



With more than 1,000 bottles in Sargasso's collection, comprised of 130 different varieties from 15 countries, diners are certain to find a wine of interest.

In the Chef's Corner

Sargasso

BY STEVE STOLL

SARGASSO, located just south of Morgantown's Wharf District, was established four years ago by two local business executives, Phil Weser and Frank Alderman, who wanted to bring a unique dining experience to the area similar to what one might experience in bigger cities.

The owners hired Simon Poulin, a native of Montreal, Canada, as Sargasso's executive chef. Poulin began his career at the age of 13 when he went to work for a butcher to learn the art of charcuterie. He received formal culinary training at the Southern Alberta Institute of Technology in Calgary and apprenticed

at La Chaumiere in Calgary and Montreal hotels La Sapiniere, Le Roussillon Royal Montreal and La Vieille Forge. From there, he served as chef at Restaurant Toulouse and later at Café Laurier, both in Montreal, before relocating to the Turks and Caicos Islands in the Caribbean to become the executive chef at Sibonné Beach Hotel. Poulin brings to Sargasso extensive experience in Caribbean, French, Asian, Italian and continental fare, a passion for creating an exceptional dining experience and invaluable leadership to manage the culinary team.

With his vast knowledge of cuisines, Poulin develops a world fusion menu on a bi-monthly basis. His menus always remain current with the freshest ingredients available and he incorporates local produce whenever possible.

Sargasso's wine list, which has received awards from *Wine Spectator* magazine, complements the chef's culinary creations perfectly and provides a wide range of choices for both the aficionados and the casual wine drinkers. With more than 1,000 bottles in Sargasso's collection, comprised of 130 different varieties from 15 countries, diners are certain to find a wine of interest.

Over the past four years, Sargasso has expanded with the addition of a dining room that offers ambiance while doubling the seating capacity of the restaurant. This addition also added a private dining room with seating available for up to 30 people. Sargasso commonly hosts private parties for birthdays, anniversaries, company functions, presentations, rehearsal dinners, showers and other special occasions.



Chef Simon Poulin



ExEdge

There are about 2.75 pounds of grapes in one bottle of wine, which is 440-660 grapes.

Source: <http://www.enowines.com/MT/archives/000166.html>

Fit for a Queen



By Chef Simon Poulin I developed this special recipe at a very young age and I have never shared the recipe with anyone—not even the Queen of England! When I was younger, I cooked for the Queen and she liked the cheesecake so much that she sent her butler to ask for the recipe. I told him that in exchange for the recipe I wanted to work in England for two weeks under the famous Roux brothers. I was hoping she would have some pull with them, but I have never heard from her since.

I did write the recipe down once, and as fate would have it some oil spilled on it. I have never written it down again. I think people really love this recipe because it is unlike any other cheesecake recipe. It is very light and there is no crust.



Fresh Roasted Wahoo

with pineapple, sweet rice wine vinegar and scallions with jasmine and sweet chili sauce

- 6 oz. fresh Hawaiian Wahoo
- ¼ tsp Malaysian hot curry
- ⅛ of a pineapple with the skin on
- 2 tbsp sugar for caramelizing the pineapple
- Salt and pepper to taste
- 3 tbsp of rice vinegar and 1 tbsp of sugar mixed together
- 1 tbsp scallion
- ½ cup jasmine rice, cooked
- Shaved fresh coconut for garnish
- 2 tbsp sweet chili sauce

Season the fish with salt, pepper and curry and place in a heated pan with olive oil for two minutes on each side. Let it rest for another two minutes so that it stays juicy.

Roast the pineapple with the sugar until warm and caramelized.

To plate, add the warm rice and the wedge of pineapple and place the fish slightly on top of the pineapple. Pour the sweet chili over the jasmine rice and have some on the side for dipping sauce. Garnish with the shaved coconut.



Mediterranean Chicken

with artichoke linguini




- 4 oz. cooked linguini
- 3 artichoke hearts
- A handful of oyster mushrooms
- 4 oz. chicken breast
- ¼ cup red bell pepper, thinly sliced
- ¼ cup wine
- ½ cup heavy cream
- 3 tbsp olive oil
- 4 tbsp shaved parmesan
- ¼ tsp chili flake
- A handful of arugula
- Salt and pepper to taste

In a pan, heat the olive oil and sauté the chicken, artichoke, red pepper and mushroom until tender. Add the white wine and reduce by half. Season with salt, pepper and chili flakes before adding the cream and bringing it to a boil. Add in the parmesan and pasta and toss. Top with the beet strings before serving. ■

Photography by Pikewood Creative

Credit Risk Solutions for Financial Institutions

Throughout West Virginia, **Alexander Loan Review & Consulting, LLC** is a trusted resource for providing effective credit risk solutions to the state's financial institutions. Key services include:

-  **Credit Analysis**
-  **Training**
-  **Loan Review**



ALEXANDER
LOAN REVIEW & CONSULTING

alexanderloanreview.com

My Blue.™

Coverage for
my needs, my life.

**HAVE YOU CHECKED
OUR RATES LATELY?**

Find out more about Highmark Blue Cross Blue Shield West Virginia's individual and small group products, including a free annual vision exam with your policy and available dental products at www.highmarkbcbswv.com or ask your insurance agent!

888-644-BLUE

HIGHMARK
West Virginia 

Highmark Blue Cross Blue Shield West Virginia is an Independent Licensee of the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield are Registered Marks for the Blue Cross and Blue Shield Association, an Association of Independent Blue Cross and Blue Shield Plans.

