



## Winter Newsletter

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### Around Town Chef's Feast

The 10th Annual [Chef's Feast](#) will take place on Sunday, February 22 from 6:45 until 9:30 p.m. at the Embassy Suites Charleston Area Convention Center (5055 International Blvd.). Over 20 of Charleston's top chefs, including Chef Deal, will be serving up their favorite dish. Proceeds from the event will benefit the Lowcountry Food Bank.



**Let Becky Plan Your  
Next Event**

### From the Chef

Dear Friends,

I hope everyone had a wonderful holiday. We've made a few changes at Tristan for the new year and wanted to share them with you.

New for 2009: In response to the sagging economy, Tristan will now be serving a prix fixe menu Mondays and Tuesdays. This menu will feature three-courses with several choices in each category. Sommelier Brian Austin will also offer half-off selected bottles of wine under \$75 on Mondays and Tuesdays until 9 p.m. Plus, we now have happy hour weekdays from 5 until 7 p.m. and a lounge menu, so stop by to enjoy great food and drinks!

I am excited to return to the James Beard house at the end of this month, and hope you can join us at the James Beard preview dinner and fundraiser on January 20. View this event and recent news on the [Tristan Restaurant Facebook group](#).

Also, don't forget Tristan when voting for Charleston City Paper's "Best of Charleston" awards.

Your Chef,  
Aaron Deal



### Announcements

#### Dinner Prix Fixe Menu

In response to the weakened economy, a **special three-course prix fixe menu** is available Monday and Tuesday nights. Guests can choose from several options for each course for \$40. Sommelier Brian Austin is also offering **half-off selected wines** up to \$75 on Mondays and Tuesdays in the dining room from 6 - 9 p.m.

#### Happy Hour and Lounge Menu

Introducing **happy hour** at Tristan! Join us in the lounge Monday through Friday from 5 until 7 p.m. for \$2 domestics/\$3 imports (excludes specialty and high gravity beer) and \$5 specialty cocktails. We are also



Sales and catering manager, Becky Ness, can help plan your next event. From corporation dinners to cocktail parties, Becky will do whatever it takes to create an unforgettable event.

Contact Becky at [becky@tristandining.com](mailto:becky@tristandining.com) or by calling 843.534.2155  
**Tristan BBQ Sauce**



Don't forget Tristan's own Chocolate BBQ Sauce. Available in Chocolate, Chocolate Chili and Chocolate Pomegranate. Click [here](#) to purchase.

**Visit Us  
Tristan**

**55 South Market Street  
Charleston, SC 29401  
843.534.2155  
[www.tristandining.com](http://www.tristandining.com)**

**Join our [Facebook group](#) to find out the latest about news and events**

-serving a **lounge menu** with munchies like salads and appetizers. Click [here](#) to view the lounge menu and find out more about happy hour.

**Vote for Tristan for Charleston City Paper's "Best of Charleston"**

Tristan needs your vote for The Charleston City Paper's "**Best of Charleston**" awards. Here are some categories to look for: *Best Restaurant, Best Chef, Best Downtown Restaurant* and *Best Sunday Brunch*. Voting deadline is Tuesday, January 20 at 5 p.m. and you must complete 35 categories for your vote to count. Click [here](#) to vote.

**James Beard House Dinner**

Tristan will host a dinner at the [James Beard House](#) in New York City on Tuesday, January 27. The menu will feature sustainable produce from [The Chef's Garden](#) in Huron, Ohio. To get a **special member rate** of \$125, call 212-675-4984 and say you're "friends of Chef Deal." Feel free to pass this info along to your friends and family in NYC. We're also hosting a preview dinner in Charleston, see below for details.

**Chef Deal to Host Demos at Various Culinary Schools**

Chef Deal will host **sustainable agriculture demos** at several culinary schools in January. Additionally, he will discuss the relationship between farmer and chef.

[Johnson & Wales Charlotte- Thursday, January 22](#)

[French Culinary Institute NYC- Wednesday, January 28](#)

[Culinary Institute of America NYC- Thursday, January 29](#)

**Tristan Events**

**James Beard Preview Dinner & Veggie U Fundraiser**

Tristan will preview Chef Deal's second trip to the James Beard House with a fundraiser for [Veggie U](#) on Tuesday, January 20. The **seven-**



**course menu** will feature sustainable produce from The Chef's Garden and each course will be paired with wine. Chef's Garden co-owner and farmer, Lee Jones (left), will be in attendance to discuss the benefits of sustainable agriculture. The event will raise money for Veggie U, a non-profit organization that educates children on making wise food choices that enhance nutrition, combat obesity and emphasize the understanding of sustainable agriculture.

Earlier that day, Chef Deal and Farmer Jones will be holding a **lecture and demo on sustainable agriculture** at the [Culinary Institute of Charleston's](#) Palmer Campus Demonstration Kitchen. This event is free and open to the public, but a reservation is required because seating is limited. Call 820-5074 to reserve a seat.

**Valentine's Day**

Tristan will be serving a **three-course Valentine's Day menu**. Guests can choose their favorite dish from each course. The price is \$65 per person (plus tax and gratuity). More information to come, check the [Tristan events](#) page for updates.



**Tristan Hosts Charleston Food + Wine's First Vegetarian Dine-Around**

Husband and wife team, Jeremy and Deanie Fox of [Ubuntu](#) in Napa, California, will join Chef Deal in the Tristan kitchen for the first **vegetarian Dine-Around** on Friday, March 6 at 6:30 p.m. Chef Fox is a

graduate of Johnson & Wales Charleston, and worked in kitchens in London, Atlanta, Belgium and San Francisco before moving to Napa to head the kitchen at the vegetable-focused Ubuntu. Pastry Chef Fox will also be in the kitchen to prepare sweet treats for the evening. Oregon's WillaKenzie Estate co-owner, Bernard Lacroute, will serve as the wine pro for the evening. Tickets are \$150 per person and are limited. Click [here](#) to purchase.

## **In the News**

~Chef Deal offers soup recipes in *Charleston Magazine's* January 2009 issue titled "[In Good Taste: Talk Soup](#)." Get in the kitchen and try your hand at Cauliflower Bisque, Bay Scallop minestrone, Duck and Lentil Soup or Caramel Apple Soup.

~*Town & Country Travel* recently dined at Tristan and sung our praises in an online article titled "[Southern Evolution](#)."

*"The staff is exceptionally knowledgeable about the restaurant's selection of wine, beef, caviar and locally grown fish and vegetables. Their enthusiasm and precise presentation - all meals are brought to the table by a set of waiters and laid before diners at the same moment - exude distinct attention to detail. Deal himself is likely to drop by your table to see how you're enjoying your food."*

~Tristan's Pork Belly with heirloom baked beans recently earned the title of *Southern Living's* "[Best Dish in Charleston](#)."

*"At first glance it seems so simple, like a riff on a backyard barbecue. And yet, as you dig in, you discover a harmonious complexity. The pork belly, cooked for six hours at 250 degrees, is delightfully tender, with a thin ribbon of smile-inducing fat that melts into each bite."*

~Chef Deal was featured in the November 2008 issue of *Restaurants & Institutions* titled "[Meat Moves Over--US Food Trends](#)"

*"When he does spotlight vegetables, Deal pays special attention to products and preparation...he spends more on premium and specialty produce, which he often cooks sous vide to maximize their flavor."*