforting and cherished across generations.

OLIVIA ESCUDE is a food and lifestyle writer living in Clarksville, Tenn.

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APPLE CIDER MARTINI

INGREDIENTS

- 1 1/2 oz of Southbound Blanco
- 1 1/4 oz Fresh Apple Juice
- 1/4 oz Fresh Lemon Juice
- 1/2 oz *Allspice Simple Syrup

(1 cup water, 3 cinnamon sticks, 2 tsp whole cloves, 1/3 whole nutmeg, 2 oz agave)

INSTRUCTIONS

1. Simmer Allspice Simple Syrup ingredients for 15 minutes & let cool.
2. While simmering, juice your apple.
3. Add all ingredients to a shaker.
4. Add ice and shake until cold.
5. Strain, garnish, & enjoy!



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AMPING UP FOR SUNDAY SUPPER

EXPERIMENTATION AND CREATIVITY ARE THE NAME OF THE GAME FOR THE CHEFS AT CITY HOUSE IN GERMANTOWN.

Words CARRINGTON FOX | Photos ANDREA BEHREND

While Sunday is a day of rest, or *theoretically* a day of rest, it's just the opposite for the cooks at City House in Germantown. On Sundays, they find themselves amping up and leaning into new dishes and techniques while making use of the season. In other words, the team is flexing their culinary muscles.

Since the earliest days at City House, which opened in 2007, chef-owner Tandy Wilson has stirred things up on Sunday, 86ing the regular weekly menu in favor of an improvised roster leveraging seasonal ingredients and creativity à la minute. Modeled after an Italian Sunday family feast, City House's seventh-day offerings include seven or eight starters, six pizzas and three main dishes, featuring a fish, a vegetarian dish and meatballs. Always meatballs. And sharing is encouraged.

The weekly routine lures a loyal following, with familiar faces showing up on Sundays to see what's new at the Germantown landmark, where Chef Tandy received the James Beard Award for best chef in the Southeast in 2016. But as much as Sunday Supper is an opportunity for diners to shuffle things up, it allows the kitchen team to exercise culinary and creative muscles that strengthen the restaurant over the long haul.

"I wouldn't be where I am without Sunday Supper," says Brad Midgett, executive chef, who joined City House in 2012 and now

shares with Tandy the task of drafting the Sunday menu. "It's a privilege to work on Sundays, because it's an accelerated opportunity to learn, setting up new stations and seeing new dishes."

Writing the menu starts with a stroll through the larder to see what's on hand at the end of the week. If it's corn season, for example, expect variations on corn—maybe grilled cob cross sections and a setup of corn, cucumber, cherry tomatoes and jalapeño mayonnaise with grilled octopus. Or if a farm has a small harvest of an intriguing ingredient that's not enough volume to sustain an actual ongoing menu feature, Sunday is a moment to experiment with it.

Or maybe Sunday is a time to bring back an old favorite. Either way, it's a chance for the kitchen to play around and for younger members of the team to stretch their skills when it's their turn to recommend dishes.

"The true value of Sunday Supper is in developing cooks," Brad says. "It's an opportunity to let them get experience and build confidence, with Tandy's guidance. It's so much fun to have that creative exercise to allow young cooks to thrive. Sunday Supper holds a very special place for me, for sure."

We wrangled Brad into writing down his meatball recipe, perfect for Sunday suppers all fall. ✕

restaurants we love

“

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—Executive Chef Brad Midgett



Executive Chef
Brad Midgett left and
Tandy Wilson right

City House Sunday Meatballs



(1)

- 1# pork
- 2 tsp salt
- $\frac{1}{2}$ tsp BP
- 1 clove garlic
- $1\frac{1}{2}$ cup BC (fresh preferably)
- $\frac{1}{2}$ c milk

(2)

- 28oz can crushed tomatoes
- $\frac{1}{2}$ medium onion
- 2 cloves garlic, chopped
- $\frac{3}{4}$ tsp dry oregano

BP = black pepper

BC = bread crumbs

① Chop garlic and mix with pork, salt, + pepper. mix bread + milk. Combine seasoned meat + bread + milk mixture and mix by hand for several minutes until homogenous and firm and tacky to the touch. Divide mixture into ²⁰⁻²⁵ equal portions and roll into balls.

Place the meatballs on baking sheet and cook at 300° for 15-20 minutes til firm and springy (160°). You want to avoid browning so check periodically and decrease the oven temperature if needed.

② slice onion in half, top to bottom. Reserve one half for another use. Remove the ends of the half you are using and peel the outer layers. Lay the onion flat on the cut side and cut in half, top to bottom. Slice thin against the grain (perpendicular to your previous cuts). Preheat a sauce pan with oil and add your onions. Season with salt and stir well to make sure onions are separated and all coated in oil. Sweat onions til fully translucent and nearing pulp-like consistency, adjusting heat as necessary to avoid browning. Once onions have begun to break down, add the garlic and cook briefly til fragrant followed by the oregano. Taste the onions to make sure they are well seasoned before adding the tomatoes. This will ensure a full, deep flavor to the final product. Add the tomatoes. Use a splash of water to rinse the can and add that to the pot. Bring the sauce to a simmer and cook for about 15 minutes at a low simmer. Taste and season with salt as necessary. Allow sauce to cool + blend smooth.

③ In a casserole dish large enough to fit the meatballs in a single layer, spoon enough sauce to cover the bottom. Arrange meatballs in casserole and top with the remaining sauce. cover and bake for 2 hours at 250°. This is where the magic happens and meatballs and sauce become one.

Recipe at ediblenashville.com

Diversity

Served Daily

SOME OF OUR FAVORITE IMMIGRANT-OWNED EATERIES

Words SARAH WILSON | Illustration CAT KAHNLE

Nashville may be best known for hot chicken and honky-tonks, but the city's true flavor lies in its remarkable diversity. In pockets across town—from Nolensville Pike's "Little Kurdistan" to Berry Hill's colorful cafés—immigrant chefs and families are cooking the foods of home and, in doing so, shaping the story of Nashville itself.

Step inside a Salvadoran bakery, a Somali café, or a Venezuelan arepa shop, and you'll find more than a good meal. You'll find neighbors sharing traditions, preserving languages and spices, and weaving their heritage into the daily life of this city. These kitchens don't just feed us; they connect us—reminding Nashville that food has always been a bridge between cultures.

Here is a shortlist of 21 immigrant-owned restaurants that showcase the city's global table. From steaming bowls of Ethiopian stew to smoky kebabs, Cuban sandwiches, and delicate Oaxacan mole, each bite carries a story. ✕

- Mofongo Cafe**, Berry Hill
Puerto Rican/Dominican/Cuban
- Las Americas**, Nolensville Pike corridor
Salvadoran/Mexican
- Kalamatas**, Green Hills
Greek/Lebanese/Mediterranean
- Edessa, South Nashville**, Nolensville Pike
Kurdish/Turkish
- Awash Ethiopian**, Murfreesboro Pike corridor
Ethiopian
- Abem Ethiopian Coffee & Kitchen**, Antioch, Murfreesboro Pike
Ethiopian
- Totuma**, Antioch, Bell Road area
Venezuelan
- Frida's Oaxacan Cuisine**, Nolensville Pike
Oaxacan/Mexican
- Osh**, Thompson Lane
Uzbek/Central Asian
- Uzbekim**, Centennial Park
Uzbek/Central Asian
- Taste of Persia**, Nolensville Pike
Persian/Iranian
- House of Kabob**, Thompson Lane
Persian/Iranian
- The Horn**, Nolensville Pike corridor
Somali
- InterAsian Market & Deli**, Nolensville Pike
Southeast Asian
- Newroz Market**, Nolensville Pike, Elysian Fields area
Kurdish/Middle Eastern
- Café Rakka**, Hendersonville
Syrian/Mediterranean
- Fattoush Café**, Charlotte Avenue
Palestinian/Middle Eastern/Greek
- Soy Cubano**, East Nashville
Cuban
- Limo Peruvian Eatery**, East Nashville
Peruvian
- Degthai**, Nolensville Pike
Thai
- Leche de Tigre**, Smyrna
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PUMPKIN STREUSEL MUFFINS

2¼ cups flour
2 teaspoons baking powder
½ teaspoon baking soda
2 teaspoons cinnamon
½ teaspoon nutmeg
1 stick salted butter
½ cup brown sugar
¼ cup sugar
1 teaspoon vanilla
2 eggs
1 (15-ounce) can pumpkin or 2 cups mashed
sweet potatoes or butternut squash
¼ cup plain Greek yogurt
1 cup roughly chopped walnuts

Streusel:

¾ cup flour
⅓ cup brown sugar
½ teaspoon cinnamon
5 tablespoons cold butter, cut into pieces

1. Preheat oven to 400F.
2. In a medium bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Whisk together and set aside.
3. In a large mixing bowl, beat together butter, sugars until creamy. Add vanilla and eggs, one at a time, beating well. Add pumpkin and yogurt, beat well.
4. Add flour mixture a little at a time, beating between each addition. Fold in walnuts.
5. To prepare streusel, combine flour, brown sugar and cinnamon. Add butter and combine until mixture resembles coarse meal.
6. Pour batter into 12 muffin cups until ¾ full. Sprinkle each with streusel topping. Bake for 20 minutes. Remove from oven and cool.





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