

Authentic • Fun • Abundant

Enjoy endless sizzling grilled meats & items carved tableside complemented by unlimited sides and award-winning gourmet salads.



LOCATIONS:

Arizona • Colorado • Florida
Louisiana • Minnesota
Nebraska • New Jersey
Ohio • Pennsylvania
Tennessee • Texas
Utah • Wisconsin

For a location near you and franchise opportunities visit

rodizio.com

Fork and the Road



THE COMEBACK CITY

DETROIT'S RESURGENCE CAN BE SEEN EVERYWHERE—BUT ESPECIALLY IN THE REBIRTH OF THE RESTAURANT INDUSTRY.

BY ANDREW ZIMMERN

Everyone loves a good comeback story, and Detroit's rise and fall and rise again is one for the books. Once dubbed the Paris of the Midwest, the city—with its booming early to mid-20th-century manufacturing economy—was the poster child for the American Dream. In 1950, the population hit 1.85 million and the city boasted 150,700 manufacturing jobs. But that prosperity wouldn't last. Between 2000 and 2010, the population plummeted 25 percent, leaving thousands of abandoned houses, businesses and plots of land. And in 2013, the city declared bankruptcy—the largest municipal filing in American history.

In the face of total devastation, however, Detroiters didn't give up—they rebuilt. This is a town founded

on innovation and grit, the very embodiment of its city motto: *Speramus meliora; resurget cineribus* (We hope for better things; it shall rise from the ashes). A peek at the restaurant industry shows how that rebirth is taking shape. From lauded chefs looking to reconnect with their pasts to visionary entrepreneurs taking advantage of low overhead, Detroit is quickly becoming one of the United States' most exciting destinations for food lovers.

"Detroit has always held a very special place in my heart," says chef Thomas Lents, whose parents and grandparents called the city home. "I remember . . . being amazed at the city as a small child. Giving back to the Detroit food scene in my small way means a tremendous amount to me." In 2017, Lents—who's spent 20 years running some of the world's best kitchens, most recently earn-

ABOVE, FROM LEFT: Chef Molly Mitchell; The egg sandwich at Rose's Fine Food.

ing two Michelin stars at Chicago's Sixteen—moved to The Motor City to head up **The Apparatus Room** in the Detroit Foundation Hotel.

Housed in the historic Detroit fire department's former headquarters, the restaurant has oversized windows and original polished brick and pillars that harken back to the city's heyday. The menu focuses on regional Midwestern food prepared using refined culinary techniques and local ingredients sourced largely from Eastern Michigan and Detroit's urban farms. Lents' pici pasta, made with a beef heart Bolognese and horseradish, is a play on the classic Coney Island, an iconic hot dog topped with meat sauce, diced onions and two stripes of yellow mustard. "Most people are unaware that the traditional coney sauce is made with ground beef heart," says Lents.

Most chefs don't leave a job when they've just earned two Michelin stars. For Lents, however, Detroit's call was too strong. "There's an energy in this city that drives the . . . dining scene for-

JESSE DAVID GREENE

PUZZLE ANSWERS

Easy KENKEN

3	3-	1-	3+
3	4	2	1
4	1	3	2
1	2-	4	3
2	3	1	4

Hard KENKEN

5	2	6	1	3	4
4	1	3	6	2	5
3	4	5	2	6	1
1	6	4	3	5	2
2	3	1	5	4	6
6	5	2	4	1	3

Easy Sudoku

4	5	7	3	9	8	2	1	6
8	1	9	2	4	6	5	7	3
6	3	2	1	5	7	4	9	8
7	2	8	9	1	5	6	3	4
5	4	6	8	7	3	9	2	1
1	9	3	6	2	4	7	8	5
9	6	5	7	3	1	8	4	2
3	7	4	5	8	2	1	6	9
2	8	1	4	6	9	3	5	7

Hard Sudoku

2	1	6	7	5	3	4	8	9
8	9	4	2	6	1	3	5	7
3	5	7	8	4	9	2	1	6
6	7	8	4	9	5	1	3	2
5	4	3	1	7	2	6	9	8
1	2	9	3	8	6	5	7	4
7	6	2	5	3	8	9	4	1
4	3	1	9	2	7	8	6	5
9	8	5	6	1	4	7	2	3

A	N	T	E	S	I	D	O	L	G	L	A	D
M	O	O	L	A	P	O	N	E	E	A	S	E
C	H	E	S	S	M	A	T	C	H	E	M	I
		I	S	R		H	E	A	R		E	M
E	D	G	E		I	C	E	R	E	D	B	O
L	E	O			A	B	E		C	A	R	V
F	E	T	A		A	M	E	S	I	O	W	A
		D	O	U	B	L	E	S	T	E	N	N
		T	R	I	B	U	T	E	S		S	N
B	E	H	A	N	P	Y	E			E	D	U
O	M	E	L	E	T	O	M	G		P	D	A
P	E	D		T	A	B				E	E	L
E	R	O	S		S	O	C	K	D	R	A	W
E	G	G	O		E	S	A	I		I	N	A
P	E	S	T		S	E	N	D		C	A	R

Carlson Olive your Heart™

A nutritional supplement that blends award winning Terra Creta extra virgin olive oil with premium Norwegian marine oil sourced from deep, cold-water fish, which provides the beneficial omega-3s EPA and DHA. **Olive your Heart™** is mild and smooth, and makes it easy and delicious to add heart healthy nutrients into your diet.

- ✓ Promotes cardiovascular system health*
- ✓ Premium Greek extra virgin olive oil
- ✓ Sustainably-sourced Norwegian marine oil
- ✓ 1,480 mg of omega-3s per serving



Carlson



888-234-5656 | www.carlsonlabs.com

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

oats
100% cashmere



Travel in Luxury
100% Cashmere
Travel Wrap Style - Adele
Available in 20 colors
www.oatscashmere.com
Discount Code: DS10
1.888.765.7117

BELOW, FROM LEFT: Chef Thomas Lentz;
Sea trout with roe, cucumber agua chili and radish
at The Apparatus Room.



ward,” he says. “I think Detroit is a place where very talented and motivated people can see their hard work take root. Barriers to entry in many cities keep many from realizing their potential; Detroit gives them the opportunity. And the community supports those that put a part of themselves and their dreams back into the city. It’s a great time to be a chef in Detroit.”

No project represents that better than Molly Mitchell’s. Her foray into the food world began at 14, when she started working in the diner in her hometown of Howell, Michigan. The sense of community and belonging resonated with Mitchell, and 18 years later, she opened her own place in Detroit. Located in a 1960s diner on the city’s east side, **Rose’s Fine Food** specializes in from-scratch menu items made with the best ingredients.

In any other city, “it probably would have been impossible to start the diner the way we did,” says Mitchell, who opened the restaurant with her cousin. “We had no money, no business plan and no idea what was involved with driving a business. We did a Kickstarter [campaign] to raise \$20,000 to replace equipment and get our permits. We opened without training anyone or even having tables yet. Somehow, we managed to survive and work it out because our rent was low.”

With its wood-paneled walls,

Formica countertop and flat-top grill, Rose’s embodies that classic greasy spoon vibe while still serving good food made with great ingredients. Mitchell sources most items locally, and when that’s not possible, she seeks out organic farmers who farm with integrity. “People come in expecting a coney,” she says. “Instead, we serve up eggs with orange yolks, naturally leavened toast and potatoes from Centennial Farm.” Belly up to the counter to watch cooks crack eggs and drop pancakes on the grill. “Our pancake recipe is based on my grandfather’s,” says Mitchell. “He would be up at the crack of dawn making huge stacks of eggy pancakes filled with wild blueberries and frying brook trout caught that morning.” Of course, what really makes a diner sing is a diverse clientele. At Rose’s, you’ll see hipsters eating next to longtime residents, newcomers and suburbanites.

In the end, Detroit’s rebirth is all about the Michiganders who live here—the passionate people who have hoped for better days and are now seeing this town rise from the ashes. And it can all be experienced up close and personal in some of the city’s best eateries. ▼

For more from chef, author and teacher Andrew Zimmern, host of *Bizarre Foods on the Travel Channel*, go to andrewzimmern.com.