



This April 18 photo shows Edwards Drive-In, an Indianapolis eatery known for its pork tenderloin, a local specialty. The drive-in opened in the late 1950s and reflects the look and feel of the era.

Rust Belt’s not just a political force — it’s a destination

By **BETH J. HARPAZ**
AP Travel Editor

Here’s why tourists should take the Rust Belt as seriously as politicians: Because the food, art and sightseeing in “flyover country” is well worth your precious vacation days — not to mention cheaper than in trendier destinations.

In the last two years, I’ve visited Michigan, Indiana, Ohio and Wisconsin, sampling art museums, historic sites, architecture, hipster neighborhoods, ethnic culture and great food.

I live in Brooklyn, New York, but I can honestly say that neighborhoods like Fountain Square in Indianapolis and Midtown in Detroit give my home turf a run for the hipsters’ money. Not to mention that the farm-to-table cuisine at a restaurant like Braise in Milwaukee is much better than what often passes for locally sourced meals in Manhattan — and at half the price.

And it’s not just me who thinks this part of the country deserves to be high on travel go-to lists. Indianapolis and Cincinnati turned up on Travel + Leisure’s list of best destinations for 2017.

Flyover country?

Unfortunately I also find plenty of fellow Americans — especially those who live on either coast — who are more likely to cross Paris or Machu Picchu off their bucket lists than Indianapolis or Milwaukee.

“As soon as someone says ‘flyover country,’ I know you’re from New York or Los Angeles,” said Stephanie Klett, secretary of the Wisconsin Department of Tourism. Folks who grow up near the ocean, she added, are often especially surprised when they first catch sight of one of the Great Lakes. “When they fly into Milwaukee, they notice Lake Michigan,” she said. “They thought it was a little lake, but they see how massive it is.”

Understandably, the region is rarely a first stop in the U.S. for foreigners. But on a second or third trip, after they’ve done New York, Orlando and Vegas, that’s when tourists from Britain or Germany come “looking for a little bit of the real America,” said Toby McCarrick, executive director of the regional marketing organization Great Lakes USA. “It’s the small towns, the backroads, the real people. We want them to pull over and see Aunt Bee’s Cafe that

makes homemade cherry pie with Michigan cherries.”

Food

The Midwest’s food scene doesn’t always get the attention other destinations receive, but I had many memorable meals on my travels there. In addition to Braise in Milwaukee, another spectacular dinner was in Cleveland at Michael Symon’s Lola.

But I don’t just go for upscale dining when I travel. I like the fun and funky spots too. When in Detroit, you’ve got to sample coney dogs — what the locals call hot dogs — at either or both Lafayette Coney Island and American Coney Island. I also liked the crazy hot dog toppings at Happy Dog in Cleveland. In Indianapolis, I loved the old-school goodness of corned beef at Shapiro’s, shrimp cocktail with the hottest horseradish on earth at St. Elmo’s and the ‘50s-style decor at Edwards Drive In. And I’d get the pierogis at Sokolowski’s in Cleveland again in a heartbeat. I also had fun shopping the food stalls in Cleveland’s beautiful, historic West Side Market.

But it’s Wisconsin that holds a truly special place in my heart. Two words: cheese curds.

Attractions

For me, there’s no better way to spend a day on vacation than wandering around a museum. And these cities don’t disappoint.

The Indianapolis Museum of Art is wonderful not only for its art collection but for sprawling grounds which include formal gardens, rustic trails and a 100-acre park with outdoor installations like the haunting “Park of the Laments,” a walled field with stone walls and a tunnel.

I visited the Detroit Institute of Arts not long after a judge worked out a deal to save the museum’s most valuable works from being sold off to help solve the city’s fiscal problems. Knowing how close Detroit came to losing some of these jewels made seeing them truly special. The Diego Rivera murals are perhaps the museum’s best-known works, but any visit should include a look at “The Wedding Dance” by Pieter Bruegel the Elder, “Annunciatory Angel,” by Fra Angelico and Tintoretto’s “The Dreams of Men,” installed in a ceiling that was designed specifically for it.



Charcuterie platter with sweet and sharp mustard.

Charcuterie boards make an easy and impressive appetizer

By **ELIZABETH KARMEL**
Associated Press

Who says you can only enjoy a charcuterie board when you go out to eat? Restaurants have made them a diner’s favorite and many restaurants become destinations based on their ability to source great meats and cheeses.

With a little planning, you can do this same thing any night of the week. In fact, you don’t even need to go to a fancy store to get the provisions. Most grocery stores have everything you need.

Once you find your favorite dried sausage, keep it on hand. It lasts for a very long time in the fridge and is handy to pull out when people stop over unexpectedly for a drink. My favorite sausages are reasonably priced, vacuum-sealed, have a good lean to fat ratio, and are very clean tasting. These days it’s easy to find very good dried sausages.

When shopping for a party, plan on 3 ounces of charcuterie per person for an appetizer and about twice that if it’s the only food being served. With bread and olives, pickles and nuts, that should be enough to satiate all of your meat-loving friends and family.

Your charcuterie board can be as simple as one dried sausage, olives, nuts and a special mustard dipping sauce or make it a little more expansive by adding a pate, thin-sliced prosciutto, chunks of real parmesan or pecorino, and another mustard for dipping and spreading. Bread and butter, homemade seeded crackers, fresh ricotta cheese, good olive oil and cocktail rye are also good choices.

I like to dress up my favorite mustards with jam, herbs and spices. It’s easy to make but adds that special touch that will make your charcuterie board even more craveable than the one at your favorite restaurant. Add your favorite flavors to the mustard and just pick a jam and an herb that you like together.

Next, think about presentation. That’s one of the reasons that I think charcuterie boards are so appealing in restaurants. They are generally laid out on wooden or other flat surfaces. I love using black porcelain as I can write with chalk on it and pop it in the dishwasher when I am done.

Finally, remember to slice the meat when it is cold and serve it at room temperature for maximum flavor. Most importantly, have fun with your combinations. A charcuterie board is easy, elegant

CHARCUTERIE BOARD

- Slice it cold, serve it room temp
- Saucisson Sec (Dry Salami) such as D’artangia, Bende Hungarian Sausage
- Prosciutto or Iberico , or southern ham such as Benton’s
- Pate
- Salami
- Soppressetta
- Parmesan Reggiano cheese, broken into small chunks
- Cornichon pickles
- Olives
- Marcona almonds
- Pistachios
- Good bread, seeded crackers
- Ricotta cheese topped with honey or herbs and olive oil

SWEET AND SHARP MUSTARD FOR SAUSAGES AND CURED MEATS

- ¼ cup whole-grain Dijon mustard
 - 1 tablespoon apricot jam
 - 2 teaspoons smooth Dijon mustard
 - Pinch of Coleman’s dry mustard
 - Pinch of dried parsley or other dried green herb
- Mix jam and mustards together until combined but still chunky. Add dried herbs and mix until combined. Serve immediately or store covered in the refrigerator for up to five days.
- Variations:**
Raspberry jam and mint
Fig jam and dehydrated shallots
Red currant jelly and red pepper flakes
Blackberry jam and tarragon
- Nutritional value will differ depending on selection of charcuterie.*

and a guaranteed crowd pleaser.

Elizabeth Karmel is a barbecue and Southern foods expert. She is the chef and pit master at online retailer CarolinaCueToGo.com and the author of three books, including “Taming the Flame.”

Let five-spice powder turn a ‘blah’ chicken into warm spice

By **MELISSA D’ARABIAN**
Associated Press

Eating healthy on a budget and tight schedule means the boneless skinless chicken breast makes frequent appearances on our dinner table. It’s a smart choice as a lean protein — one cup of cubed chicken breast has a whopping 43 grams of protein yet only 5 grams of fat (fewer than 2 of those are saturated).

But the chicken breast story goes beyond protein gram counts. White meat chicken provides a sizeable chunk of our daily requirements for several vitamins and minerals, most notably B6, niacin, phosphorous and selenium, and smaller quantities of a slew of others. Impressive stats from the cut of meat that goes on mega-sale about every 4 weeks, and freezes so well that you can stock up when it does.

The problem with this wallet-friendly nutrient wonder is that it is so mild and low-fat (read: low-flavor) that it can become “blah” and uninspired on the weekly family menu, elegantly referred to as being in a rut. The lower fat also puts this protein at high risk for drying out. Today’s recipe solves both those problems while also staying weeknight-speedy.

Five-Spice Chicken in Orange



Five-spice chicken breast in orange broth.

Broth is a skillet chicken that starts on the stovetop with a quick sear and then finishes in the oven, bathed in an aromatic orange juice broth, simmering to juicy perfection.

If you don’t have five-spice blend on hand, I suggest it as a worthy purchase, because its warm spicy flavors (think ginger, anise and cinnamon) add a perfect depth to a ton of dishes, both savory and sweet. However, feel free to experiment with similar spices or blends (such a pumpkin pie spice). Another recommended purchase:

an instant-read thermometer, which will improve your meat-cookery overall, so you can stop cooking the chicken as soon as it reaches 160 degrees. A final tip: most chicken breasts are larger than one serving. Consider serving the meat already sliced on a platter, and you’ll find that two or three breasts will easily feed a family of four.

Food Network star Melissa d’Arabian is an expert on healthy eating on a budget. She is the author of the cookbook “Supermarket Healthy.”

FIVE-SPICE CHICKEN BREAST IN ORANGE BROTH

- Start to finish: 40 minutes
Servings: 4
- 1 ½ pounds boneless skinless chicken breast, about 3 breasts
 - 2 tablespoons all-purpose flour
 - 1 tablespoon olive oil
 - salt and pepper
 - 1 large onion, diced (about 1 ½ cup diced)
 - 1 teaspoon Chinese five-spice (spice blend available at regular grocery stores)
 - ¾ teaspoon ground cumin
 - 3-4 carrots, trimmed and halved both crossways and lengthwise
 - 4 garlic cloves, smashed
 - ¼ cup white wine
 - ¾ cup orange juice (fresh or carton)
 - 1 cup low-sodium chicken broth, plus extra if needed
 - chopped cilantro for garnish (or parsley, if preferred)
- Preheat the oven to 350 degrees F.
- Pat the chicken breasts dry with a paper towel, trim visible fat, and season with salt and pepper. Sprinkle the flour over both sides of the chicken breasts and lightly press the flour into the meat.
- In a large oven-safe skillet, heat the olive oil over medium high flame. Brown the chicken breasts until golden, about 3-5

minutes per side. Remove the chicken and set aside on a plate (it will not be fully cooked). Add the onion to the same pan with a pinch of salt and stir with a wooden spoon. Once the onions are translucent, about 2-3 minutes, add the five-spice, cumin, carrots and garlic, and cook until very fragrant, about 3 minutes.

Increase temperature to high and deglaze the pan with the wine, scraping up any crusty bits on the bottom of the pan as it bubbles for a minute. Add the orange juice and 1 cup of broth and stir. Return the chicken breasts to the pan, including any juices that have accumulated on the plate. Add extra broth (or just water) so that liquid level is about 1/4 the way up the chicken breasts. Spoon some of the sauce on top of each breast. Bring the mixture to a simmer and then place in the oven to continue cooking until the chicken breasts reach 160 degrees F, about 15-20 more minutes.

Remove the chicken from the oven and let rest a few minutes before slicing and serving with the carrots and the fragrant broth spooned on top. Garnish with fresh cilantro.

Nutrition information per serving: 271 calories; 61 calories from fat; 7 g fat (1 g saturated; 0 g trans fats); 86 mg cholesterol; 262 mg sodium; 19 g carbohydrate; 3 g fiber; 9 g sugar; 29 g protein