



In the Chef's Corner

Le Bistro

With recipes from both French grandmothers and French bistros, the menu is evolving into a daytime lunch break favorite in the area.

BY MATT STICKLER

LE BISTRO is a fine dining establishment located on 3rd Avenue across the street from Pullman Square in Huntington, WV. The restaurant is open for lunch and dinner and features an ever-changing menu that utilizes locally-grown foods. The restaurant is also known for its impressive wine list and stunning dessert offerings, all within a comfortable and personal atmosphere. The restaurant has been locally owned and operated by the Abraham Restaurant Group since its inception.

Le Bistro's lunch menu offers country French comfort food. Executive Chef Brittany Barker's menu begins daily with fresh roasted turkeys, grilled beef tenderloins and seasonal ingredients. With recipes from both French grandmothers and French bistros, the menu is evolving into a daytime lunch break favorite in the area.

"We are looking forward to carrying on the standard of excellence our customers have become accustomed to, and Chef Barker is more than capable of accomplishing that," says Dr. Nazem Abraham, one of the principals in the Abraham Restaurant Group. "She has been with us since the opening of the restaurant and has been responsible for many of the outstanding dining experiences our patrons have enjoyed."

In the evening, Le Bistro becomes a magical escape in fine dining. Barker's menu reflects her artistic culinary talents by offering contemporary French cuisine. The restaurant also has an extensive wine list and full bar to complement each meal.

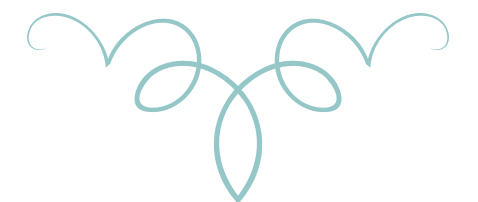
From Le Bistro's regionally-unique wine cellar to its fresh herbs and hospitable service, the staff takes pride in artistically crafting each dish to delight the palates of their guests.

Le Bistro is located at 905 3rd Avenue in Huntington and is open Monday through Saturday. Daily lunch hours are 10:30 a.m. to 3 p.m. with a limited menu served from 3 p.m. to 5 p.m. Dinner is available Monday through Thursday, 5 p.m. to 9 p.m., and Friday and Saturday, 5 p.m. to 10 p.m. Reservations are recommended and may be made by calling (304) 523-2012.



Executive Chef
Brittany Barker

Photography by Tracy Toler





Cajun Shrimp and Grits

Cheddar Grits

- 3 cups milk
- 1 cup chicken stock
- 2 tsp Old Bay Seasoning
- 1 cup quick grits
- 1 cup shredded sharp cheddar cheese
- 1 tbsp cream cheese

Combine the milk, chicken stock and Old Bay and bring to a boil. Slowly whisk in the grits and reduce the heat to low. Let the mixture simmer for five to seven minutes or until the grits have thickened. Remove the pot from the heat and then stir in the cheddar and cream cheese.

Cajun Shrimp

- 36 medium-sized shrimp, peeled and deveined
- 2 tbsp Cajun seasoning
- 2 tbsp salted butter

Melt the butter in a sauté pan over medium heat. When the butter has fully melted, add the shrimp and seasoning. Sauté over medium heat for about five to seven minutes until the shrimp have turned pink and are slightly firm. Serve over the cheddar grits.



Pear Salad

- 1 head of romaine lettuce
- 2 cups baby spinach
- 2 Anjou pears
- ½ cup toasted chopped pecans
- ½ cup blue cheese
- ¼ cup dried cranberries

Rinse and dry the pears, lettuce and spinach leaves. Chop the lettuce into bite-sized pieces and toss with the baby spinach in a bowl. Quarter each pear, remove the seeds and cut into six slices. Arrange the slices on the bed of lettuce. Crumble the blue cheese over the top of the salad and sprinkle with toasted pecans and dried cranberries.

Tarragon Vinaigrette

- 2 cups mayonnaise
- 1 orange, zested and juiced
- 1 lemon, zested and juiced
- 1 tbsp salt
- 1 tbsp fresh or dried tarragon leaves
- 1 tbsp rice wine vinegar
- 2 tbsp honey

Place all of the ingredients into a large mixing bowl and whisk until blended well together. (Serves 6)

Tarragon Pear Salad



Chambord Chocolate Mousse



- 2 cups chilled heavy cream
- 4 large egg yolks
- 3 tbsp sugar
- 1 tsp vanilla extract
- 7 oz bittersweet chocolate
- ¼ cup Chambord or other raspberry flavored liqueur

Heat three-fourths of a cup of the cream in a saucepan until hot. In a separate metal bowl, whisk together the yolks and sugar and then slowly add the hot cream. Transfer the mixture to a saucepan and cook over low heat until the mixture has reached 160°. Remove from heat and stir in the vanilla and Chambord.

Melt the bittersweet chocolate in a double boiler until smooth and then whisk the custard into the chocolate. Set aside the mixture to allow it to cool.

Beat the remaining heavy cream with an electric mixer until stiff peaks form. Fold the cream gently into the cooled chocolate custard. Cover and chill overnight. (Serves 8) ■

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