



# The REHOBOTH Foodie

The answers for your taste buds' never-ending question. **Where should I eat?**  
Follow The Foodie daily at [RehobothFoodie.com](http://RehobothFoodie.com)

## Meet Bob

My goal is to promote local dining while remaining honest and impartial. I don't gush unless a place deserves it, and I don't pull punches, either. I don't accept ads from restaurants; I dine as anonymously as I can (sometimes I even wear a disguise) and pay full price during the review process. With so many good places to eat around here, it just doesn't make sense to waste the calories — or the money — on anything less.

## THE REVIEW

**Mariachi** Rehoboth Beach, DE

The Foodie awards it:



**M**ariachi restaurant, located just steps from the Boardwalk, is one of the Rehoboth Foodie's pick hits for Latin flavors in downtown Rehoboth Beach. Owner Yolanda Pineda's personality is the main course at this two-level facility, and when she opens her arms and says, "Mi casa es su casa!" she really means it.

As with most restaurants of this concept, there are hidden gems lurking on the appetizer menu. Don't miss the Queso Fundido con Chorizo, a decadent casserole of creamy queso topped with Yolanda's own chorizo. Fair warning: You might start out intending to share, but as is so often the case, sharing turns to fork wounds. Ask me how I know.

Yet another seemingly innocent appetizer that packs a remarkable flavor punch is the made-in-house tamales. Yolanda makes a point of explaining that they are "Salvadorean style." Whatever style they are, I'm here to tell you that these are some of the best I've ever unwrapped and attacked.

All the standard Tex-Mex goodies are there: nachos with creamy cheese and crispy peppers, quesadillas, guacamole, enchiladas, etc. But why not eat on the wild side! Try the sweetly irresistible platanos (fried plantain), the ceviche (nice firm white fish marinated in lime juice, onions, peppers and cilantro), and the plump little pupusas, each one lovingly stuffed with flavorful pork and cheese alongside the best curtido (spicy slaw) I've ever crunched.

The Ensalada de Guacamole is nothing more than a standard dinner salad topped with citrusy vinaigrette dressing surrounding a generous dollop of cool guac. →



Yolanda Pineda,  
Mariachi restaurant

PHOTOGRAPHY BY  
DANA BARTHOLOMEW

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SIZZLING SELECTIONS: THE FOODIE SAYS THAT MARIACHI COOKS UP A VARIETY OF SAVORY OPTIONS GUARANTEED TO SATISFY THOSE CRAVINGS FOR AUTHENTIC MEXICAN FLAVORS.



## THE REVIEW CONTINUED

Simple as it sounds, this cool and light nosh is the perfect prelude to the promise of Latin spices to come. Those who lurk amongst the nooks and crannies of RehobothFoodie.com know about my ruts. My Mariachi rut is the Plato Norteño, a combination of a chicken burrito (spiced and shredded white-meat chicken), a creamy cheese enchilada, guac, rice and beans. I love Tex-Mex, and that does it for me. One of the highlights of the dish is Yolanda's imitation of me ordering it.

The seafood enchiladas at Mariachi are stuffed with lots of marine goodies and bathed in a happy tsunami of cheese and a silky sauce. Landlubbers should not miss the Pechuga a la Parrilla, a boneless breast of chicken with lemon and their own Durango sauce (a Worcester-shire-based blend of pork, beans, tomatoes and spices). Yolanda's Spanish specials include goodies such as beef tongue,

trout, sirloin steak and what is reported to be Yolanda's elusive paella, all decked out with shrimp, mussels, squid, scallops, fish and clams perched atop savory saffron rice. It's not always on the menu; she only features it when she's in the mood — or if you call and ask nicely.

The Masitas de Puerco is a darkly savory portion of cubed and seared pork with Spanish rice and beans. Think carnitas but with a Spanish accent. Saturday and Sunday brunch at Mariachi comes with unique choices, like Huevos Entomatados (scrambled eggs with tomatoes, peppers and onions), chorizo eggs Benedict, slightly sticky and definitely decadent platanos (sporting a jaunty cap of sour cream), lots of mimosas, house-made sangria and even a fajita omelet. Call if you're bringing a group — there might be a little family-style breakfast platter waiting for you. Can't hurt to ask.

If you like shrimp, you will love the Camarones Cancun. This beautifully plated portion of tender butterflyed shrimp arrives at the table fajita-style: hot, noisy and sizzlin' like all-get-out. Buttered and boldly spiced with just a touch of heat, they march out of the kitchen flanked by tortillas, pinto beans and Pineda's superb yellow rice.

Mariachi is a three-story building at 14 Wilmington Ave, on the south side, just a half-block from the ocean. Be sure to call to check their hours in the off season. By the way, they have a huge, airy apartment on the top floor (ocean view both front and back) that is available for rental and /or parties. And it's just one flight down to el nirvana. 🍴

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## SIP & BITE: THE PODCAST

*Recent favorites on demand at Delaware1059.com*

**AIRED ON: 4/15/17:** Did you know that Kilwins confectionery makes 75% of their products in-store and from scratch? Meet co-owner **Debbie Marchese** and her intrepid GM, **Carmen Kulak**, in this candy-store nuts-'n'-bolts show.

**AIRED ON: 4/8/17:** Live radio being what it is, there were lots of surprises at the grand opening of **Kaisy's Delights** in Lewes. The very French and very enthusiastic **Thierry Langer** recounted his family's often circuitous trek the United States, to bring their favorite Austrian pastry, the Kaiserschmarrn, to the Delaware coast from their home in France.

**AIRED ON: 3/18/17:** Meet the boys from **Fuego To Go** on First Street in downtown Rehoboth. These former food truck mavens love spice — and deliver until 3 a.m.!

**AIRED ON: 3/2/17:** **Kirby & Holloway Provisions** are well known for their delicious meats. Meet GM **Benny Bendistis** and Sales Manager **Jack Jefferson**. Everything from scrapple, bacon and Italian sausage was discussed — a happy day for The Rehoboth Foodie. 🍔

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## BREAKING CHEWS

*The Latest Dish From RehobothFoodie.com!*

Rosenfeld's Jewish Deli is open in Rehoboth Beach! Lawyer-turned-deliman **Warren Rosenfeld** signed the lease on the space at Coastal Highway and Route 24, back when it was still a vacant lot. Now, he and his Rehoboth team are feeding capacity crowds their hot corned beef, pastrami, crunchy pickles and eclairs the size of your head. Joining Rosenfeld's in the same building is **Minh's Bistro**. Restaurateur **Think Famh** will soon share his Vietnamese roots with the Cape Region. Lovers of Vietnamese cuisine have been mourning the loss of Bethany's **Zen Saigon** restaurant ever since Chef **Kenny Nguyen** decided to move on. Kenny's pho ga was the stuff of legend, but summer rolls, lots more pho and banh mi sandwiches are just around the corner in Rehoboth.


The space vacated by Zen Saigon in Bethany Beach is now **Cocolo Sushi**. **Kiyomi Yamanaka**, aka **Chef Yama** (former owner of Misaki in Bethany and former sushi chef at Flying Fish in Fenwick), has returned to Bethany Beach to open his new sushi joint at 776 Garfield Parkway. The little storefront is directly across the street from Off the Hook restaurant.

Longtime cook and accomplished pastry chef **Mary Gaffney** has teamed up with former **Po'Boys Creole & Fresh Catch** server **Penny Reid** and entrepreneur **DD Smith** to open **A Different Kitchen** in Milton's Paynter's Mill development. The upshot to all this is that Mary, Penny and DD selected the restaurant name long before they knew they were going to lease the space formerly occupied by — wait for it — **The Kitchen**, owned and operated by former Second Street Grill Chef **Ray Richardson** and his wife, Lisa. "**A Different Kitchen**" is actually words excerpted from a 1978 record album from the English punk band **Buzzcocks**. And you thought punk rock was dead! The restaurant will feature a variety of dishes with an Asian flair.

Downtown Rehoboth Beach is mourning the loss of **Pig & Fish Restaurant Company**, the popular bar/restaurant owned by **Doug and Lisa Frampton**. That storied spot on Rehoboth Avenue was home to the long-gone **Astral Plane** restaurant and the still-long-gone **Sydney's Jazz Club**. The Framptons have their hands more than full with their wildly popular **Pig & Publican** in Lewes and the always-crowded **Pickled Pig Pub** on Coastal Highway in Rehoboth Beach. P3 is in the same center that recently lost the longtime **Starbucks** store when the caffeine giant opted for the big time by opening a bigger store — with a drive through — in the long-vacant KFC building near Airport Road in Rehoboth. **Pam Minhas** of Dewey Beach's **Baked** will open her second location in the old Starbucks space before summer. Oh, Pam, those pecan sticky buns! 🍞

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## THE BIG CHEESE

Written by Bill Wilson



PHOTOGRAPHY BY GRANT L. GURSKY

## PASTA FILATA: MOZZARELLA FOR DINNER TONIGHT FROM TOUCH OF ITALY!

Pasta filata is a technique for the manufacture of a family of cheese known as stretched curd. The history is as old as “modern” European farming techniques, at least 7,000 years.

There are variants of pasta filata in every Western culture. But let’s get relevant and go to Italy. Pasta filata is the hardworking mother of mozzarella and provolone. Evidently, Italy discovered writing around the same time as it did pasta filata, because there is no record of Italian pasta filata before that time. In a few words, stretched-curd cheeses are distinguished by the plasticizing and

kneading treatment of the curd in hot water, imparting the finished product with its characteristic fibrous structure and its melting and stretching properties.

The cheesemaking begins with milk from cows or water buffalo. It’s warmed, curdled and allowed to rest for an hour. The curds are cut into pieces, and the remaining liquid (the whey) is drained off. After the curds take a nap for a few hours, they’re steeped in very hot whey or water (around 180°F for Mozzarella di Bufala Campana). When they begin to float, most of the liquid is removed, and the curd is repeatedly kneaded and stretched until

the defining elastic texture begins to develop. The mass is divided (often by pulling out a thick strand and chopping it) and then shaped into individual cheeses. Mozzarella experts like Orazio Carciotto at Casa Della Mozzarella in the Bronx will deftly wind-off and fold baseball-sized portions for sale. Lucky bystanders will often be treated to still-warm and salty bocconcini (mini-portions) to enjoy.

By creating a simple and stretchable curd, the producers have a variable basis for a “fresh” or an “aged” cheese based on their expectations for usage. Ideally, fresh mozzarella should be eaten within

a few days. For other formaggi a pasta filata, such as provolone, caciocavallo silano, pallone di gravina and scamorza, further processing is needed, such as ageing and in some cases brining and/or smoking.

The differences among mozzarellas are easy to prove: All you have to do is taste them side by side, which you can easily do locally. Buy a labeled mozzarella at the supermarket of your choice (don’t forget to check the expiration date). Take it to the Touch of Italy Bakery at the Villages of Five Points in Lewes, where the mozzarella is made by hand every day. Feel free to call first, but you are not imposing; the makers love to give tastes. Take a bite of both. Compare. See what you think. If you’re reading this, then I know what you’ll think, and fortunately you can score some of the good stuff right there at the bakery. Don’t buy too much! You can always return for the freshest cheese.

One last note: According to the Italians, we Americans do not eat mozza-

rella. To the Italians, mozzarella is only made with buffalo milk (aka, water oxen). What we eat (unless it is Mozzarella di Bufala, imported from Italy) is called Fior di Latte by the Italians, i.e., a mozzarella-like cheese made from cow’s milk. Be careful of imported and domestic cheeses labeled “buffalo style!” They are stretching the truth as well as the curd. 🧀

**Editor’s note:** This piece was excerpted and adapted from Cheesemonger Bill Wilson’s column, “The Big Cheese,” at RehobothFoodie.com.

**About the Author:** RehobothFoodie.com’s cheese columnist Bill Wilson is a CIA graduate. He has worked extensively in New York, Florida, and Philadelphia. Bill was the owner of the Beautiful Foods market in Rehoboth Beach and was lured back to the area as the ultimate Delaware cheesemonger by Touch of Italy boss Bob Ciprietti. Bill loves the beauty and serenity of the Cape Region, but what he loves most is cheese!

THE RIGHT TOUCH: CARLOS CARRANZA WORKS HIS MOZZARELLA MAGIC EVERY DAY AT TOUCH OF ITALY’S OCEAN CITY LOCATION AT 67TH ST. AND COASTAL HIGHWAY, INSIDE THE HOLIDAY INN.

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## FOODIE ON THE ROAD



### GEORGIA HOUSE: IT'S NOT ALL ABOUT THE BEACH WHEN IT COMES TO COMFORT FOOD

PHOTOGRAPHY BY BOB YESBEK

The Georgia House restaurant is a Delaware/Maryland icon. Fine dining? No. Lots of molecular gastronomy acrobatics? No. Consistent comfort food served up by friendly waitrons in a spotless setting? Yes, indeed. The Millsboro location is the mothership, flanked to the south by the Selbyville location and to the north by the Georgetown and Milford installations.

Georgia House is one of those places that does things right, time after time, with a minimum of drama. The first thing you see on the menu is the fried green tomatoes. Georgia House adds a spicy twist with thinly sliced onions. Then there's the chili! Regular readers are probably

tired (and rightfully so) of my issues with restaurant chili, often woefully under-spiced and just awful. There, I said it. But Georgia House dishes it up with flavorful veggies topped with a dose of semi-melted cheddar and sour cream. I love the hot roasted jalapeño that comes with it. Spice wimps: I'll happily take your pepper.

I've had the Kentucky Salad many times (crispy greens studded with buttermilk fried chicken). That, the Sesame Chicken Salad (with cashews and Thai peppers, yet) and the simple Field Mix with Roma tomatoes stand out. Like any Southern-style restaurant, they offer a veritable plethora (yup, an actual plethora) of sides. The list goes on and on: mac 'n' cheese, fried squash & zucchini,

greens, cinnamon apples, sweet-potato casserole, corn pudding, potato salad... just to name a few. They're served in not-too-big portions, so you can order a few and avoid a tabletop traffic jam. The sides vary with the season, but (come closer — I'm whispering...) get the cucumber and onions and the stewed tomatoes. Both are hidden gems.

There's a good reason why Miss Vicky's Meatloaf is at the top of the entree menu: It's well-spiced, well-portioned and available as a sandwich with grilled onions and cheese. Celebrated gastronome, educator and all-around fresser James Beard had the nerve to say it: "Too few people understand a really good sandwich." Georgia House boss Larry



GEORGIA ON MY MIND: WHEN ATTENDED TO PROPERLY, COMFORT FOOD CAN BE TURNED INTO ART. THIS IS THE PHILOSOPHY OF GEORGIA HOUSE'S LARRY MCQUAY, WHO IS CREATING TRUE BELIEVERS EVERY DAY AT THE RESTAURANT'S FOUR LOCATIONS ON THE SHORE.

McQuay understands a really good club sandwich, properly presented in regulation triangular format. Order a little side of honey mustard dressing and then politely dip the sandwich quarters. Messy? Yes. Who cares? Life is short.

A few other stars of the show include the buttermilk fried chicken, the double-cut pork chop, the BBQ ribs and the Yankee Pot Roast. The chicken is presented knife-and-fork style as a butterflied breast, providing more surface area for crunchiness. The pork chop arrives steakhouse-style with prominent grill marks. I challenge you to eat it all (okay, to be fair, get an appetizer first). But it's a win-win: The tender white meat makes for a wonderful sandwich the next day.

Before I ventured eastward over that big bay, I owned a BBQ restaurant. So the bar is set high for ribs and the like. When I tried the ribs at Georgia House, my first words to Larry were, "Don't tell me you made these from scratch." To my surprise, he told me just that. The little-over half-rack portion arrives with a nice bark across the top and slathered with a not-too-sweet sauce.

My allotted real estate here in *Coastal Style Magazine* precludes my describing everything on the menu. But Georgia House is definitely worth checking out, not only for the big selection of salads, sandwiches, appetizers, entrees and desserts, but also for the reasonable prices.

There are four locations: on Main Street in Millsboro (302-934-6737); in Milford (302-422-6763) on Walnut Street; on Church Street in Selbyville (302-436-6474), and in Georgetown at the Sussex Pines Country Club (302-856-6283). They are closed on Sundays and Mondays. See more (along with some great photos) at [www.EatGH.com](http://www.EatGH.com).



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