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May 2007

## dining guide

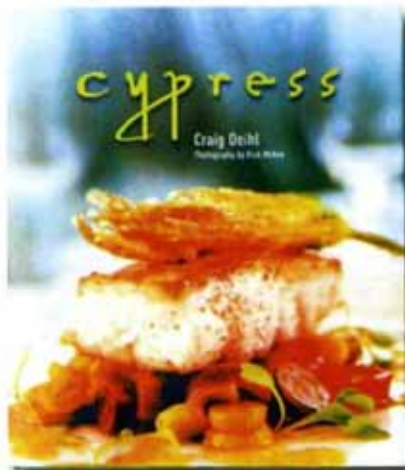
A SELECTIVE GUIDE TO DINING IN THE LOWCOUNTRY

### QUICK BITE

## Kitchen Confidential

*Chef Craig Deihl invites readers into Cypress' kitchen and opens minds to creative cooking*

**N**ot for the faint-of-heart or short-on-patience home cook, **Craig Deihl's** freshman cookbook, *Cypress*, is as much a **behind-the-scenes glance** at the restaurant whose kitchen he skips as it is a recipe collection. Fans of the downtown establishment will gain greater appreciation for meals past and future as they become acquainted with **the passionate care** that results in each Cypress menu item. While its difficulty level at times makes the book more aspirational than practical, **there's something here for everyone**—touches that will elevate workaday recipes already in your arsenal. Tackling a selection or two of his stocks will have you clearing your refrigerator of off-the-shelf impostors. Chicken stock, one of the most versatile, will fortify your own soup recipes or, when used in place of water, transform white rice to a first-rate side dish. For hard-to-describe maneuvers, such as rolling **Beef Spring Rolls**, Deihl supplements descriptions with step-by-step photographs. Throughout, the book reveals **how** Deihl circumvents an obvious personal dilemma concerning whether to go French, Asian, or Southern: he embraces all



*Cypress*, by Craig Deihl. Photographs by Rick McKee (\$34.95, Gibbs Smith, April 2007)

three. While what nowadays passes as "fusion" is too often merely *confusion*, in Deihl's culinary universe, Boc Choy and Truffle Sweet Potatoes don't just peacefully coexist on the same plate as Duck Au Poivre, they converse fluently together. Documenting this gastronomic carnival, Rick McKee's color photographs are so lush that they'll tempt you to eat the very pages they're printed on. —**Bryan Hunter**