

CHEF PROFILES

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EXECUTIVE CHEF CARLOS CASSAR

Terra Mar, at the Saybrook Point Inn & Spa
2 Bridge St., Old Saybrook, (860) 388-1111 (saybrook.com)

Farm to table is natural for Carlos Cassar. The award-winning Terra Mar's executive chef grew up eating with the seasons, shopping at farm stands and making everything from scratch. At Terra Mar for three years now, he has kept the restaurant's AAA four-diamond rating for its regional American cuisine and introduced touches of molecular gastronomy. His popular wild salmon with carrot "caviar" features glistening orange morsels that look like salmon roe but taste of sweet carrot juice. Tuna tartare is jazzed up with watermelon-cardamom salad, lime and wasabi vinaigrette and a sesame-miso tuile. Organic rack of lamb comes with sweet pea and goat cheese gratin spaetzle.

This self-taught chef continues to learn, with externships at Le Bernardin in New York, Alinea in Chicago, two-Michelin-starred Noma in Copenhagen and an El Bulli workshop in Barcelona. Cassar was executive chef at award-winning Boom in Stonington for eight years, and opened their Old Lyme and Westbrook locations. Days off find him in his home kitchen, experimenting.

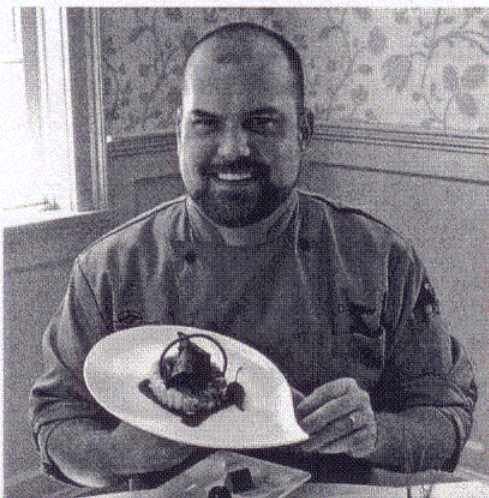


EXECUTIVE CHEF-OWNER SILVIO SUPPA

Café Allegre
725 Boston Post Rd., Madison, (203) 245-7773 (cafeallegre.com)

Award-winning chef Silvio Suppa learned to cook at his grandmother's knee in Benevento, Italy. "Back then we didn't go to the market," he recalls. "Our yard was the market. We would pick our own fruits, vegetables and herbs, and raise our own chickens." The owner and executive chef of Café Allegre, the gourmet Mediterranean restaurant in a historic building in the heart of Madison, shares those recipes and traditions in his new book, *Cooking with Chef Silvio: Stories and Authentic Recipes from Campania*.

Suppa came to the United States at age 20, and was chef-owner of the famed Del-Monaco's restaurant on New Haven's Wooster Street from 1972 to 1997. Twelve years ago he and his wife, Vittoria, opened Café Allegre in The Inn at Lafayette, a traditional inn with modern amenities that they also own. Their Woodwinds banquet facility in Branford has consistently been voted "the best place to hold a wedding reception." Chef Silvio's gourmet pasta sauces have likewise won several awards.



EXECUTIVE CHEF DAVID MILLER

The White Hart Country Inn and Restaurant
15 Undermountain Rd., Salisbury, (860) 435-0030 (whitehartinn.com)

David Miller elevates farm to table to the heights of creative contemporary cooking at Salisbury's White Hart Inn, and foodies are thrilled. Imagine shiitake mushroom and dark chocolate soup. "It's great," says Miller—"the earthy mushrooms and the minerality of the chocolate." Pasta? Think fried organic sweet potato, goat cheese and lemon balm ravioli. Traditionalists love the burger—grass-fed beef, heirloom tomatoes and local cheese on a homemade pretzel roll. White Hart's Twin Lakes Farm, just down the road, supplies fruits, vegetables, grass-fed beef, striped bass, trout, eggs and honey.

A Culinary Institute of America grad who trained under master chefs, Miller owned Savant Fine Dining, Savant Fine Chocolates and Cities in Clearwater, Fla., which won raves from *Southern Living* and ranked in *Zagat's America's Top Restaurants*.

This pastry artist urges you to celebrate with the White Hart "stag cake," with candles sparkling from the antlers of an eight-inch white chocolate stag. "Monotonous