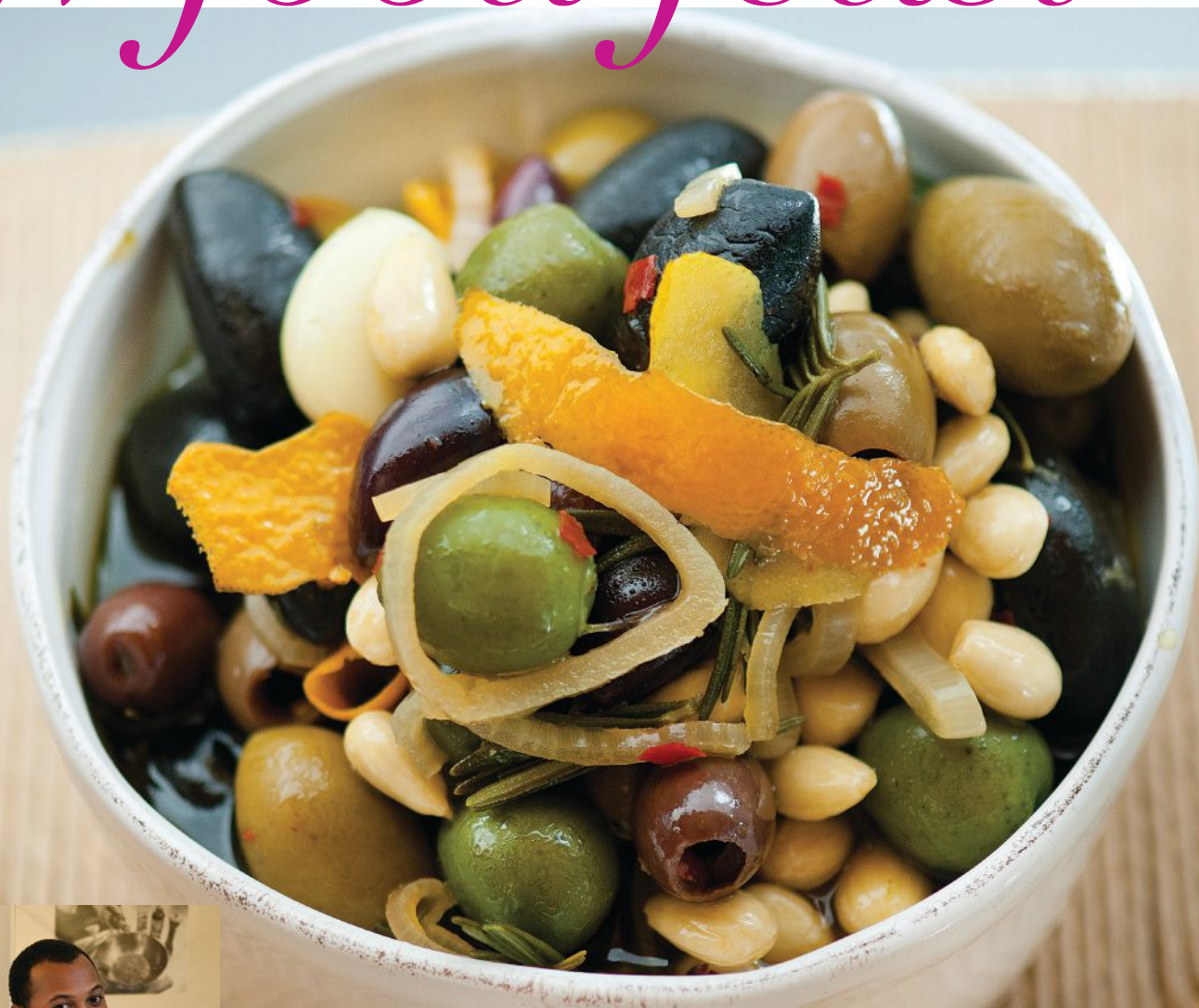


{THE SPREAD} *Slow food feast*

With help from friends at Slow Food Miami, chefs Conor Hanlon and Josh Gripper, of the award-winning The Dutch, show us how to put together a meal that's the antithesis of fast food: fresh, local—and absolutely delicious.



Chefs Hanlon (left) and Gripper, of The Dutch, take a break in the kitchen before serving dinner. Their fresh, seasonal ingredients all came from Whole Foods Market.

As the slow food movement—the push to eat fresh, regionally sourced, sustainably farmed ingredients—continues to expand across the globe, it's taken a strong hold in Miami as well. With restaurants here increasingly touting their ties to Florida farms, diners in the 305 are savvier than ever about where their food comes from. Of course, eating out isn't the only way to eat slow.

To show you how to put together a delectable meal that celebrates what's naturally available in Miami right now, we asked Conor Hanlon, Executive Chef at The Dutch, and Josh Gripper, the Pastry Chef there, to whip up some of their favorite dishes for a special dinner in honor of *Indulge's* Time Issue.

We held the affair at the Coconut Grove home of Daniel Graeff and his wife, Renee Frigo Graeff, who's the president of Slow Food Miami, which this year bestowed upon Hanlon and Gripper its prestigious Snail of Approval award. The Graeffs also happen to own the Lucini Italia Company, a Miami-based firm dedicated to creating handcrafted foods inspired by the culinary traditions of Italy. With so much scrumptiousness swirling about, it couldn't help but be a deliciously beautiful evening. Read on for details about how you can do something similar at home.

TEXT BY BETTY CORTINA-WEISS | PHOTOGRAPHY BY ANDRÉS ARAVENA



To help set the slow food mood, we tapped into the décor talents of interior designer Hillary Scurtis, also a member of the Slow Food Miami board of directors. She translated the evening's theme into a stunning table setting "by combining vintage looks with modern ones, and by taking a found-objects-will-do approach" she said. The floral centerpieces add texture and color, with vases (which are actually ice buckets!) in the shape of flowerpots. The baroque-looking flatware sits in contrast to handmade ceramic plates. The colorful table runner is actually a rug. (Credits: table-runner by Calypso, 9700 Collins Avenue, Bal Harbour; plates by Country French, 7529 SW 57th Avenue, South Miami; silverware, candelabras and vases by Christofle, 9700 Collins Avenue, Bal Harbour; Flowers by Always Flowers, 305-572-1122.)



In-season cocktail

There's nothing like a cocktail to get a dinner party going. With seasonal fruit, this one tapped into the evenings fresh theme.

- 1½ parts Grey Goose Le Citron Vodka
- ¾ part fresh-pressed orange juice
- ½ teaspoon sugar
- 2 fresh-pressed strawberries
- 1 part club soda
- basil, for garnish

With a citrus press or squeeze of the hand, press orange to release juice into a glass filled with ice. Add the Le Citron Flavored Vodka, sugar and strawberries. Stir vigorously, and top with club soda. Present with strawberries and a sprig of basil.

