



## **Savor Rhode Island's Culinary Heritage**

The late great Julia Child knew what a culinary gem Rhode Island was, as she was regularly seen dining in Providence's finer eateries, specifically Al Forno – one of her favorite places. And couldn't we stop there? Sure, but we won't. Why should we when we have "the Smithsonian Institution of the Food Service Industry." Chock full of history and nostalgia, the Culinary Archives and Museum at Johnson and Wales University along our redeveloping Providence waterfront boasts a collection of more than 500,000 culinary items including more than 4,000 menus, rare cookbooks dating back to the 1500s, appliances, art works and other culinary treasures. And with alumni such as Emeril Lagasse and Tyler Florence, the bar has been set very high.

Providence's Italian-infused neighborhood, Federal Hill, flaunts its "Little Italy" comparisons with style. More than fifty restaurants, bakeries and markets are packed into the bustling neighborhood, which spans fifteen blocks. During the popular Federal Hill Stroll, visitors sample dishes from the Hill's critically acclaimed restaurants and receive discounts from participating shops and galleries.

For an inside look at Federal Hill's culinary offerings or just to know where to pick up the area's best olive oil or homemade sausages, check out Providence's most informative culinary tour, "Shopping Federal Hill: An Insider's Italian Food Tour." Cindy Salvato, an executive pastry chef who taught at Johnson and Wales for thirteen years, guides groups through Federal Hill's numerous markets, bakeries and wine shops to point out the best places to go for pasta, cheese, bread and more.

Also you won't want to miss Restaurant Weeks in Providence (July) and Newport (November), when diners can take advantage of the best these cities dish out at discounted rates.

## **Fine dining in Providence – Oh! It’s so good!**

Among those who know and love food, Providence is considered one of the most important cities in the United States. Not only does the city boast numerous critically acclaimed restaurants, but it is also a major center for the study and appreciation of the culinary arts.

Providence is the home of Johnson & Wales University, the world’s largest culinary educator. Johnson & Wales alumni include some of the most well-respected chefs and restaurateurs in the world, like Emeril Lagasse. Many J&W alumni stay in the city when they graduate, which is why Providence has more degreed chefs per capita than any other city in the U.S. It also accounts for the sophistication of Providence’s restaurant scene. It is not uncommon for local restaurants and chefs to be recognized on a national level by the media. For example, the *International Herald Tribune* selected local restaurant icon Al Forno as the “Best Restaurant in the World” for casual dining and two other local chefs were among *Food & Wine*’s “Best New Chefs of 2000.”

Providence’s history and geography have also helped to cement its reputation as a culinary capital. Waves of immigrants have come to the city in the last two centuries, bringing their recipes and culinary traditions with them. As a result, Providence has a wide variety of ethnic restaurants from which to choose.

The city is perhaps most famous for its Italian food, with the Federal Hill section of Providence named “One of the Five Best Little Italys in the U.S.” by Food Network Chef Mario Batali. Located on the shores of Narragansett Bay, local restaurants also make good use of the abundance of fresh seafood, offering fabulous, creative dishes.

With all of the critical acclaim, Providence doesn’t take itself too seriously. It was, after all, the birthplace of the diner in 1872. The most beloved of all local diners is Haven Brothers, a trailer on wheels that parks nightly next to Providence City Hall. From blue collars to bluebloods, everyone stops at Haven Brothers, which serves burgers and other treats from the grill until the wee small hours.

## **Enjoy Rhode Island's summer bounty**

New Englanders have long celebrated the harvest of the sea, dating back to when American Indians first introduced quahogs as food to early settlers.

'Quahog,' the Indian word for clam, lies at the heart of traditional Rhode Island cuisine. Today, this tradition continues. Rhode Islanders celebrate Narragansett Bay's summer bounty by hosting traditional seafood festivals and clambakes throughout the Ocean State.

Clambakes originated as an Indian feast and have been handed down by Rhode Island bake masters for generations. It features an array of fresh clams, lobsters, fish and vegetables, covered with layers of seaweed and steamed over hot stones to mouth-watering perfection.

A versatile delicacy, the quahog is used in a wide variety of regional fares. One popular favorite is the "stuffie." Made from the state's official shellfish, this tasty delight is chopped, stuffed, and mixed with tangy seasoned stuffing and then baked on the half-shell.

Rhode Islanders have also been known to take their chowder pretty seriously. While area chefs' chowder recipes are as difficult to pry out of as it is to open a hard-shelled quahog, the main ingredients include clams, potatoes, and a variation of either creamy milk or clear broth. Also try its savory counterpart, the '*clam cake*,' consisting of chopped clams mixed in a flour batter and deep-fried. Together, chowder and clam cakes make for a summer treat that shouldn't be missed.

Don't leave Rhode Island's shores without first tasting some of the Ocean State's most tantalizing creations. Come be a part of a long-standing Rhode Island tradition.

*For more information, visit us on the Web at [www.visitrhodeisland.com](http://www.visitrhodeisland.com).*

###