

CHARLOTTE URBAN

HOME

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CELEBRATING INSPIRATIONAL DESIGN AND PERSONAL STYLE



Contributing Editor

FOODIE



BRUCE
MOFFETT



SUMMER IN CHARLOTTE



*Those days when you
wake up and it's already
80 degrees at nine
o'clock in the morning...*

I feel the humidity as I step outside and get ready for a bike ride. I know it's going to be a long day and I better drink plenty of water. When I get in the restaurant and get the ovens and burners cranked up, I know the kitchen air conditioner will not be able to keep up. By 5:30, the temperature creeps up to the mid 90s. I yearn for my

days at the beach in Rhode Island where the daily high would be in the low 80s and the evenings would be in the mid 60s. By the end of the night, my T-shirt is soaked and that all too familiar headache is starting to creep in beneath my right eye. I go home, take a long shower and fall into bed.

Summer in Charlotte.

Honestly, summer is a time for great excitement in the chef world. The farmer's markets are in full swing. I found the Yorkmont and Matthews markets when I first arrived in Charlotte 15 years ago. When I worked as a chef in Boston, we had a network of farmers that would deliver to our restaurant on a weekly basis. I was determined to establish the same network here. At the markets, I found that and so much more. The produce grown by the local farmers is nothing short of amazing. I know that I can elevate any meal by simply preparing the products that just came out of the garden that morning.

My secondary love of these markets is the sense of community that I feel every time I walk through their confines. I always tell my wife that I will just be an hour, but wind up taking three. Along the way I will see farmers who have become lifelong friends. We will catch up on family, farm and personal subjects, or plan our next bike ride. The market is also an opportunity to catch up with other chefs and go over the latest restaurant gossip. And, inevitably, I always run into many of my good customers. It's gratifying to know that our love of good, sustainable food brings us together in this community.

Summer in Charlotte.

A time to slow down a bit. All my restaurants are closed on Sundays. Sometimes we take this day to do absolutely nothing. Other days I invite a few friends over and light my Big Green Egg. Lately, it's been all about the ribs. Five hours of constant monitoring yields a result that I'm proud of. It's good to know other cooks because they contribute the sides and the cocktails. We relax, eat on the patio and chat well into the evening.

Summer in Charlotte.

I'll take the good. I'll take the bad. It's our home. ♦

Chef Bruce Moffett is the executive chef and owner of Moffett Restaurant Group, consisting of Barrington's Restaurant, Good Food on Montford and Stagioni. He's been in the restaurant business 35 years, and cooking even longer. You'll find him in the kitchen mostly at the flagship, Barrington's. To make reservations, call 704-364-5755. For more information, visit www.moffettrestaurantgroup.com.

