

...cooked with chicken or fish.  
 ...pickled beets to add a little sour  
 ...to go in my salad. It's a little dif-  
 ...ent. A lot of people when they  
 ...my table and see the pickled  
 ...with the green salad say,  
 ...that's that?" Not a bad salad.

**Issam El-Masri, chef,**  
*Amilouk, 211 East Fourth Street*

...have in the Middle East one dish  
 ...ed simkah harrah — it's fish with  
 ...y sauce. The fish is red snapper  
 ...our favorite in Lebanon, like a roy-  
 ...fish. I put onion and garlic, cilantro  
 ... tamarind juice, a little bit of to-  
 ... sauce, salt, a bit of chili, hot  
 ... oil, and lemon juice. And I may use  
 ...e oil and bake the red snapper in  
 ...e oven. When I take it out, we take  
 ...st the meat, and put the sauce on  
 ...p and serve with basmati rice.

**Lloyd Cardoz, executive chef,**  
*Abala, 11 Madison Avenue*

...s food from Goa, south of Bombay,  
 ...here my family comes from. The  
 ...sh I like the most is the Goan  
 ...rimp curry with steamed white  
 ...asmati rice. It's made with fresh  
 ...round coconut and red chilies,  
 ...nger, garlic, a little bit of turmeric,  
 ...nd the shrimp is stewed in this  
 ...auce with pieces of mango and  
 ...ometimes okra. It's very smooth,  
 ...ou have the coconut milk, and spicy  
 ...it's a little tangy from tamarind and  
 ...little sweet. Just talking about it, I'm  
 ...raving it. What's even better is the  
 ...next day, you reduce it and eat it with  
 ...ried eggs, sunny-side up, with  
 ...French bread. So you never waste  
 ...ne spicy, tangy, shrimp curry.

**Hitoshi Kagawa, executive chef,**  
*Kai, 822 Madison Avenue*

...When it gets down to it, it's the spe-  
 ...cial fish, like hiramasa, and mountain  
 ...vegetables — sansai, warabi, udo,  
 ...which is like a Japanese mountain  
 ...yam, sticky. I like it with soy sauce or  
 ...wasabi. Bamboo shoots, just boiled  
 ...with Japanese miso paste and  
 ...grilled. Fresh ones taste different,  
 ...more soft, more sweet. They smell  
 ...good. Fresh bamboo shoots in Jap-  
 ...pan, you can slice and eat raw.  
 ...Where I was born — in the mountain-  
 ...ous Akita region in northern Japan —  
 ...there is a lot of root food. This is the  
 ...season for hiramasa — wild fish from  
 ...the ocean, similar to yellowtail —  
 ...right now in Japan. I like fish. My fa-  
 ...ther was a fisherman. It's familiar.

the freshness of the fish, the variety  
 of the selections and the beauty of  
 the chef's creations combine to form  
 a supremely sensual experience.  
 The owners, Jack and Grace Lamb,  
 are attentive hosts who would sooner  
 toss your bill away than allow a wa-  
 ter glass to go unfilled or a gesture  
 unrecognized. Ordering from the set  
 menu in the dining room is fine, but I

*Eric Asimov writes the "\$25 and Under" restaurant column.*

the mouth, or delicate red  
 ark shell clam.

The excellent wine list includes a  
 superb collection of sakes. There  
 may be no better place than Jewel  
 Bako to explore the gamut of sake  
 flavors and textures, from light and  
 pure as spring rain to full-bodied,  
 like a good Savennières.

I leave refreshed and renewed. It's  
 not exactly cheap — an omakase  
 meal can run \$50 to \$100 for one, but  
 good sushi never is.



**SICILIAN GOLD**  
 Anchovies as  
 they ought to be:  
 packed in salt,  
 ready to fillet.

*Chris Maynard for The New York Times*

## Ode to the Anchovy

*This pungent fish belongs  
 on more places than pizza.*

BY WILLIAM GRIMES

**T**HREE cheers for the anchovy,  
 my favorite fish.

True, it is small. It is salty.  
 As a child, I thought of it as the thing  
 I did not want on my pizza. Today I  
 know better. It is the fish that adds a  
 concentration of flavor to sauces, sal-  
 ads and dips that almost no other in-  
 gredient can equal. It is the animat-  
 ing principle in the gutsy tomato and  
 olive sauce known as puttanesca.  
 Mingled with hot olive oil, butter and  
 garlic, it becomes bagna cauda, the  
 fish fondue that is a potent dip for  
 raw vegetables or a sauce for aspar-  
 agus. Whipped with garlic and oil  
 into an unctuous mayonnaise, it be-  
 comes the famous anchoiade of Pro-  
 vence.

The anchovy is misunderstood, be-  
 cause most Americans buy it in a lit-  
 tle tin. Sometimes the little tin con-  
 tains Norwegian "anchovies," which  
 are sprats. In any case, the canned

*William Grimes is the restaurant  
 critic of The New York Times.*

fillets soften to a mush. The only an-  
 chovy worth talking about is the one  
 that comes packed in salt, in a huge  
 round can that sits on the front  
 counter in any decent Italian food  
 store or deli. You fillet these ancho-  
 vies yourself, cutting off the tails and  
 the tops above the collarbone, slicing  
 the fish down one side and opening it  
 into two halves with your thumb like  
 a little book whose pages have stuck  
 together. Remove the backbone,  
 scrape away the few bits of remain-  
 ing innards, and you are left with two  
 gorgeous fillets, pinkish in the cen-  
 ter. The flesh is substantial, the tex-  
 ture meaty, the flavor pungent and  
 fresh.

Offhand, I can think of three ways  
 to show off the anchovy. First, in late  
 July and August, throw a few on a  
 plate with slices of tomato and buffa-  
 lo mozzarella, garnish with basil  
 leaves and drizzle some good extra-  
 virgin olive oil over the whole thing.  
 Second, slowly sauté sliced red, yel-  
 low and green bell peppers in olive  
 oil and garlic until soft, then create  
 alternating layers of peppers and an-  
 chovies in a shallow dish. Third, sau-  
 té anchovies in oil and garlic until the  
 fish more or less melt and form a  
 sauce. Toss with pasta and Parme-  
 san cheese. This last dish, a plateful  
 of cheap bliss, is the one that sold me  
 on the anchovy forever.

PANA

Mo

Wi

epi

N

chef  
 Mich  
 Eigh  
 Its o  
 the  
 from  
 His  
 ulou  
 to it  
 ger  
 Rit  
 his  
 — C  
 ser  
 mi  
 F  
 the  
 La  
 tio  
 her  
 cro  
 wa

R.  
 Th

