



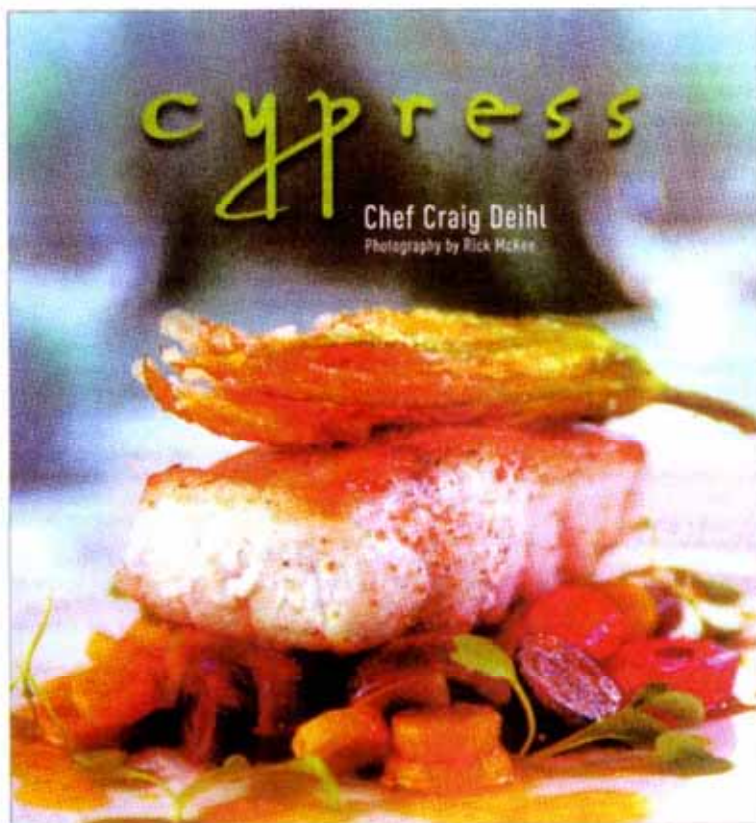
THE ISLAND PACKET

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SERVING SOUTH CAROLINA'S LOWCOUNTRY

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Chef's new cookbook shows his skills are on the CUTTING EDGE



"Cypress," the new cookbook by acclaimed Charleston chef Craig Deihl, features Deihl's trademark recipes of Lowcountry cooking blended with more exotic flavors.

By JUSTIN PAPROCKI • jpaprocki@islandpacket.com • 843-706-8143

When Craig Deihl came to the Lowcountry, he wasn't even sure what grits were.

Fortunately for his survival in the South, someone explained to him that it's similar to what a Pennsylvania native like himself would refer to as Cream of Wheat. And fortunately for his career, he picked up on the idea of Southern cooking pretty quickly.

Now, the acclaimed chef of Charleston's Cypress Lowcountry Grille is imparting his knowledge about Lowcountry cuisine in the cookbook "Cypress."

"Cypress" details Deihl's trademark — Lowcountry cooking blended with differ-



Chef Craig Deihl

His style already has been noticed nationwide — he won praise in the New York Times' guide to Charleston article, and in Esquire's 2001 Best New Restaurants.

Think Thai-spiced short ribs and Lobster with Edamame, Shiitake mushrooms, teardrop tomatoes and celery root puree.

Or shrimp and sausage with grape tomatoes, mint-and-garlic broth and goat cheese grits.

Roast Pork Shoulder with Choucroute and Gruyère Potato Fondue

This recipe is an updated version of my mother's traditional New Year's Day meal. Mom made her own sauerkraut (fermented cabbage and salt), which I see as the northern equivalent of the South's beloved collard greens.

For the Choucroute:

Makes: 4 servings.

- 1 pound sauerkraut, drained
- 4 ounces slab bacon
- 2 links bratwurst (half a pound)
- 1 tablespoon salt
- 1/2 teaspoons white pepper
- 1 (12-ounce) lager beer (Yuengling recommended)

Preheat oven to 325 degrees.

In a roasting pan, combine sauerkraut, bacon, bratwurst, salt, pepper and beer. Cover tightly with aluminum foil and place in oven. Cook for 1 1/2 hours.

Remove from oven. Pull bacon and bratwurst out of the sauerkraut and cut both into 8 pieces. Place back in sauerkraut and keep warm.

For the Gruyère Potato Fondue:

Makes: 4 servings.

- 3 pounds Yukon gold potatoes, peeled and cut into 1/2-inch-thick rounds
- 2 tablespoons salt
- 1 1/2 cups heavy cream
- 1/2 cup grated Gruyère cheese
- 1/2 cup butter, cut into cubes
- 1/2 tablespoons salt
- 1/2 teaspoons white pepper

In a large pot, add potatoes and salt and cover with water.

Place over medium heat and cook for 25 minutes. Potatoes should split when pierced with a fork.

Transfer potatoes to a colander and drain.

Place a food mill attached with the smallest screen over the pot you cooked the potatoes in. Work hot potatoes through the food mill.

Add heavy cream and Gruyère cheese to potatoes and fold in evenly. The cheese will get stringy as it melts.

Stir in butter cubes until melted. The potatoes should have a velvety consistency.

Season with the salt and pepper and incorporate evenly. Adjust seasoning if needed.

Keep potatoes in a warm area. If you have a lid, use it or wrap tightly with food film.