



Weekend In Wheeling

BY KENSIE
WESTERFIELD

WEST VIRGINIA is known for many unique qualities across the country. Whether it's our gorgeous mountains, our internationally famous anthem "Country Roads" or our state's unique shape, West Virginia has a lot to offer. Wheeling, like West Virginia, has many of its own unique qualities to claim. Aside from the beautiful suspension bridge, the Wheeling Island Hotel-Casino-Racetrack and the 175,000 square feet of Cabela's outdoor fun, there are countless restaurants to enjoy. The staff of the *West Virginia Executive* magazine could not select just one, so we decided to give you a glimpse of three of the unique restaurants Wheeling has to offer.

We selected three very different venues to feature. Ye Olde Alpha has been around since 1932 and is a landmark in Wheeling. We also wanted to showcase The Pointe Steakhouse with its Mediterranean décor and fun-filled atmosphere. For the final location, we selected the Metropolitan Citi Grill which boasts a more modern style and martini bar.

Each chef selected a steak and seafood side for your enjoyment. Of course, each chef also has their own unique recipe and flavor. We hope you enjoy these delicious items from our weekend in Wheeling.

Ye Olde Alpha

Margarita Shrimp

10 16-20 oz. P&D shrimp
¼ cup extra virgin olive oil
1 tsp. sea salt
2 tbsp. fresh chopped cilantro
Fresh ground pepper to taste
Juices of one fresh lemon and two fresh limes

Coat shrimp liberally with extra virgin olive oil. Season shrimp with sea salt and cracked black pepper, then grill the shrimp until just pink. Toss shrimp in fresh lemon and lime juice with chopped fresh cilantro. Serve with grilled pineapple and lime wedge.

Grilled Rib Eye with Herb Butter

Mix ½ lb. softened unsalted butter with:
¼ cup fresh parsley
1 tbsp. fresh chives
½ tsp. kosher salt
1 tbsp. cracked black pepper
2 tbsp. worcestershire sauce
1 tsp. dried oregano
½ tsp. fresh chopped garlic

Roll into log in parchment paper or plastic wrap and refrigerate.

Season rib eye with salt and pepper and grill to medium rare (solid red and warm in the center).

Place herb butter on each steak and serve immediately with fresh sweet potato fries.



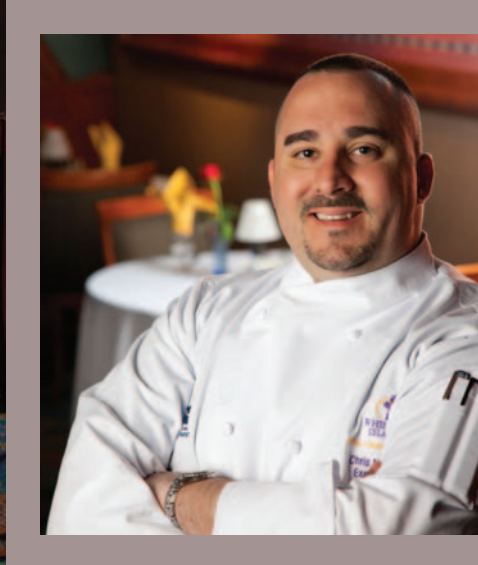
Charlie Schlegel

I have been in the restaurant business since 1978 when I started washing dishes at Cap'n Nicks Seafood Restaurant in East Haven, CT. I cut my teeth at Chuck's Steak House in East Haven, where I learned to cook, serve and tend bar. I worked while studying history at Providence College and was hired to manage my first restaurant during my senior year in college. I have worked for independents and for the Margaritas Management Group in New England as a general manager, training manager, district manager and director of operations.

My business partner Mark Thomas and I purchased Ye Olde Alpha in August 2005 from the Miller family, owners of the restaurant for the previous 72 years. We are blessed and honored to be the caretakers for this Wheeling landmark. Our business goal is to be the best restaurant and bar in the Ohio Valley.

The Alpha has given us the opportunity to showcase our passion for great food while working with great people, employees and customers alike, in a friendly and familiar environment.

I have been married to Paula Ritz Schlegel for 19 years and together we have three children, Killeen, Maggie and Stephen. We moved to Wheeling, WV from Portsmouth, NH in August 2000.





Chris Matta

It's safe to say that I have always loved food—not just eating great food, but watching others enjoy a perfectly prepared meal from one of my kitchens. Every menu and dish I prepare is simplistic in nature and focused on the food, not the fluff. Seafood is fresh, not frozen; steaks are USDA prime grade; produce is healthy, flavorful and organic.

I've had the unique opportunity to study alongside the best chefs in the business, including the famed James Beard Foundation. Those experiences were invaluable in exposing me to many facets of the culinary world and developing me into who I am today. I recently earned the prestigious title of "Certified Chef de Cuisine," which is, to date, one of my more notable accomplishments.

I approach my team of sous chefs with the same passion, giving them every opportunity to develop their culinary techniques and earn their own certifications. I'm fortunate to work for a company that prides itself in culinary excellence and superior guest service, plus I get to do what I love every day.

The Pointe

Pointe Crab Bisque

Makes one gallon

- 1 whole white onion (chopped)
- 4 celery ribs (fine chopped)
- 1 whole medium carrot (peeled and fine chopped)
- ½ cup cooked rice to thicken
- 4 oz. crab base
- 6 oz. chopped garlic
- ½ cup sugar
- 6 oz. diced tomatoes (strained)
- 1 tbsp. tomato paste
- 2 cup brandy
- 3 cups heavy whipping cream
- 1 can lump crab meat

Sauté the onion, celery, garlic and carrot in a sauce pan. Add in the brandy and let reduce by half. Add in soup base, diced tomatoes, tomato paste and sugar. Add one gallon of water and let simmer for 20 minutes.

In a separate bowl smash the rice until paste-like. You can use some of the cream to do this. Add the rice paste slowly into the soup until it thickens. Keep the heat low to prevent scorching. Add heavy cream until desired texture. Add half of the crab meat when the soup is done. Use remaining crab meat to garnish.

Filet and Oscar

- 1 steak filet
- 1 tbsp. Steak Rub
- 1 tbsp. steak butter
- ½ cup jumbo lump crab meat
- 8 each asparagus
- ⅛ cup béarnaise sauce

Season the steak with Steak Rub. When the steak is cooked to order, rub the filet with the steak butter.

For the plate presentation, add the béarnaise sauce to the plate. Place the filet over the sauce and top with jumbo lump crab meat, adding eight pieces of asparagus around the filet.

Steak Rub

Yields 20-25 steaks (Steak Rub keeps well in storage)

- 1 cup paprika
- 1 cup ground chipolata flakes
- 3 cups kosher salt
- ½ cup black pepper
- 2 tbsp. rosemary
- 2 tbsp. garlic powder
- 2 tbsp. thyme

Mix all of the ingredients together until well blended.



Metropolitan Citi Grill



David Wohlfeil

I began my cooking career when I was 16 by making pizzas in Buffalo, NY. Before graduating from Villa Marie College with a culinary degree, I gained experience while working at different restaurants in Lake Erie. After graduation, I had the opportunity to work with some really great chefs and was exposed in more detail to many other ethnic styles of cooking, including French, Italian and Asian.

I moved to Wheeling in 2002 and went to work for Wheeling Island Hotel-Casino-Racetrack to manage their food service expansion. Once out on my own, I opened Le Metro, which served a primarily lunch menu. Le Metro was expanded to the Metropolitan Citi Grill in 2005 and has great lunch and dinner menus, as well as wonderful ambience for night life with a martini bar. I really enjoy selecting daily specials and delicious menu items for everyone to enjoy.

Goat Cheese, Roasted Garlic and Spinach Stuffed Filet Mignon

- 1 6 oz. choice cut beef tenderloin
- ¼ cup fresh spinach
- 3 roasted garlic cloves
- 1 oz. fresh goat cheese

Preheat the oven to 350°. Cut a slit into the side of tenderloin large enough to stuff the garlic cloves, goat cheese and fresh spinach. In hot skillet, add one tablespoon of cooking oil and sear one side of beef for approximately 30 seconds. Turn the meat over in the skillet to sear the opposite side. Place the filet in the preheated oven, turning it every two minutes to ensure proper cooking. Cook for approximately six minutes for medium rare.

For a delicious side, get one box of risotto and cook it according to directions on the box. When the risotto is done, spread it out on cookie sheet to cool.

Place one Portobello mushroom in a separate skillet and sauté one tablespoon minced onion, one small diced Portobello mushroom and one tablespoon whole butter for 60 seconds. Then add a half cup of risotto to the onion-mushroom mixture. Add two tablespoons of chicken broth and one and a half tablespoons grated parmesan cheese. Stir gently over low heat until hot.

Cioppino: Italian Fisherman's Stew

Yields two servings

- 6 large shrimp
- 4 fresh sea scallops
- 10 fresh mussels
- ½ lb. fresh cod or other fish cut into cubes
- 1½ cup clam juice
- 2 tbsp. white wine
- ½ tbsp. chopped garlic
- ½ tbsp. chopped onion
- ½ tsp. dried basil
- ½ tsp. dried oregano
- 1 large ripened tomato, diced and seeded
- 2 tbsp. extra virgin olive oil

In a large sauce pan, add olive oil, garlic, onion and herbs. Cook over medium heat until lightly browned. Add seafood, clam juice, wine and tomatoes. Simmer for approximately three to four minutes or until seafood is tender but firm. Add salt and pepper to taste.

Separate into serving bowls and garnish with some fresh shaved parmesan cheese. Serve with lots of crusty sourdough bread. ■

Photography by Tracy Toler