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CRAVE

— FOOD & DRINK —

by David Scheller

Working at a restaurant is incredibly difficult. I didn't manage my brief stint in the business without spilling a tray full of champagne on the father of the bride before proceeding to drop the top portion of his daughter's wedding cake. And that was only one night.

Managing a restaurant is more difficult still. You must master countless fine arts, as well as have the prudence to avoid hiring people like me. For Crave to have done so well that they just opened their 11th location in Fargo is a testament to their excellence. But exactly how has Crave achieved this? One suspects that John McDonald, the general manager of the newest location, has something to do with it. He honed his talents at his own local seafood restaurant for 26 years before lending them to Crave.

"There is a certain romantic element to managing a restaurant, absolutely," said John. "You're not only creating food from scratch. You're creating an entire brand while you're at it. But the great challenge of it – and the thing I love most – is just how dynamic it all

is. You have to pay attention to a hundred different details at once, and the feedback is immediate if you ever miss the mark.

"One of the biggest parts of Crave's identity is our sushi kitchen. Sushi is a cuisine that chefs devote entire lifetimes to mastering, so offering it alongside a larger, traditional American menu is ambitious. Depending on the level of skill they bring with them, we train our sushi chefs for at least six to eight weeks. Every one of their knife strokes must be deliberate, intended solely to make each roll or nigiri a thing of beauty. You should recognize great sushi the instant it is set on your table.

"With 110 bottles on our wine list and more than 20 available by the glass, you will find the perfect accompaniment to any meal"

"And that's to say nothing about the fish itself! Sushi demands the finest, for the simple reason that raw seafood doesn't lie. Back in the early '90s, yes, any kind of seafood might have raised eyebrows in the Midwest, let alone raw. Thankfully procuring the freshest fish has become relatively easy more recently. And if you like many other Americans believe that fish must be cooked, then you can still enjoy the freshest salmon and sea bass here at Crave.

"The Fargo-Moorhead area certainly has more resident beef experts than it has fish connoisseurs. That's why we have to be just as exacting about the quality of the steaks and burgers we serve at Crave. We prepare only Certified Angus Beef, the highest grade of Angus beef available. Very few cuts will receive that grade, but we genuinely believe we must make that quality statement here in beef country. (We would serve the same beef at any other Crave location, of course.)

"Crave offers something for everyone. Whatever comes out of our scratch kitchen, we pay the attention to detail it takes to make certain we only put the best in front of our guests. That extends to the quality of our waitstaff's service, as well as the ambiance of our dining room. Our architects fully understood that we wish to create an experience in which people would want to take their time dining.

"I would recommend you come by for our bar alone! With 110 bottles on our wine list and more than 20 available by the glass, you will find the perfect accompaniment to any meal or discover your new favorite varietal. We have craft cocktails like our signature smoked Manhattan, made with Woodford Reserve Double Oaked and served in a freshly smoked glass to give it an indescribable character. We also have 16 draught beers on tap, including several from local Fargo breweries."

Crave is located at 3902 13th Ave S in Fargo. You may see their full menu at cravefargo.com or make a reservation at (701) 809-9020.





Fargo FOOD TRUCK FESTIVAL

by David Scheller

Food trucks are a proud American tradition. They date back to the prototypical chuckwagon of the cowboy era, a little horse-drawn field kitchen presided over by a “cookie” who’d probably smack you over the head with a ladle if he caught you sneaking chili before your shift ended. Food trucks have also played an important role in Hollywood right from its start. Imagine working as a stuntman on the set of *Sparticus* during filming in Death Valley, sweat pouring

down your brow after a long morning shoot, and your relief at the sight a food truck pattering down the road toward you.

Food trucks are now more ubiquitous than ever, but happening across just the one you want still takes a bit of luck. If only there were a special occasion, preferably in Fargo, where a bunch of food trucks gathered together so you could have any mobile cuisine you wanted ... see what I’m getting at here?

The Fargo Food Truck Festival is coming to the North Dakota Horse Park this August to feed and delight everyone! The creation of Mike Schmitz of Midwest Sports Tours, this festival will give you access to North Dakota’s and Minnesota’s finest food trucks as well as a dog race like you’ve never seen before.

Continued on next page »



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» Continued from previous page

This year 20 trucks will serve their signature dishes at the track. We'll see the return of many crowd favorites, such as Sweet Dreams Mini Donuts which provides real evidence that the smaller version of something can be even better than the original. The truly smart diners will douse their mini donuts in sweet blueberry, raspberry, or cinnamon sugar toppings.

“All three days of the Fargo Food Truck Festival feature something special and different.”



But you don't want to fill up on donuts -- at least until you've checked in at Chef Mobile. That truck makes a barbecue kielbasa sandwich so good that by all rights it shouldn't exist, and their Cajun chicken sandwich will give any Louisianan culinarian a run for his money. The Driftwood food truck will be there to serve Korean beef, mahi mahi, and shrimp tacos that'll curl your toes. Un-Fork-Edible will make sure Fargoans can receive their requisite mac n' cheese and cheeseburgers, and if you've still got room after that you can see what kind of classic American fare the good folks at '58 Street Grill are up to.

Bismarck natives living in Fargo, rejoice: The Big Boy truck is making the trip out to bring you the summer drive-in flavors you've missed for so many years. Many die-hard fans take this opportunity to stock up their ice boxes with the Boy's very best.

All three days of the Fargo Food Truck Festival feature something special and different. On Friday from 11am to 1pm you can get in without paying the usual \$2 entry fee, so see if you can sneak away from work during your lunch break. Friday is also the day of the Sweet Tooth Taste Test, where many of the trucks will offer unique \$3 desserts. Saturday has the Bloody Mary Matchup, a brilliant thing: Get yourself a Bloody Mary, and then adorn it with as many \$2 skewers as you like from a variety of participating food trucks. Finally, on Sunday the festival celebrates brother hog with the Makin' Bacon challenge. Every day will also feature an eating contest, one of the few remaining tests of pure athleticism.

The festival crescendoes during what is arguably Fargo's most important event of the year: The Corgi Dog Race. Cheer for your favorite stumpy-legged furbag as he vies for the coveted first place spot in this high adrenaline canine rally. Corgis have been bred for a lot of things, but speed is certainly not one of them. Watching them chug their way down the horse track is a hoot!

The Fargo Food Truck Festival will take place at 5180 19th Ave N on August 14th from 11am to 9pm, 15th from 10am to 9pm, and 16th from 11am to 6pm. Skip breakfast that weekend and head on over for a great gas-powered feed!

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EXPLORE DOWNTOWN SECTION



THE SILVER LINING Creamery

Ice cream is first order business in the Midwest. If you serve a North Dakotan or a Minnesotan ice cream that's even remotely lackluster, they will politely thank you, and they will eat it -- *but they will not say it's good*. Not saying that something is good is the most scathing rebuke a Midwesterner keeps in their arsenal. Truly, if you're to run a successful ice cream parlor in this neck of the woods, you had better bring your A game.

Michelle Harris-Pulling of Rapid City, South Dakota knows this well. She cut her teeth on the hospitality business when she opened Alternative Fuel Coffee House in her hometown, which she conceived as a friendly neighborhood joint that anyone could hang out in. When a nearby storefront opened up, she decided next to set her sights on ice cream.

Michelle attended classes at the prestigious Frozen Dessert Institute in St. Louis, where she learned all the ins and outs of making superlative gourmet ice cream. Wherever she traveled she would tour other ice cream makers' operations, learning secrets from as far away as Ireland and Iceland. She learned best of all that doing one thing and doing it very well is key to making people happy. With all of that, Michelle was ready to cut the ribbon on the inaugural Silver Lining Creamery in Rapid City.

Silver Lining Creamery proved a big hit, and became an inextricable part of South Dakotans' summer plans. When her daughter-in-law told her about an ideal new venue that

had become available in downtown Fargo, Michelle decided it a perfect opportunity to knock a whole new batch of people's socks off with her delicious ice cream.

"We use natural ingredients as much as possible," said Michelle. "All of our dairy is delivered to us fresh from local farms by Kemps, and even our bright purple coloring comes from carrot extract. We've yet to discover a natural coloring that can create the electric blue of our cotton candy flavor, but once we do you can be sure it's all we'll use."

to 22 degrees below zero, which prevents it from freezing unevenly to become grainy or chewy. Our ice cream's texture is even

"We eat ice cream when we're happy," said Michelle. "We eat it when we take people out to celebrate. We even eat it when we're sad. Ice cream is a silver lining, and everyone needs a silver lining in their life!"

more consistent because it has never left our parlor and been exposed to fluctuating temperatures. Silver Lining's ice cream is what ice cream is supposed to be!"

Eager to appeal to customers with conventional palates, Silver Lining offers the core flavors: chocolate, vanilla, and strawberry. They get creative, too. Their sweet Sriracha flavor pays homage to

lavender honey. They always have a cereal flavor as well, such as Captain Crunch -- the bane of Soggies everywhere.

Those who seek pizzazz out of their frozen desserts are going to find what they're after at the parlor. Fargoans with German heritage are probably genetically inclined toward liking Silver Lining's dill pickle ice cream, topped with half of a big, green pickle. Their Funyuns flavor ice cream brings to mind that hot heavenly air that floats around the state fair, and tastes just like a french fry dipped in vanilla milkshake.

Silver Lining's "movie theater floor" flavor is inspired by the treats you might find littering the cinema after a double feature: caramel corn, Skittles, M&Ms, and Snickers. They are currently toying with the idea of a new flavor inspired by their own floor sweepings. (It would have premium and previously undropped tidbits, of course!) Silver Lining's menu changes every two or three weeks, so you can always count on something new and exciting when you grace their parlor with your presence.

"We eat ice cream when we're happy," said Michelle. "We eat it when we take people out to celebrate. We even eat it when we're sad. Ice cream is a silver lining, and everyone needs a silver lining in their life!"

The Silver Lining Creamery stays open year-round. You can get your cone in person at 123 Broadway N in Fargo, or learn more at silverliningcreamery.com.



"We make our ice cream in three gallon batches, so it's always fresh, and we use 14 percent butterfat milk. Any richer than that and the ice cream actually begins to taste like butter! We blast freeze our ice cream

that delicious sauce which has managed to become so ubiquitous without ever advertising. They always have an earthy flavor in stock, like their lemongrass and sweet basil ice cream sweetened with

221 MELSTED PLACE

Bed and Breakfast

by David Scheller



Lonnette Kelley had started her life over in Omaha. The sole earner in her family, she spent endless hours working overtime as a nurse in the city's busiest hospital. The work was backbreaking. Within a few years Lonnette ruptured two discs in her neck.

In her private moments Lonnette liked to visit a local print shop. The store featured the work of Terry Redlin, a South Dakotan painter who depicted idyllic rural landscapes. The chimney smoke in a Terry Redlin painting hangs in cold air like baby's breath. Eager farm dogs watch pheasants glowing in sunbeams. Children raise the flag outside of their one-room schoolhouse and rake leaves to burn on a fire in Terry Redlin paintings.

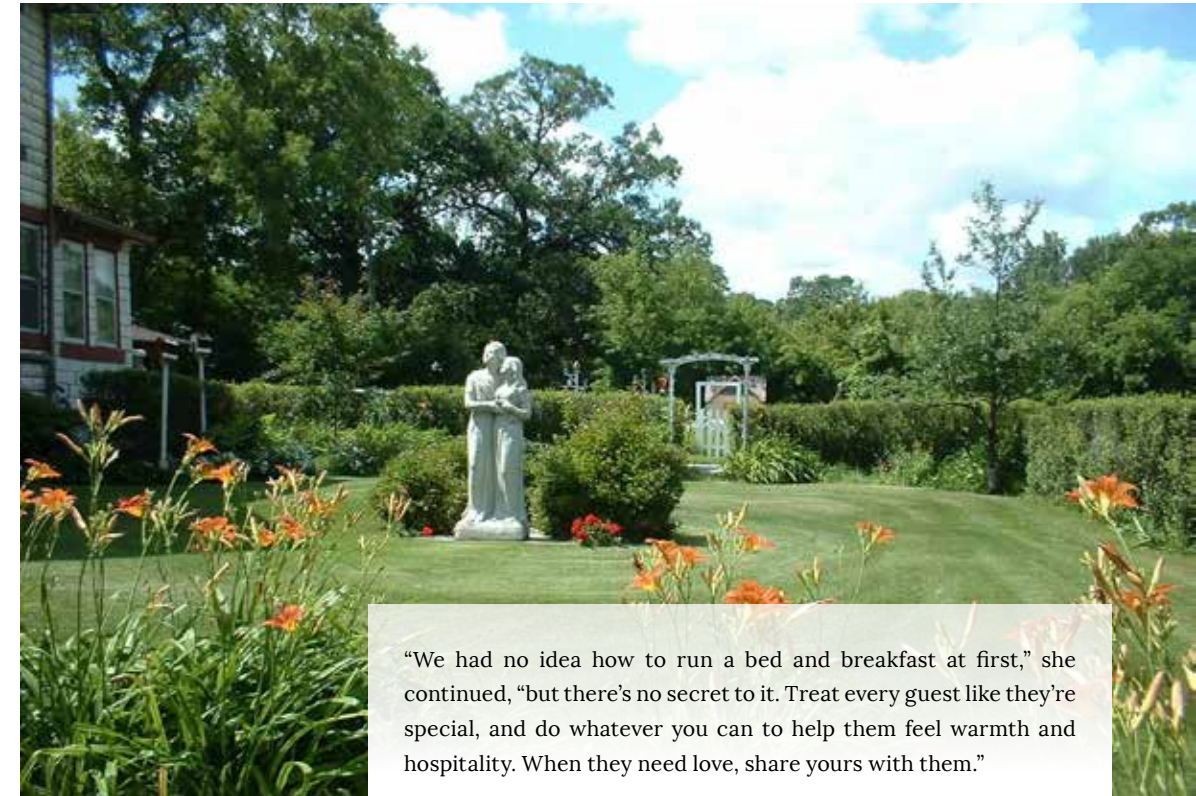
Lonnette's favorite painting is titled *And Crown Thy Good with Brotherhood*. It's a glimpse at a country home on Christmas, with a moon bright as the Star of Bethlehem beaming down on all creation. As she looked at this painting, Lonnette would say a little prayer: *Please, let me live in this picture one day.*

Everyone in Lonnette's family thought she and her husband Neil were crazy for buying a great, big castle of a house in the middle of nowhere. Perhaps the clawing pain in her neck had driven Lonnette to somewhat drastic measures. She and Neil drove nine hours to their new home, a 4,600 square foot farmhouse in Mountain, North

Dakota. They arrived on the night before Halloween, but without a house key had to overnight in their car among barren trees and their tu-whit tu-whooping owls.

Although Lonnette's neck very nearly crippled her, and Neil has his own disability to contend with, the two set to work raising their new home out of decrepitude. For the first time in decades its egg and dart woodwork sparkled under walnut oil. Patch by patch, its grounds were reclaimed for civilization. The couple undertook this formidable flip for their own amusement. It only dawned on them later that they had inadvertently created a picturesque bed and breakfast.

The grand opening of 221 Melsted Place coincided with the Red River flood of 1997. The Kelleys' first guests worked for the Red Cross. "I would get up at five in the morning to make them all breakfast before their commute to Grand Forks, and wondered if that was what we had worked so hard for!" said Lonnette.



"We had no idea how to run a bed and breakfast at first," she continued, "but there's no secret to it. Treat every guest like they're special, and do whatever you can to help them feel warmth and hospitality. When they need love, share yours with them."

More and more people came to love 221 Melsted Place over the years. News spread far and wide until the day Lonnette received a very important phone call. Ólafur Ragnar Grímsson, then the president of Iceland, wanted to stay for the night.

"I had no idea how we would handle such an important guest," Lonnette recounted, "but there was so much commotion and excitement around the president's visit, we just didn't have time to be afraid. My husband and I scrambled down the steps to meet him. He had such an official aura at first, but in our home he became warm, even cordial. He brought one of his daughters, a lovely young lady, who danced around the living room for our entertainment. Like anyone else, they walked through our door, and they became our friends.

"The pain in my neck has long gone away. Pain has a way of doing that when you love what you do. And the funny thing is, it wasn't until years after opening 221 Melsted Place that I realized I truly do live in a Terry Redlin painting. The good Lord brought us to North Dakota, and He found us this home."

Mountain is in the northeast corner of North Dakota. Nestled in the fertile farm lands of the Red River Valley, it makes a fine refuge from the hustle and bustle of a metropolis like Fargo. To learn more about 221 Melsted Place and what there is to do around it, please visit melstedplace.com.



"Everyone in Lonnette's family thought she and her husband Neil were crazy for buying a great, big castle of a house in the middle of nowhere."

Amazing SWIMMING POOL FEATURES

by David Scheller

Not all of us were so fortunate growing up that we had swimming pools in our backyards. Some of us had to dig a hole in the lawn and wait for it to rain. And as we wallowed in our makeshift mud puddles, with grass clippings and drowned white grubs bobbing around our heads, we dreamed of a day when we might have our own swimming pools to fill with amazing features. Here are just a few of them!

Deck Jets - A Deck Jet is a clever little device that arcs a continuous stream of water into your pool. The stream can reach up to eight feet and point in any direction, yet still requires so little pressure that it won't wear down your pump. This is how you turn your pool into something worthy of Tony Montana's own backyard. You may as well add a statue with "The World Is Yours" spelled out in neon lights while you're at it.

Waterfall - You can design a waterfall into your new pool or even add one to it with a kit. A little cascade flowing into your pool is not just a fun thing to dunk your head under after a long day at work. It also creates a pleasant burbling sound that's ideal for meditating or drinking Mai Tais next to. A waterfall can even conceal a private grotto, the perfect respite from a world where people want you to do things for them all the time.

Spillover Spa - This is the Cadillac of pool features. A spillover spa is a raised hot tub that constantly overflows into the rest of your pool. This provides a visually pleasing connection between your pool and hot tub, as well as the pleasant splishety-splash sound of a waterfall. It's not even all that difficult to add a spillover spa to an existing pool, so having one is a good goal to work toward.

Swim Out Bench - Are you sick and tired of a garish pool ladder shattering the otherwise perfect geometry of your backyard? Who isn't? A swim out bench does away with the need for a ladder by creating partially submerged steps that swimmers can enter and exit with. You can also perch yourself on this surface while you're supervising the little kids in your pool and still enjoy a bit of a soak.

Tanning Ledge - Also known as a "Baja bench," a tanning ledge creates a six inch deep area around the perimeter of your pool. It's a perfect place to bask in a chaise lounge while you have the sun undo some of the damage the quarantine did to your complexion. A tanning ledge is also a great way to let your toddler enjoy some of your swimming pool - with constant supervision, of course. Toddlers swim like they're made out of lead, so you have to watch them like a hawk around swimming pools.

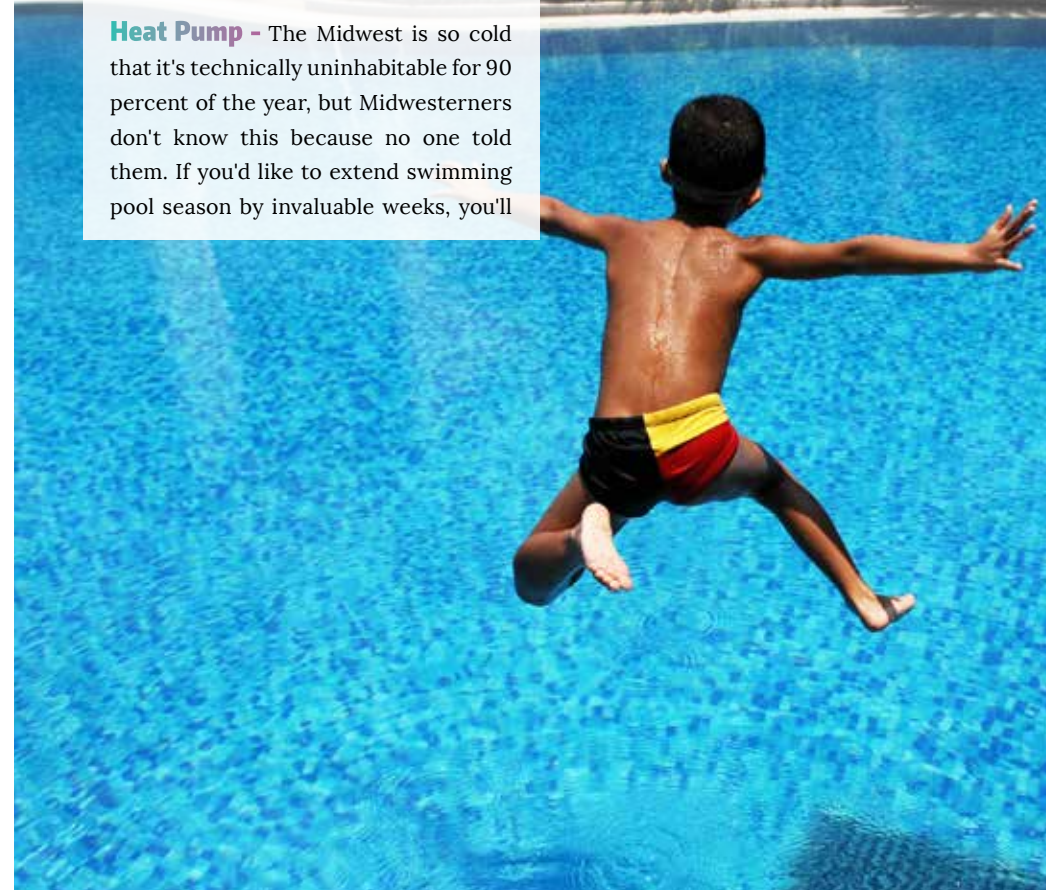
Swim-Up Bar - The smartest man who ever lived once said this: "Hey, do you know what would make this pool even better? If there was a bar in it!" His name? Jonathan P. Swimupbar. His great invention endures to this day, so no one ever again has to suffer the heartache of getting out of the pool just because they need another Tom Collins. You usually see swim-up bars at resorts, but really cool people have them in their own personal pools as well.

Lighting - Electricity isn't just useful for watching television. It is also able to power lighting, the best application for which is making your pool pretty. Install low-profile perimeter lighting around your pool to give it an otherworldly appearance in the nighttime, or underwater fiber optics that will turn the water any color you please - even blue! You can also install motion activated floodlights around your pool to discourage teenagers from throwing unsupervised make out parties in your backyard.

Heat Pump - The Midwest is so cold that it's technically uninhabitable for 90 percent of the year, but Midwesterners don't know this because no one told them. If you'd like to extend swimming pool season by invaluable weeks, you'll

be surprised by how cost-efficient a modern heat pump is. The technological marvel somehow extracts heat from the air around it and diverts that heat directly into your pool. And if you really want to confuse your neighbors, you can install a gas heater that will enable you to swim outdoors all year round!

Saltwater Chlorination - Everyone knows the gentle chemical sting they feel in their eyes and skin after dipping into a conventional swimming pool. But thanks to saltwater chlorination, that sensation is much less marked. A saltwater pool still contains some chlorine, albeit far less of it, and is only about one tenth as salty as seawater. A saltwater pool costs a little more to install upfront, but with one you'll never need to buy or handle chlorine again!



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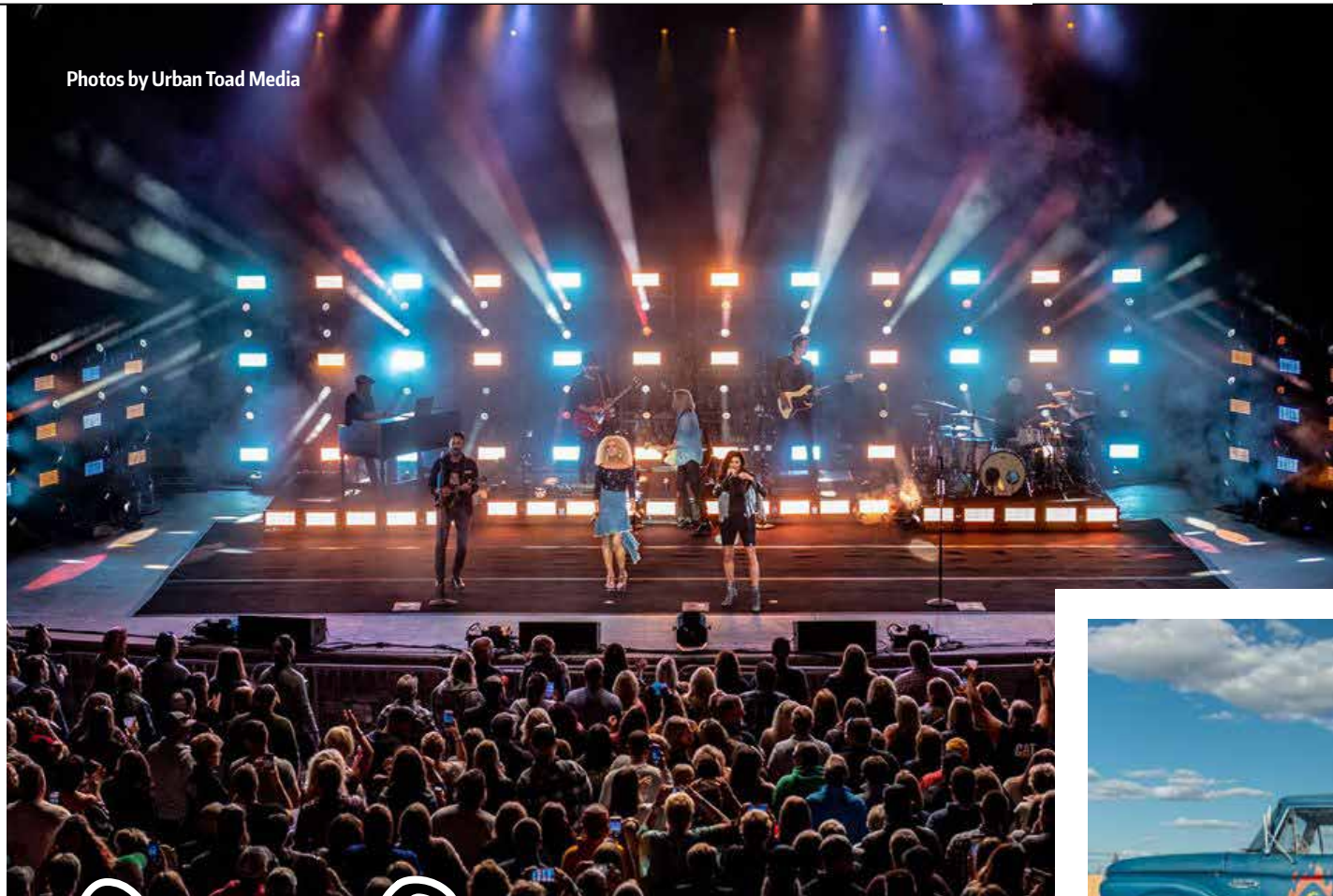


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Photos by Urban Toad Media



“The Sister Cities
Smokeout honors
the pitmaster’s
great contribution
to the world, and
you can help to
celebrate by eating
prodigious amounts
of barbecue there.”



Sister Cities SMOKEOUT

by David Scheller

There’s some debate about what the world’s oldest profession is. I say you’re wrong if you think it’s something we can’t print in Shop.Dine.Live. No, the world’s oldest profession has got to be barbecue pitmaster.

Imagine you are living during the dawn of time. You’ve just spent all day hunting with the greatest invention to date, the pointed stick. You’re not going through all the trouble of dragging a six ton mammoth back to camp just to have an amateur cook it for you. You’re going to pick the guy in your tribe who knows best how to barbecue. (He’s easy to pick out, because he’s the heaviest.)



Continued on next page »



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HEADING TO THE LAKE?



NICE CATCH!
BEMIDJI
BREWING

» Continued from previous page

There are more important jobs than pitmaster in the modern world. EMTs and firefighters, for example, save lives, which ranks right up there. But when it comes to making the most people very happy at once, the pitmaster is unrivaled.

The Sister Cities Smokeout honors the pitmaster's great contribution to the world, and you can help to celebrate by eating prodigious amounts of barbecue there. Presented by Jade Presents of Fargo, this August will mark the big occasion's second year. Whereas last year the smokeout featured a range of pitmasters from across the

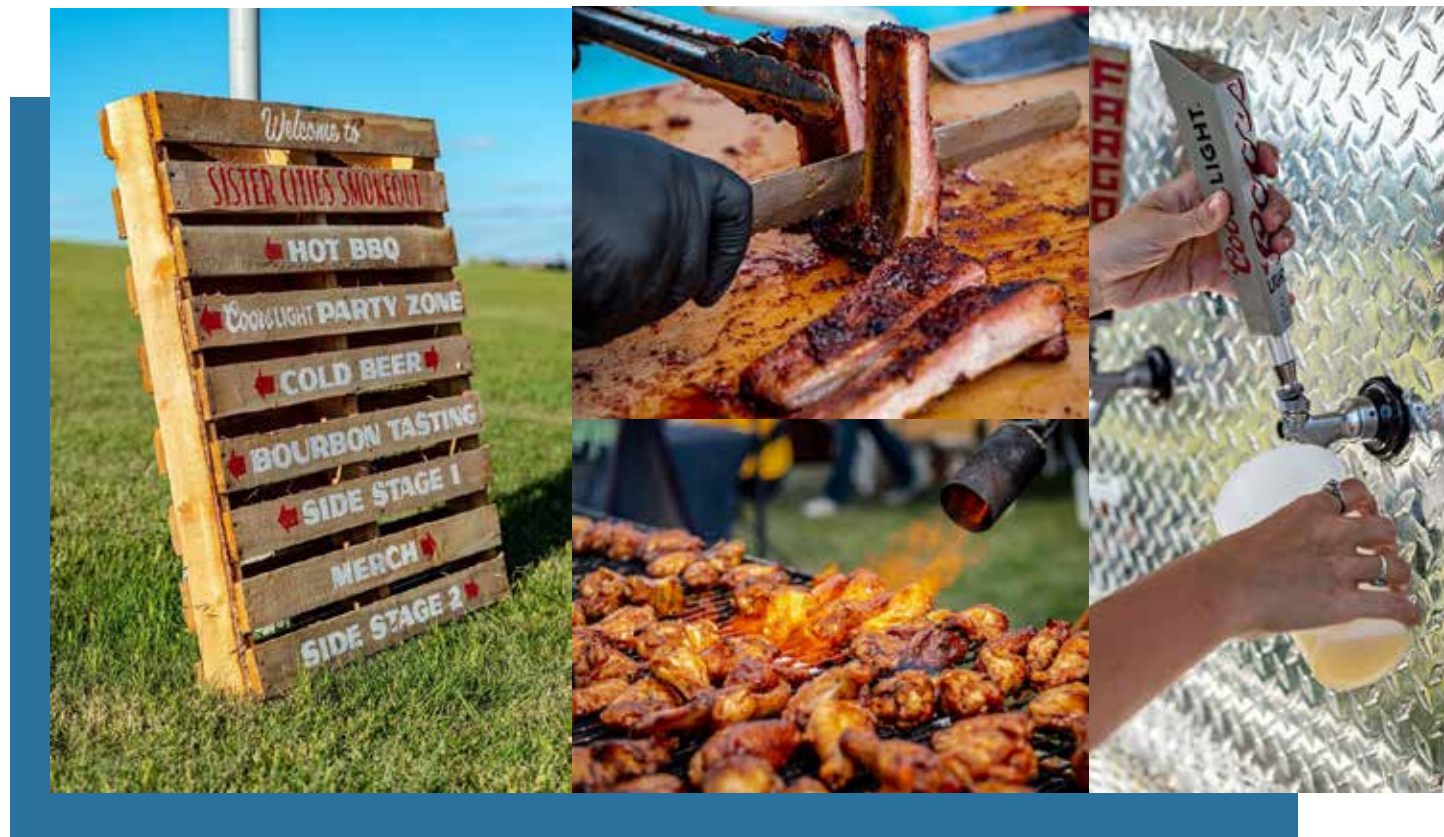
“Last year Coors served as a major sponsor for the event, with an additional bourbon and whiskey tasting tent set aside for those with refined tastes”

country, this year is all about the locals.

Five of Minnesota's and North Dakota's greatest grillers will cook up a serious feed at the Bluestem Amphitheater. This year the smokeout will welcome Cornfield Barbecue from Pelican Rapids, MN. They're a fixture in town next to the TrueValue store, which means they must spend a lot of their time feeding farmers – no small feat! Big J's Smokehouse of Rothsay, MN will serve up their competition style barbecue, hopefully including their pulled pork sandwiches made with juicy, slow smoked Boston butt. And speaking of butt, the smokeout will also feature Smoke My Butt Barbecue of Fargo. The pig doesn't know this, but it was created solely for the Smoke My Butt guys to cook for us.

Each vendor is in full control of their menu. You kind of have a good idea of what to expect at the smokeout – piles of saucy ribs, marbled slabs of brisket with perfect rivulets of grease running down their sides, and certainly not green salads – but you've got to go to know for certain.

Imagine something like the Sister Cities Smokeout if it didn't have beer. It can't be done.



Last year Coors served as a major sponsor for the event, with an additional bourbon and whiskey tasting tent set aside for those with refined tastes or who simply know how to party. You can sit back with your drink and relax to the melodic thwacks of cornhole, or participate in beer pong played with 50 gallon bins. (I asked, and you do not have to drink an entire bin every

time your opponent scores a shot.)

The coup de grâce to any barbecue party has to be the music. This year the smokeout will feature live performances by The Infamous Stringdusters, whose good old bluegrass won them a Grammy in 2017, as well as Whiskey Myers, Aaron Watson, and Lake Street Dive. Most of the live performances haven't been announced at the time of writing, but there's a strong possibility Jade Presents will choose a lot of rock and country headliners. I just don't see disco happening at this year's smokeout.

The doors to the amphitheater will open at 3pm on August 28th through 30th, and they will stay open until curfew forces everyone back into their beds. They'll sleep well that night. You can learn more about everything at scsmokeout.com.

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Social Distancing Outdoor Fun

Get outside at one of these State or Regional Parks!

THEODORE ROOSEVELT NATIONAL PARK

National park named in honor of the 26th President of the United States, the ruggedly beautiful and serene park's three units are filled with recreational opportunities, as well as bountiful wildlife. Scenic routes lead through the North and South units.

East River Road
 Medora and Watford City

FORT UNION TRADING POST NATIONAL HISTORIC SITE

Fort Union near present-day Williston was the principal fur trading post on the upper Missouri River in the early 1800s. Native Americans living in the area and trappers co-existed peacefully for many years when the fort was first established.

15550 Highway 1804
 Williston

KNIFE RIVER INDIAN VILLAGES NATIONAL HISTORIC SITE

Knife River Indian Villages National Historic Site was said to have a population rivaling St. Louis when Lewis and Clark came through in 1804. Today, the former home of Sakakawea has a modern museum, earthlodge depressions, a reconstructed earthlodge and walking trails.

564 County Road 37, Stanton

LEWIS AND CLARK TRAIL

The Lewis and Clark Trail in North Dakota follows the Missouri River from South Dakota through North Dakota to Montana. It is the route the explorers took to and from the Pacific Ocean. Attractions and hiking areas dedicated to the expedition can be found along the route.

Washburn

NORTH COUNTRY NATIONAL SCENIC TRAIL

The North Country National Scenic Trail runs from Lake Sakakawea State Park, through the Sheyenne National Grasslands and exits the state near Wahpeton on its way to New York. Sweeping views are the norm in North Dakota, as the trail through the northern Great Plains serves up big skies, superb birding and breathtaking sunsets.

781 42 1/2 Ave. NW, Pick City

INTERNATIONAL PEACE GARDEN

The 2,300-acre International Peace Garden straddles the border between the United States and Canada. It features spectacular floral displays, lakes and wildlife and represents the peace between the two nations.

10939 Highway 281
 Dunseith, ND 58329



Recipe!



Cocoa Tractor Cake

⌚ PREP: 10 MINUTES | ⌚ COOK: 40 MINUTES | 🍴 10 - 12 SERVINGS

Get the pan at:
nordicware.com



Ingredients:

- 2 1/4 cups flour
- 1 1/4 tsp baking soda
- 1/4 tsp baking powder
- 3/4 tsp salt
- 3/4 cup cocoa
- 1 3/4 cups sugar
- 3/4 cup shortening
- 2 eggs
- 1 tsp vanilla
- 1/2 tsp almond extract
- 1 1/2 cups water

Directions:

Heat oven to 350° F. Prepare Tractor Cake Pan with baking spray containing flour and use a pastry brush to evenly coat the details of the pan. In a large bowl, combine flour, baking soda, baking powder, salt, and cocoa; set aside. Using a mixer with a paddle attachment, mix sugar and shortening. Add eggs, vanilla, and almond extract. Slowly add flour mixture, alternating with water and mix thoroughly. Pour batter into prepared pan, filling 3/4 full. Gently tap pan on towel-covered countertop to remove air bubbles and settle the batter into details of pan. Bake for 40-50 minutes until toothpick inserted comes out clean. Cool cake in pan for 10-15 minutes before carefully inverting onto a cooling rack. Cool completely and decorate as desired.

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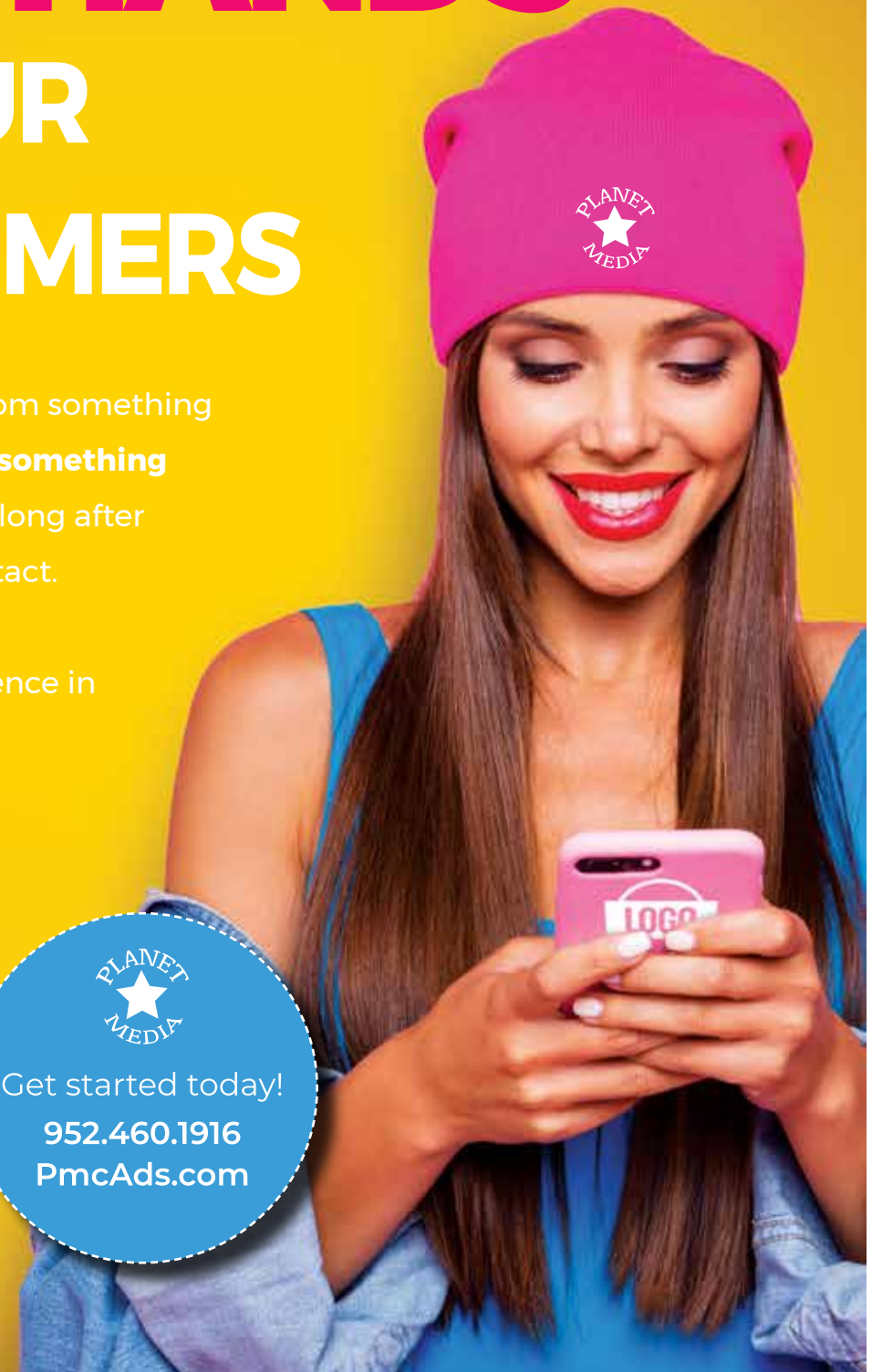
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