



Sticky Toffee Pudding from The Crazy Baker in Renick, WV.

Sample the Southern Charm

Café Cimino Country Inn



Café Cimino, previously housed in the renovated and restored 107-year-old "Lee Hardware Store," has expanded to a full-service country inn.

BY TIM & MELODY URBANIC

CHEF TIM URBANIC was trained as a cook by his Calabrian grandmother, aunt and mother in southern Italian cuisine and other Mediterranean and European dishes. Café Cimino, which opened in 1999 in historic downtown Sutton, was named for Tim's family as homage to their reverence for food and as a way to honor Grandma and Grandpa Cimino, Italian immigrants who taught him to appreciate the ethnic flavors, to grow the herbs and vegetables and, most importantly, to cook the famous Cimino family recipes.

Whenever possible, Tim uses organically grown herbs and vegetables from the family farm. Café Cimino Country Inn is committed to serving as many locally grown foods as possible and has several steady West Virginia growers supplying fresh produce and other foods for the inn's menu. Of the 37 vendors

used by the inn, at least 20 of them are locally or regionally owned artisan producers. Even though this requires a lot of work for Chef Tim, it ensures that everything served is the best of the best and also offers support to other small family businesses and sustainable agriculture within West Virginia and the Appalachian region.

In 2007, the Cimino family tradition continued as Tim's son, Eli, began working by his father's side in the kitchen. Tim and his wife and co-owner, Melody, then expanded their special brand of Southern hospitality to Café Cimino Country Inn, located just two blocks up the street from their original location.

Café Cimino Country Inn is part of West Virginia's "slow food" movement, which is based on the premise that people need to slow down enough to enjoy fine dining. The chefs at the Inn have been trained by Tim, who describes himself as an "old world cook" whose appreciation for food and quality of the dining experience demands that each guest's dinner is cooked especially for them. Dining at Café Cimino is like dining in Italy where guests enjoy the whole experience and may linger for hours with friends and family.

Café Cimino is gourmet dining from the heart of West Virginia. Once you experience it, you're most likely to make it a frequent destination. Café Cimino serves dinner from 5 p.m. to 10 p.m., Tuesdays through Saturdays. The Café is also now available for small business meetings, day retreats, conferences and special occasion luncheons. Reservations can be made by phone (1-877-9CIMINO).

ExEdge

The Sutton Lake project was authorized by Congress in the Flood Control Act of 1938. Construction began in October 1949, but was interrupted by the Korean War.

Source: http://en.wikipedia.org/wiki/Sutton,_West_Virginia



Café Cimino located in Sutton, WV.



Amalfi Coast Salad

This Café Cimino Country Inn favorite was inspired by a trip to the Amalfi Coast of Italy a few years ago. Chef Tim and Melody enjoyed the flavors of the Amalfi so much that upon Tim's return he created the salad as a way to share the rich, wonderful ingredients with Café Cimino Country Inn guests.

Ingredients: Spring mix salad
Roasted red peppers
Grilled and marinated eggplant
Braised fennel
Toasted pine nuts
Kalamata olives
Goat cheese chevre
Vinaigrette dressing

Preparation:

Slice your roasted red peppers and grilled eggplant into long, narrow strips and place on either side of your spring mix. Do the same with the braised fennel, kalamata olives and goat cheese chevre. Sprinkle about $\frac{1}{4}$ cup of the toasted pine nuts on top of the salad and drizzle generously with a good vinaigrette dressing.

All of these ingredients together can transport you to the Amalfi Coast. All you need is a nice shot of Limoncello after your salad! ■



Chef Tim admiring the fresh produce in Positano, Italy.

Potato Gnocchi

2 cups of white potatoes, peeled, quartered, boiled and then mashed (plain)

2 eggs

1¾ cups flour

Salt and pepper to taste

½ teaspoon nutmeg

¼ cup of grated Romano cheese

After you mash the potatoes, put them in a bowl in the refrigerator at least overnight.

Place the cold mashed potatoes in a large bowl the next morning.

Add 1¾ cups of flour.

Add the remaining ingredients. Knead into a soft dough.

Add flour if the dough is too sticky.

Separate the dough into four balls. Cover with a clean dish cloth and let rest.

Break a piece off of one ball. Roll into a long snake about ¼ inch thick. Cut into ½ to ¾ inch-long segments.

Place each gnocchi on a cookie sheet, then freeze.

After the gnocchi are frozen, fill plastic containers with the frozen gnocchi. They will keep in the freezer for about four months.

Drop individual gnocchi in boiling salted water. Let them boil gently after they come to the top of the water for about two minutes. Remove from the water with a slotted spoon. Place in a heated Pyrex baking dish, cover with tomato sauce and bake in the oven for 10 minutes. ■



Melody taking in the essence of the famous Amalfi Coast lemons in Positano, Italy.

