

# Classic Tastes

6 RECIPES FROM CENTRAL INDIANA



Midwest Living®

PHOTOGRAPH: MIKE DIETER

## Fair flavors

Indiana's State Fair, the country's sixth-oldest, celebrates Hoosier spirit, hospitality—and great tastes. Fun facts: Each year, fairgoers consume almost 56,000 ribeye steaks, 20,000 dips of ice cream and 37,160 milkshakes!

### Ribeye Sandwiches With the Works

*These mouthwatering handfuls are reminiscent of the juicy grilled beef visitors enjoy at the Indiana State Fair in Indianapolis.*

**START TO FINISH** 30 minutes

- 2 large onions, halved and sliced
- 3 tablespoons butter or margarine
- 1 tablespoon Worcestershire sauce
- 1 large clove garlic, minced
- 2 teaspoons snipped fresh parsley
- 2 teaspoons snipped fresh basil or ½ teaspoon dried basil, crushed
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 4 beef ribeye steaks, cut ½ inch thick
- 4 kaiser rolls, split and toasted
- Steak sauce and/or creamy Dijon-style mustard blend (optional)

- 1.** For onions: In a large skillet, cook the onions in butter over medium-low heat, covered, for 13 to 15 minutes or until onions are tender. Uncover skillet and increase heat to medium. Continue cooking, turning frequently, until onions are golden.
  - 2.** Meanwhile, for steaks: In a small bowl, blend together Worcestershire sauce, garlic, parsley, basil, salt and pepper. Rub over both sides of steaks.
  - 3.** Brush a griddle or an extra-large heavy skillet with some cooking oil. Heat over medium-high heat until hot. Add steaks; reduce heat to medium and cook for 5 to 8 minutes, turning steaks occasionally, or until desired doneness.
  - 4.** If you like, spread the cut sides of the kaiser rolls with steak sauce or a mustard blend. Serve the steaks on kaiser rolls; top with caramelized onions.
- Makes 4 servings.**

### Get beef

The Indiana State Fair hosts nearly 1 million people who come for attractions, farm animals and fantastic food. Follow the hungry herd to the Indiana Beef Cattle Association tent for a juicy steak sandwich, then finish your meal off with a creamy milkshake at the American Dairy Association's Dairy Bar. ■

# Breakfast fare

Begin your Indy adventure with a hearty breakfast. Then take in downtown's fantastic architecture and attractions, including Monument Circle, the Canal and White River State Park District.

## Brie and Fresh Mushroom Omelets

The award-winning *Café Patachou* in Indianapolis shares its super-easy recipe for omelets.

**PREP** 10 minutes **COOK** 10 minutes

- 1 tablespoon unsalted butter
- 1½ cups sliced assorted fresh mushrooms (shiitake, chanterelle, oyster, button or cremini)
- 12 eggs
- 1 teaspoon kosher salt or ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup unsalted butter
- 1 4½-ounce round Brie or Camembert cheese, cut into thin slices

1. In a large skillet, heat 1 tablespoon butter over medium heat. Add mushrooms. Cook and stir mushrooms until tender and all moisture has evaporated. Remove from heat; set aside.

2. In a large bowl, use a whisk or fork to beat eggs, salt and black pepper until well combined and slightly frothy.
  3. Heat an 8- or 9-inch nonstick skillet with flared sides over medium-high heat until skillet is hot. Add 1 tablespoon of the remaining ¼ cup butter to skillet. When butter has melted, add ⅔ cup of the beaten egg mixture to skillet; lower heat to medium. Immediately begin stirring egg mixture gently but continuously with a wooden or plastic spatula until mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring. Cook for 30 to 60 seconds more or until egg mixture is set but shiny.
  4. Spoon about 2 tablespoons mushrooms and quarter of the slices of Brie cheese across center. With a spatula, lift and fold an edge of the omelet about a third of the way toward the center. Remove from heat. Fold the opposite edge toward the center; transfer to a warm serving plate. Repeat with remaining butter, egg mixture, mushrooms and Brie cheese. Serve immediately. **Makes 4 servings.**
- Selecting mushrooms:** Fresh mushrooms should be firm and plump and have no bruises or moistness. Size is a matter of preference, not quality. Avoid spotted or slimy mushrooms.



PHOTOGRAPHS: (CLOCKWISE FROM TOP LEFT) BOB STEFKO, COURTESY OF INDIANAPOLIS CVA (2)



## Top spots

Breakfast is king at Café Patachou, where outrageously fresh eggs turn out the yellowest omelets you're likely to ever see. Chef Martha Hoover, motivated by a desire to create a casual neighborhood spot where she could take her toddlers for delicious healthy food, launched the café in Indy's Meridian-Kessler historic residential district in 1989. Her kids are now grown, and the restaurant has expanded to six Indy and two Carmel locations.

In Monument Circle, just east of the downtown café, the towering 284-foot-tall Soldiers and Sailors Monument (*above right*) stands as a symbol of the city. Take the elevator to the glass-enclosed observation deck (230 feet up) for a spectacular view. Enjoy a leisurely stroll along the Central Canal (*left*), part of a cultural district that includes the 250-acre White River State Park, where you can explore museums, visit the Indianapolis Zoo or take in a nighttime concert in the amphitheater ■

# Tenderloin trail

From deep-fried to upscale, discover your favorite pork tenderloin dish, Indiana's signature food, along the Tenderloin Trail. Between bites, charming towns satisfy your appetite for shopping and art.

## Bun-Buster Tenderloin

*This king-size sandwich is one version of Indiana's "unofficial" state food.*

**PREP** 20 minutes **COOK** 6 minutes

- 1¾ pounds pork tenderloin
- ¼ cup all-purpose flour
- ¼ teaspoon onion salt
- ¼ teaspoon garlic salt
- ¼ teaspoon pepper
- 1 beaten egg
- 1 tablespoon milk
- ½ cup seasoned fine dry bread crumbs
- Cooking oil or shortening for deep-fat frying
- 4 large warm hamburger buns or kaiser rolls, split and toasted
- Ketchup
- Mustard
- Onion slices
- Sliced dill pickles

**1.** Cut pork crosswise into four serving-size slices. Place between two pieces of plastic wrap. Working from the center, pound the pork lightly with the flat side of a meat mallet to ¼-inch thickness. Remove plastic wrap.

**2.** In a shallow dish, combine flour, onion salt, garlic salt and pepper. In a second shallow dish, stir together egg and milk. Place bread crumbs in a third dish. Dip each tenderloin slice first into the flour

mixture then into the egg mixture. Coat well with bread crumbs.

**3.** Carefully drop one tenderloin at a time into deep hot oil (365°). Fry for 1½ to 2 minutes or until golden brown. Remove from the oil; drain on paper towels. (Place on a baking sheet in a 300° oven to keep warm while frying the remaining tenderloins.)

**4.** Serve on warm buns. Pass the ketchup, mustard, onion slices and dill pickles.

**Makes 4 servings.**

**Test Kitchen tip:** For less mess, place the bread crumbs in a plastic bag.

Add the tenderloin slices that have been dipped in the egg mixture, a few at a time, shaking to coat the pieces thoroughly.



PHOTOGRAPHS: (FROM TOP) JOHN REED FORSMAN, COURTESY OF HAMILTON COUNTY CVR/TOD MARTENS



## Don't-miss destination

Just north of Indianapolis, fast growing Carmel's newly revitalized downtown and top-notch attractions make it a worthy destination all its own. Discerning shoppers explore Clay Terrace Mall for upscale finds, while foodies sate their appetites at Pizzology and the Brockway Public House. On the cultural front, the City Center entertainment district is home to the fabulous Center for the Performing Arts.

**FOR AN AUTHENTIC TASTE OF INDIANA**, get acquainted with the Tenderloin Trail, a group of Hamilton County restaurants each offering their own version of the breaded pork Hoosier specialty, some using highly guarded secret recipes. (Visit [chowtownindiana.com](http://chowtownindiana.com) for a list of restaurants and a handy map.)

**ARTFULLY TRANSFORMED**, Old Town Carmel's beautiful historic brick buildings now house interior designers, art galleries and antiques shops in the Arts and Design District. The area also boasts popular restaurants like Bub's Burgers and Ice Cream and Muldoon's, as well as specialty retail shops. ■

# Checker flag

Amateur and professional athletes in sports-loving Indy know that good nutrition is key to a winning game plan. Get on track and fuel your routine with these quick and delicious recipes.

## Raceway Blackened Chicken

**PREP** 15 minutes **BAKE** 15 minutes

- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- ¼ teaspoon ground cumin
- ⅛ teaspoon salt
- Dash pepper
- 1 avocado, halved, seeded, peeled and chopped
- ½ papaya, peeled, halved, seeded and chopped
- ⅓ cup finely chopped red sweet pepper
- ¼ cup snipped fresh cilantro
- 4 skinless, boneless chicken breast halves (1 pound)
- 1 tablespoon blackened steak seasoning
- 1 tablespoon olive oil

1. In a large bowl, whisk together vinegar, 2 tablespoons olive oil, the cumin, salt and pepper. Add avocado, papaya, sweet pepper and cilantro; toss. Set aside.
2. Lightly sprinkle both sides of the chicken with blackened steak seasoning.
3. In a large ovenproof skillet, brown the chicken on both sides in the 1 tablespoon hot olive oil, turning once. Bake in a 375° oven for about 15 minutes or until the chicken no longer is pink. Don't turn. (Or omit the browning and place the chicken in an 8x8x2-inch [2-quart square] baking dish brushed with olive oil. Bake in

375° oven 15 to 20 minutes or until the chicken no longer is pink.)

4. To serve, spoon some of the salsa over the chicken. Pass the remaining salsa or serve it with chips, if you like.

Makes 4 servings.

## Couscous Salad

**START TO FINISH** 25 minutes

- 1½ cups water
- 1 tablespoon butter or olive oil
- ¼ teaspoon salt
- 1 cup quick-cooking couscous
- 2 medium sweet peppers (red, yellow and/or green), coarsely chopped
- ¼ cup sliced green onions
- ¼ cup raisins
- ¼ cup chopped pitted dates
- ¼ cup cashews
- ½ cup chicken stock or broth, warmed
- Arugula or leaf lettuce (optional)

1. In a saucepan, bring the water, butter and salt to boiling. Stir in couscous. Remove from heat. Cover and let stand for 5 minutes. Fluff with a fork.
2. In a large bowl, combine couscous, sweet peppers, green onions, raisins, dates and cashews. Add stock or broth. Toss gently to combine. If you like, serve on arugula. **Makes 6 servings.**



Raceway Blackened Chicken



Couscous Salad



## The fast track

Auto-racing enthusiasm goes full throttle during the Indy 500 Weekend, a three-day event held over Memorial Day weekend. Friday is Carb Day, when rookies race in the Freedom 100, fans seek out drivers and autographs in Gasoline Alley, and rock concerts dominate the infield. On Saturday, the 500 Festival Parade in downtown Indianapolis draws more than 300,000 cheering onlookers. Festivities peak on Sunday with the 500—the world's largest single-day spectator sporting event—when 33 race cars take the green flag.

The excitement accelerates at Lucas Oil Raceway, where a mega-powered racing schedule features world-class events on three distinct racetracks. Over Labor Day Weekend, fans make their yearly pilgrimage to the raceway's storied quarter-mile drag strip to watch the stars of the National Hot Rod Association battle it out in the 58th annual Mac Tools U.S. Nationals, the world's oldest, largest and most prestigious drag race. ■

PHOTOGRAPHS: (CLOCKWISE FROM TOP RIGHT) COURTESY OF INDIANAPOLIS CVA; PETER KRUMHARDT (2)

# Old-fashioned deli

Indy sports an ever-growing reputation as a foodie destination. Whether the competition is a trendy eatery serving innovative cuisine or a traditional deli offering classic favorites, diners always win!



## Reuben Sandwiches

*This fast and easy version is reminiscent of the classic served at Shapiro's Delicatessen in Indianapolis.*

**PREP** 10 minutes **COOK** 8 minutes

- 3 tablespoons butter or margarine, softened
- 8 slices dark rye or pumpernickel bread
- 3 tablespoons bottled Thousand Island or Russian salad dressing
- 6 ounces thinly sliced cooked corned beef, beef, pork or ham
- 4 slices Swiss cheese (3 ounces)
- 1 cup sauerkraut, well drained

1. Spread butter on one side of each bread slice and salad dressing on the other. With the buttered side down, top four slices with meat, cheese and sauerkraut. Top with remaining bread slices, dressing side down.
2. Preheat a large skillet over medium heat. Reduce heat to medium-low. Cook two of the sandwiches at a time over medium-low heat for 4 to 6 minutes or until the bread is toasted and the cheese is melted, turning once. Repeat with the remaining sandwiches.  
**Makes 4 servings.**



## Winning combos

When you're ready to explore neighborhoods, pick up a good city map to help you navigate Indianapolis' numerous one-way and diagonal streets. Head to Massachusetts Avenue on the east side or Broad Ripple up north for shops, restaurants and bars featuring creative menus and live music. Or make your way just south of downtown to Shapiro's Deli (above). Founded by Russian immigrants in 1905, Shapiro's serves breakfast, lunch and dinner to droves of satisfied customers and continues to provide the perfect spot to savor a fat, juicy Reuben sandwich.

Even the most diehard sports enthusiasts will find plenty to do in Indianapolis, home to the Indy 500, Indianapolis Colts, NBA's Pacers and the NCAA headquarters. But the city also boasts striking architecture, cosmopolitan restaurants and impressive attractions, such as The Children's Museum of Indianapolis. With all the exhibits, displays and generally cool stuff found there (including several giant dinosaurs bursting through exterior walls), it entertains visitors of all ages. ■

PHOTOGRAPHS: (FROM LEFT) JOHN REED FORSMAN, COURTESY OF SHAPIRO'S DELI