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Vegan, at Times With
Jessica Seinfeld

Photo by Mark Seliger

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Jessica Seinfeld

Vegan, At Times

Jessica Seinfeld isn't a vegan, and her husband (Jerry) and her three children aren't either. But with her new book "Vegan, at Times" she presents gateway to a healthier, greener, and more balanced, veggie-forward way of life.

The book isn't trying to convincing you to become vegan or shaming anyone for eating meat. The goal is to share with her reader just how easy it is to be a vegan (at times) by cooking flavorful, robust plant-based meals — whether that's every day or every now and then.

"Vegan, at Times," which was released November 23, is a collection of more than 120 recipes that boast being both delicious and easy to make. In some cases you might even forget they're vegan.

Seinfeld presents both a reassuring and accessible style, offering step-by-step recipes for sweet and savory breakfasts. Be comforted by healthy meals for lunch and dinner. Discover snacks that can be whipped together quickly. You'll find essential sauces and dressings. It's all tailored to the home cook.

Also importantly, Seinfeld displays how to create a basic vegan pantry filled with the essential items for you to keep in stock — including what kitchen equipment you'll want, sample menus for combining recipes, and relatable stories from her family's adventures in vegan cooking.

Seinfeld, who resides in Manhattan and has home in the Hamptons, is the author of four previous cookbooks — all of which are New York Times bestsellers — and has sold more than 1.4 million copies.

She is also founder and chair of the board of Good+Foundation, a leading national nonprofit that aims to "dismantle multi-generational poverty by pairing tangible goods with innovative services for low-income parents and caregivers, creating an upward trajectory for the whole family."

Here, she shares with us her recipe for vegan macaroni and cheese.

"I have served this many times to non-vegans and they always go for seconds. I use cashew or almond milk for their mild flavor, but you can always experiment with other plant-based milks," she shares.

Macaroni and Cheese

For the macaroni and cheese *Serves 6*

- ½ teaspoon kosher salt, plus more for pasta water
- 1 pound short pasta, such as cavatappi, elbows, or small shells
- 3 tablespoons extra virgin olive oil
- 5 tablespoons all-purpose flour
- 4½ cups unsweetened cashew or almond milk
- 16 ounces (4 cups) shredded plantbased cheddar cheese (We likeViolife)
- 2 tablespoons nutritional yeast
- 1 teaspoon dry mustard
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon cayenne pepper

For the breadcrumb topping

- 1 cup panko or coarse dried breadcrumbs
- 3 tablespoons extra virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 1 clove garlic

- 2 tablespoons chopped fresh flatleaf parsley, for serving

Position the oven rack about 8 inches from the top and heat the oven to 400°F.

Make the macaroni and cheese

Bring a large pot of water to a boil, then salt it. Add the pasta and cook until it's a few minutes short of al dente (it will continue to cook in the oven). Drain into a colander and pass under cold running water to stop the cooking. Shake out any excess water.

Meanwhile, to make the cheese sauce, in a large pot or Dutch oven, heat the oil over medium heat. Add the flour and cook, stirring with a wooden spoon, for about 3 minutes to cook out the raw flavor of the flour. Add 1 cup of the milk and whisk until it forms a smooth paste. Continue to whisk in the remaining milk a little at a time, at first, to avoid lumps. Let the mixture reach a simmer while whisking often, paying attention to the corners where the flour can collect.

Remove from the heat and add the



Macaroni and Cheese. Photo by Mark Weinberg



Jessica Seinfeld. Photo by Mark Seliger

cheese, nutritional yeast, dry mustard, the ½ teaspoon salt, the black pepper, and the cayenne pepper. Whisk until creamy and smooth. Add the pasta and stir well to coat. Taste for salt; you may want to add a little more. Scrape the mixture into a 9 x 13-inch baking dish.

Make the breadcrumb topping

In a small bowl stir together the breadcrumbs, oil, salt, and pepper. Grate in the garlic and stir to combine.

Sprinkle the breadcrumbs over the macaroni and cheese. Bake for about 15 minutes, or until the sauce is bubbling. Then turn on the broiler and broil for 1 to 3 minutes, until the breadcrumbs are golden brown. Let cool for 5 minutes before serving and sprinkle the top with the parsley.



Southold General. Photo by Pat Dunford

North Fork Table & Southold General

Chef John Fraser's Culinary Brilliance In Southold

By Jessica Mackin-Cipro

Chef John Fraser re-opened North Fork Table & Inn during the summer of 2020 to great acclaim. The chef, well known for his Michelin-Starred Dovetail on the Upper West Side, has redefined vegetable-forward menus within America's dining landscape, and continues to bring culinary brilliance to the East End.

North Fork Table, located in an historic countryside inn in Southold, was originally opened in 2006 by founding owners, and farm-to-table pioneers, Gerry Hayden and Claudia Fleming. Fraser shares this same ethos, continuing the restaurant's legacy with the farm-to-table philosophy that it is so famously known for.

There's no better place for this than on the North Fork, surrounded by farms, fisheries, and vineyards. Since the opening of the new restaurant, Fraser continues to be a culinary leader within the community. (Note to diners: book your reservation in advance, especially on weekends.)

During Fraser's college years he worked in kitchens in Montauk including Shagwong, which introducing him to the East End's bounty. He later trained in Paris and also cut his teeth at Thomas Keller's French Laundry. Today Fraser's restaurant group, JF Restaurants, includes The Loyal, 701 West, and Paradise Club in Manhattan, and has continued to expand on the North Fork with the recent opening of Southold General, a general store located at Einstein Square.

and squash dashi. The Jamesport Farmstead hen egg is served with house-made ricotta and brown butter sweet potato. The tempura corn with Ira's flower petals and nori is also a special dish.

North Fork Table & Inn has recently launched a new fall cocktail menu. Highlights include the Stonefruit Old Fashioned, created with Four Roses single bourbon, stonefruit cordial, and preserved peaches. There's the Early Autumn Sour, made with Espolon Reposado, spiced maple, and egg white. And don't miss the French Apple 75, crafted with Le Verger, ginger tea, and Prosecco.

Additionally, the restaurant has launched a Smores + Port outdoor offering, available on Sundays during dinner hours, and to order on the restaurant's west patio. Perfect for a cozy date night in the winter months, guests can roast marshmallows over a mini bonfire for two and enjoy a s'mores set, along with a selection of port for \$55. The menu includes house-made graham crackers, marshmallows, and aleppo-chocolate bark, along with the option of Port or Valrhona hot chocolate.

Over at Southold General you'll find a curation of carefully selected goods and food items inspired by, and from, the North Fork. From your morning coffee, to fresh baked Grandma pizzas, there's a little something for all at this new spot. You'll find house made gelato, sandwiches, salads, and local wine and beer. The café offers a large outdoor patio, making it the perfect stop for that croissant you're craving. Did we mention that all of the pastries are by acclaimed Pastry Chef François Payard? Run, don't walk.

This year for Thanksgiving, Southold General will be offering an "Everything but the Turkey" a la carte menu, along with delicious pies by acclaimed chef Payard, available on Wednesday, November 24.

The menu at North Fork Table may be veggie-forward, but there is no shortage of options for the carnivore. You can find a spectacular peppered filet mignon. And items like the roasted Long Island duck breast, served with peach, creamy polenta, and a lavender spice rub, will satiate the most sophisticated of palates. But it's the vegetable that is the star and never takes a back seat at North Fork Table, making each dish incredibly unique.

As a "snack" to start, the duck tot & caviar is a must-try. Smoke releases from the dish as the server removes the lid as it reaches your table — and you'll know you're in for a very special bite.

Other menu highlights include the seared cod, served in a broth of summer squash, pioppini mushrooms,



Duck tot & caviar at North Fork Table & Inn. Photo by Conor Harrigan



Southold General. Photo by Pat Dunford



North Fork Table & Inn. Photo by Conor Harrigan



North Fork Table & Inn. Photo by Conor Harrigan



Amy Kirwin & Rebecca Edana.

Kugel Kibitzing With The Ladies

Two Friends Turn 'Two Jews Making Food' Into A TV Show

Oh, Good Jewish food is hard to get on the East End. “Goldberg’s or a Polish deli in Riverhead is kind of it,” said Amy Kirwin. “Or us!” chimes in her Purim partner Rebecca Edana.

This is the Jewish motherly wisdom of “Two Jews Making Food.” Yes, that’s a thing. On Facebook and Instagram. “We don’t Twitter and we haven’t Tik-Tok’d...yet,” said Kirwin. The two started “Two Jews” almost two years ago while going over the menu for a special occasion. Hilarity ensued and the “recipe” for a fun show was born. What began on their cell phones is now shot in a professional television kitchen at LTV in East Hampton. The two talked to us recently about their beginnings,

the pandemic, fans, and getting a big break.

Without too much ‘kveling’ tell us how you began and how the pandemic impacted you.

Amy: With Covid we had a bit of a break.

Rebecca: We were doing the show in my kitchen for about eight months and then the pandemic hit.

Amy: We tried to do FaceTime.

Rebecca: Those were hilarious.

Amy: One of us was on a phone using FaceTime and the other was on Facebook live.

Rebecca: The jokes you couldn’t hear. The banter was non-existent. It was crazy.

So did you learn anything during Covid?

Amy: I did some cooking but I kept thinking how much I missed getting together with Rebecca because we have such a good time together. We did do one show outside together once things got a little better. And then things got a little crazy again. We were wearing the plastic see through shields.

Rebecca: We were shvitzing behind those shields so we went outside.

Amy: I shvitz anyway but it was awful.

Rebecca: Before LTV we were making the show on our cellphones so we could go outside. We cooked out on my deck and then ran into the kitchen to cook other things and then brought them back out. All while carrying the phones and I said ‘Amy we really have to find a way to film this slightly more efficiently.’ We want to get these recipes out there and people were having a hard time following it.

What makes Jewish food so comforting? Especially around the holidays?

Rebecca: The beauty of any good cultural food is it comes with a story, a memory of a person or history. How they came upon the recipe, how it’s changed. It’s a family history told through food, which is wonderful.

Amy: It’s also just really good homey food. It’s not fussy. It’s just delicious

and straight-forward.

Rebecca: As soon as you bring up food, everyone has their own stories. We just think it’s a hoot. We like doing it.

What’s the recipe that Jewish mothers fight over the most?

Rebecca: Mandel bread.

Amy: We fight over mandel bread. Mine is the best. Matzoh ball soup is another one.

Rebecca: Some people have noodles, some have big matzoh balls.

Amy: Some people have cabbage.

Rebecca: You can make matzoh balls with oil or butter, they taste slightly different. Some people make them harder and others like them soft and fluffy.

Amy: I like mine a little tough on the inside. I don’t like fluffy.

Anything you won’t make on TV?

Rebecca: Amy is scared of challah.

Amy: I AM! I don’t know why.

Rebecca: Simpler things scare me because you can get those wrong fast. We make great bagels. I tell everyone to make our bagels.

Amy: Someone said ours aren’t really ‘Jewish’ bagels because they’re not boiled. But the reality is most Jews don’t make their own bagels they go to bagel shop and they buy them so who care how you make them? (Laughs)

Rebecca: We always say ‘we’re not experts.’

Amy: On anything! I went to Hebrew school forever and I should know more than I do to be honest. But we’re just a couple of Jewish gals who like the tradition, love the food and love to cook it. We like to ‘yenta it up.’ We like our schtick.

Rebecca: And we like each other.

So would you like to take this concept to the Food Network?

Amy: Ah, from your mouth! Look we’re just a couple of Jewish ‘Wayne’s World’ women doing our thing on public access. Except we’re not in a basement.

Rebecca: We ARE ‘Jewish Wayne’s World.’ Oh my God, that’s our new tagline.

Amy: It’s funny and it’s entertaining and I think there are more non-Jews that like it over the Jews.

Rebecca: I think there’s a mysticism to Judaism that I think people get nervous about. Even the Shabbat Dinner, people are out searching for kosher wine and I tell them you don’t have bring kosher wine. They’re like ‘Should I bring gefilte fish?’ And I’m like ‘No, that’s the WRONG holiday.’ So I think people get confused by ‘What IS Jewish food?’

Amy: As long as it tastes good in the end, that’s really all that matters.

Catch these two in action on LTV or at www.ltvch.org/twojewsmakingfood. Or you can follow them on Instagram @twojewsmakingfood, which would make their mothers very happy.

Chocolate Gelt Martini

Ingredients

- 1.5 oz potato vodka
- 1.5 oz chocolate liquor
- .75 oz Goldschlager or Frangelico
- U-bet chocolate sauce for rim and gelt to garnish

Shake and put syrup inside glass. Add gelt on the rim and enjoy!

Note: Amy does not like Goldschlager — too many 20-something memories!

I Love You a Latke

Ingredients For Latkes (Potato Pancakes)

- 2 lbs Russet potatoes, grated (and juice squeezed out)
- 1 onion, grated
- 2 eggs, lightly beaten
- 2 tablespoons matzo meal or flour
- Salt
- High heat oil like Canola or Safflower (lots of it)

Place a spoonful in your hand and shape into a small pancake, place in hot oil (about 1/4 inch deep) and fry on each side until golden brown. Place on a plate with paper towels to soak up the excess oil. Serve with sour cream and applesauce, or Amy’s mini latke hors d’oeuvre had smoked salmon, creme fraiche, caviar, and chives. Yes!

Manna At Lobster Inn

Celebrating Aquaculture

By Jessica Mackin-Cipro

It was a successful first summer season following the launch of Manna at Lobster Inn. Southampton's newest waterfront restaurant offers a sustainable seafood dining experience and brings aquaculture to the forefront in a variety of ways.

Manna at Lobster Inn splashed onto the Hamptons dining scene this past June. The restaurant brought new life to the historic restaurant, which served the community as a seafood spot for 75 years, and as the iconic visual landmark at the eastern end of Sunrise Highway.

The property was initially acquired in 2018 in a collaborative purchase with the Town of Southampton. The town purchased the marina, the restaurant group purchased the restaurant, and Manna Fish Farms purchased the land across from the restaurant for fish farming, selling back the development rights on that farmland to the town. Additionally, approximately two acres were purchased and preserved by the Town of Southampton.

An official ribbon cutting ceremony on Monday, October 18, featured Manna at Lobster Inn's leadership team including offshore aquaculture pioneer, Donna Lanzetta, Sag Harbor restaurateur, Ryunosuke Jesse Matsuoka of Sen and K Pasa in Sag Harbor, and Executive Chef Thomas Bogia alongside Southampton Town Supervisor Jay Schneiderman.

The culinary team at Manna offers a seafood-centric menu with a commitment to local products. The restaurant serves classics such as clam chowder, baked clams, lobster rolls, and fish & chips, and creative dishes like lobster poutine, lobster bisque ramen, and trout and caviar carbonara.

During a recent Sunday night visit, we sampled the local fare. With a

lighter and brighter feel to the restaurant's design and a menu that focuses on preserving the past, the locale pays tribute to the history, all while modernizing the space. The original dining tables are a fixture within the new design, while the white walls accented with navy blue give it the maritime feel it calls out for.

The cocktail menu is impressive. The laced spa water made with vodka, infused with watermelon, strawberry, lime, mint, cucumber, and seltzer is refreshing and light. You also can't go wrong with a margarita made the way it should be — tequila, agave, and lime juice.

Menu highlights included the lobster roll, served classic or Connecticut style, and the fluke Milanese served with arugula cherry tomatoes. You also can't go wrong with anything from the raw bar, the Red Truck oysters, from just feet away from the restaurant, were fantastic. While, the menu is seafood-centric, you can also find other items like the double smash burger or small plates like the ricotta meatballs. Save room for dessert with options that include a decadent chocolate brownie for two.

On the aquaculture front, Manna Fish Farms is aiming to operate one of the first permitted finfish farms in U.S. federal waters off New York and Florida. Utilizing the latest in submersible net pen technology, Manna Fish Farms plans to build and operate a sustainable commercial fish farm growing finfish and researching Integrated Multi Trophic Aquaculture with macroalgae (kelp) and shellfish, including sea scallops, mussels, oysters.

The operation is led by Lanzetta, an aquaculture pioneer in the open ocean fish farming industry. An attorney and sustainable seafood business leader, Lanzetta sits on the



boards of the World Ocean Council, Manna Ocean Foundation and The Ocean Stewards Institute, as well on the Advisory Board of the USFRA. As CEO and Founder of Manna Fish Farms, Inc., she and the Manna team lead the way for responsible, transparent, and sustainable ocean farming and seafood industry innovation, development, and transformation.

Lanzetta and The Manna Companies have inspired partner Matsuoka — who is also a Sake Sommelier and second generation restaurateur — to showcase his knowledge of seafood, accumulated through years of work in various aspects of the seafood arena, including working as a young man at the largest fish market in Japan, Tsukiji Fish Market.

At the beginning of November, Manna at Lobster Inn launched Manna Mondays. The weekly educational aquaculture program features guest speakers, presentations, and, of course, Manna's locally sourced seafood.

Each week features a guest speaker discussing topics related to aquaculture and seafood including farming, wild capture fisheries, IUU fishing, food traceability, habitat restoration, working waterfront revitalization, workforce training and sustainable seafood production and sourcing. Discussions are followed by seafood and cooking demonstrations, seafood tastings, and special curated chef dinners.

Orchestrated by Lanzetta and Matsuoka and sponsored by the not-for-profit Manna Ocean Foundation, the Manna Monday weekly program is designed to educate the public about seafood traceability and sustainable seafood production and sourcing.

On November 29, Aram Terchun and Laura Fabrizio of Moriches Bay Project will discuss the mission and accomplishments of The Moriches Bay Project, followed by a dinner featuring a custom menu designed by Chef Bogia.

The series will continue through April with guest speakers including Dr. Dan Benetti from University of Miami, Brian O'Hanlon, the Founder of Open Blue, Half Shells for Habitat, Dr. Chris Gobler of Stony Brook University School of Marine and Atmospheric Science, Christine Santora of Shinnecock Bay Restoration Program, Dan Esty, a Hillhouse Professor at School of the Environment and Yale Law School and the author of "Green to Gold," and Peter Malinowski of the Billion Oyster Project on Governor's Island.

Tickets are \$100 per person and each event begins at 6 PM, with proceeds shared by Moriches Bay Project and the Manna Ocean Foundation.

Manna at Lobster Inn serves lunch and dinner six days a week and is closed Wednesday. A full bar is available, with happy hour offered Monday through Friday. The restaurant hosts private events from smaller intimate dinner parties to larger events up to 200.



Laced Spa Water.