

11TH ANNUAL RESTAURANT ISSUE

BON APPÉTIT

SEPTEMBER 2004

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AMERICA'S FOOD AND ENTERTAINING MAGAZINE

AS FEATURED

GOING OUT

High Steaks

Hear that sizzle? That's the sound of the hottest trend this side of low-carb diets—the new, glammed-up steakhouses.

BY HEATHER JOHN

America's heartland knows that when it comes to steak, it pays to keep it simple. At **Firelake Grill House & Cocktail** bar in Minneapolis, chef Paul Lynch turns up the heat with flame-licked chops and steaks roasted in a brick oven. Lynch uses a deft but restrained hand in preparing a mesquite-grilled filet, but dares to be different with a rich bacon-wrapped buffalo rib-eye doused in a subtle smoky sauce. Sea salt adds zest to herb-roasted fingerling potatoes, and cumin-lime butter livens corn on the cob. Serious steaks are washed down with playful cocktails, such as the popular Flaming Coconut Flirt and the Lake Cabin Martini. For the more reserved diner, the "Counting Carbs" menu offers a carbohydrate breakdown and an assortment of low-carb drinks.

Getting There

FireLake Grill House & Cocktail bar
Radisson Plaza Hotel, Minneapolis
31 S. 7th St, Minneapolis, 612-216-3473
firelakerestaurant.com



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READER'S FAVORITE RESTAURANT RECIPES

R.S.V.P.

I was in Minneapolis last month for a family wedding and stayed at the Radisson hotel downtown. I'm very rarely impressed by hotel restaurants, but the meal I had at FireLake Grill House & Cocktail Bar was really wonderful. The Bundt cake I ordered was one of the best deserts I've had outside of my mother's kitchen.

Steve Mosel
Bremerton, Washington

CHAI-SPICED HONEY BUNDT CAKES

Although the recipe calls for baking the cake in mini Bundt pans, large muffin pans work equally well.

MAKES 12

2 1/2 cups all purpose flour
1 1/2 cups (packed) golden brown sugar
2 teaspoons baking soda
1/2 teaspoon salt
1 3/4 cups hot water
1 cup instant chai tea powder*
1/2 cup honey
1/2 cup (1 stick) unsalted butter, melted
1/2 cup buttermilk, room temperature

2 large eggs
1 large egg yolk

Vanilla ice cream
Spiced Syrup (see recipe)

Preheat oven to 350°F. Butter and flour 2 nonstick mini Bundt pans (6 cakes per pan). Sift flour, sugar, baking soda, and salt into large bowl. Whisk 1 _ cups hot water and chai tea powder in another large bowl to blend. Whisk honey, melted butter, buttermilk, eggs, and egg yolk into a chai mixture to blend. Stir chai mixture into flour mixture until just blended. Divide batter among prepared Bundt pans (about _ cup per pan).

Bake cakes until toothpick inserted near center comes out clean, about 25 minutes. Invert immediately onto rack. Cool 10 minutes. Serve warm with scoop of vanilla ice cream drizzled with Spiced Syrup. (Cakes can be made 1 day ahead. Rewarm briefly in microwave.)

*Can be found in the coffee and tea section of most supermarkets.

SPICED SYRUP

Any leftover syrup would be delicious drizzled over pancakes.

MAKES ABOUT 2 2/3 CUPS

2 cups (packed) golden brown sugar
2 cups water
3/4 cup dark corn syrup
1 1/2 tablespoons fresh lemon juice
1 teaspoon ground cinnamon
1/2 teaspoon vanilla extract

Stir all ingredients in heavy large deep saucepan over medium-low heat until sugar dissolves. Attach candy thermometer to side of pan (do not allow tip to touch bottom). Increase heat to high. Boil without stirring until thermometer registers 220°F, occasionally swirling pan and brushing down sides with wet pastry brush, about 12 minutes (time will vary depending on size of pan). Strain syrup into medium bowl. Cool to room temperature. (Can be made 1 day ahead. Let stand at room temperature. Rewarm before serving.)