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ALL'S FARE

After a stressful 2020, with likely a few too many comfort meals, we're more than ready to kick our mindful eating habits back into high gear. We tapped three local chefs for a few of their best-kept healthy recipes to inspire you at home. BY CLAIRE HARPER

PHOTOS COURTESY OF LA FLEUR AT FOOD MARKET



LAPEER

First up are two nutrient-rich seafood recipes from Blake Hartley, executive chef of Lapeer, a noted Alpharetta locale best known for its fresh coastal cuisine and hyperseasonal menu. 12 N. Broad St., Alpharetta, 678.691.9400, lapeerseafoodmarket.com

HOUSE-CURED TROUT

INGREDIENTS

2 lbs. Steelhead trout fillets
1 lb. brown sugar
8 oz. kosher salt
1 orange
1 lemon
1 bunch fresh dill, chopped
2 oz. za'atar seasoning
2 Tbsp. white wine
2 Tbsp. extra-virgin olive oil
Pumpkin seeds, dry roasted
Pickled pearl onion, cut into rings
Fresh Thai basil, to taste

DIRECTIONS

On a clean work surface, pat the fillet of trout dry and transfer to a sheet pan lined with cheesecloth. Be sure there is a bit of extra cheesecloth to wrap around the trout to cure.

Brush the extra-virgin olive oil and white wine over the trout fillets. Then zest the orange and the lemon, and sprinkle citrus and fresh dill over the entire fillet. Lastly, dust the za'atar seasoning evenly to coat the entire fillet.

In a mixing bowl add the brown sugar and salt and mix well. Once mixed evenly, distribute the cure over the entire fillet, covering all the flesh (this is crucial in the curing process).



TUNA CUBES WITH PUFFED QUINOA, SHAVED FENNEL & LEMON

Makes 2 servings (3-ounce portions)

INGREDIENTS

8 oz. ahi-grade sashimi tuna, diced into 1-inch cubes
1 cup dried red quinoa
1 lemon, whole
1 Tbsp. olive oil
1-2 Tbsp. lemon oil
Maldon flake salt, to taste
1 fennel bulb, sliced on a mandolin
1 bunch fresh chives, finely chopped
3 quarts water

DIRECTIONS

Bring 3 quarts of water to a boil in a medium saucepan. Add the dried quinoa and allow to cook for 10 to 15 minutes until quinoa has swollen—it's OK if the quinoa gets overcooked in this step.

Strain cooked quinoa from liquid and transfer to a baking sheet with Silpat to dry. Spread grains in a thin layer and allow to dry for 12 to 14 hours in a cool, dry space. Do not refrigerate.

Once dry, heat oil to 375 F in a

From top: Tuna cubes with puffed quinoa, shaved fennel and lemon; executive chef Blake Hartley. Opposite page: House-cured trout.



Dutch oven. With a strainer, add the dried, precooked quinoa in batches and allow to puff in the oil. This should take just a few seconds.

Transfer to a plate lined with paper towels and season with salt. Set aside.

In a mixing bowl, add zest of the lemon, 1 Tbsp. puffed quinoa, 1 oz. chives, 1 to 2 Tbsp. lemon oil and a pinch of Maldon flake salt to the diced tuna.

Lastly, add the shaved fennel, using a mandolin to shave the bulb thin. Fold into the bowl with a spoon.

Season with flaky salt to taste and serve immediately.



From top: Sprouts salad; executive chef Christopher Grossman.

THE CHASTAIN

Next, executive chef and operating partner Christopher Grossman of newly bowed neighborhood cafe and restaurant The Chastain shares one of the savory salads from his refined lineup of new American cuisine. 4320 Powers Ferry Road NW, 404.257.6416, thechastainatl.com

SPROUTS SALAD

Makes 2 to 4 servings

INGREDIENTS FOR GREEN GARLIC AIOLI

2 egg yolks each
10 grams green garlic, minced
10 grams fresh dill, chopped
6 grams lemon juice
10 grams buttermilk
125-150 grams canola or grapeseed oil
Water, as needed to adjust consistency
Kosher salt, to taste

DIRECTIONS

At The Chastain we make the aioli in a blender, but this can be done with a mixing bowl and whisk as well.

If using a blender, add all ingredients to the blender, except for the oil, and blend at medium-high. With the blender going, slowly drizzle the oil into the mixture so the oil and other ingredients emulsify. Add salt to taste and adjust consistency by adding small amounts of water as needed.

If you're using a mixing bowl and whisk, combine all ingredients in the bowl, except for the oil, and whisk them together. While whisking vigorously, drizzle oil into the mixture to emulsify the ingredients. Add salt to taste and adjust consistency by adding small amounts of water as needed.

Cool the finished aioli in a bowl, over an ice bath, to keep it green and fresh. It can keep for two to three days.

INGREDIENTS FOR SALAD

4 oz. sunflower sprouts (Vonnies Greens preferred)
Parmesan cheese, to taste
1 oz. buttermilk ricotta
Green garlic aioli, see above
Kosher salt, to taste
Extra-virgin olive oil (DOP preferred), to taste
Lemon juice, to taste
4 oz. pea shoots
Cracked black pepper, to taste

DIRECTIONS

Lightly season the sunflower seeds with salt, and toast them in the oven at 350 F until just lightly browned, about 7 to 10 minutes.

Shave Parmesan cheese with vegetable peeler for nice large ribbons and set aside. We suggest about 5 to 7 strips per dish.

Place the ricotta on the center of the plate and drizzle the green garlic aioli around the ricotta, thereby keeping the heavier ingredients off the delicate light greens.

Toss the sprouts, toasted sunflower seeds and Parmesan in a bowl with a little DOP extra-virgin olive oil and freshly squeezed lemon juice. Season with salt and pepper, and place atop the ricotta cheese.



THE BETTY

Finally, an ultrafresh ceviche recipe from Brandon Chavannes, executive chef of The Betty, the upscale Buckhead hot spot inspired by midcentury American supper clubs. 374 E. Paces Ferry Road NE, 470.531.8902, thebettyatl.com

CELERY CEVICHE

"This recipe is a version of a dish I learned while working for Hector Santiago at Pura Vida in the early 2000s. I had never had anything like it at that point in my life and loved the intensity of flavor combined with the refreshing nature."

INGREDIENTS FOR DRESSING

- 375 grams lime juice
- 75 grams sugar
- 8 grams kosher salt
- 15 grams ginger juice

Combine all ingredients and set aside in bowl while you make "ceviche."

INGREDIENTS FOR CEVICHE

- 300 grams celery, peeled to remove outer strings and cut in half lengthwise, then cut into diamonds
- 80 grams Fulvi Pecorino Romano, shaved
- 10 grams toasted whole cumin seed
- 10 grams serrano chile, cut into razor-thin coins
- 8 grams Cyprus salt
- 60 grams honjimeji mushrooms

DIRECTIONS

- Place all ingredients in a mixing bowl.
- Lightly toss together in dressing.
- Serve on a chilled plate. ◉

Clockwise from top left: Executive chef Brandon Chavannes; the chic booths at The Betty; celery ceviche.

PHOTOS COURTESY OF THE BETTY