



In the Chef's Corner

With the Mirzakhani Brothers

BY ANDRÉ BASKIN

LAURY'S RESTAURANT was opened in 1979 by Otis Laury and purchased by the Mirzakhani brothers in 1993, who then moved the restaurant in 1995 to its current location in the C&O Railroad Depot on MacCorkle Avenue in Charleston.

Chef Ramin Mirzakhani, who has been in charge of daily kitchen operations and menu creation for the last 10 years, got

his start working as a server at Berry Hill County Club, followed by a stint at Tri-State Racetrack & Gaming Center. Inspired by the joy that good food brings to those who eat it, Ramin decided to go in a different direction and began taking part in the food preparation. It was during this time that the brothers—Ramin, Sadegh and Fazi—bought Laury's and Ramin began helping with salads and appetizers. From there,

he started working under the head chef, Ratsmay Thongdara. With Thongdara's guidance and his new carefully crafted culinary skills, Ramin took over the reins as head chef 10 years ago.

Sadegh is a self-taught Sous Chef who works along side his brothers at Laury's. He, along with his brother Fazi, also handles the day-to-day operations of the restaurant. Fazi began working at Laury's in 1988 as a busboy and worked his way up to managing the dining room. Fazi enjoys being involved with the restaurant, which has been a great addition to the Charleston area for 15 years.

The cuisine at Laury's is contemporary American cuisine with French infusion. The wine list is an extensive collection that represents many regions of the world.

The hours of operation are Monday through Saturday, 5 p.m. to 10 p.m. Laury's may be contacted at (304) 343-0055.

ExEdge

One of the most successful corporate symbols in American history was C&O Railroad's Chessie the sleeping kitten. Known as "America's Sleepheart," Chessie advertised the comfort and ease of traveling and propelled the C&O to the top ranks of rail advertising.

Source: <http://www.cohs.org/history/chessie/>



Sadegh, Fazi and Ramin, owners of Laury's Restaurant.



Grilled Portobello with Crabmeat

One grilled Portobello mushroom
 3 oz. jumbo lump crabmeat
 1 tsp. mayonnaise
 ½ tsp. lemon juice
 Few dashes of Tabasco Sauce
 ½ tsp. Dijon mustard
 1 tsp. bread crumbs
 1 egg
 1 tbsp. olive oil
 1 slice provolone cheese
 3 slices tomato
 1 tsp. parmesan cheese
 Salt and pepper
 Parsley

Brush the Portobello with olive oil and grill for two minutes on each side. Sauté the crabmeat for three minutes on each side and then place on top of your mushroom with a slice of provolone cheese. Boil them together until the cheese is melted. Plate atop an olive oil and parmesan cheese-covered plate.

To season the crabmeat before sautéing, start by adding mayonnaise, lemon juice, Tabasco, Dijon mustard, bread crumbs, egg, salt, pepper and parsley to a bowl. Mix well and add the crabmeat.

Asian Sea Bass

8 oz. Chilean Sea Bass
 ½ cup chicken broth
 ½ tsp. ginger
 ½ tsp. garlic
 1 cup each of shredded Portobello mushroom, carrots and green onion
 1 tsp. soy sauce
 ½ tsp. fish sauce
 Napa cabbage
 Few dashes of sesame seed oil
 Salt and pepper

Start by warming a two-quart saucepan with the minced garlic and ginger for about five to seven minutes on medium heat. Add the chicken broth and let it come to a boil before adding the shredded mushrooms, carrots, green Napa, soy sauce, fish sauce, sesame oil and salt and pepper to taste. Let it cook for about 30 minutes.

Heat up a skillet on medium heat and sauté your sea bass for two minutes on each side. Transfer the skillet to a 450° oven for 20 minutes. After the sea bass is done, you can plate it over vegetables and broth.





Beef Maison

9 oz. beef tenderloin
 3 oz. jumbo lump crabmeat
 1 tsp. mayonnaise
 1 tbsp. each of cooked celery, garlic,
 onion and red bell pepper
 ½ tsp. bread crumbs
 2 tbsp. olive oil
 Salt and pepper
 Parsley

Start by heating up two skillets on a stovetop. Add one tablespoon of olive oil to each skillet. When the oil is hot enough, add the beef tenderloin to one and the crabmeat to the other for three minutes. Transfer the skillet with beef tenderloin to the oven for six minutes for perfect medium-rare. Keep the crabmeat warm in a low temperature oven. Serve both along each other with lemon and steamed asparagus. ■

Photography by Tracy Toler

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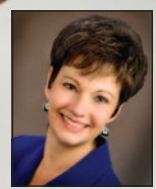
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