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#### **FOOD & DRINK**

#### Big Apple bites

#### Bring the flavors of the boroughs to your plate



By Jolene Ketzenberger Posted: July 16, 2008

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With gas prices prompting two-thirds of U.S. adults to change their summer travel plans, more Americans will likely be opting for stay-at-home vacations, or Road Trip Survey, more than half of vacationers will be taking shorter trips and

staycations, this year. According to Rand McNally's annual Great American staying closer to home. But that doesn't mean they can't enjoy a few flavors from far away. We set our sights on New York City and headed out to find a few East Coast-inspired dishes right here at home. From bagels to pizza to hot dogs and desserts, we found plenty of local fare with a New York accent.

#### Bagel

Bagel Fair, 1300 E. 86th St., (317) 846-0950.



So it's not Manhattan's Upper West Side. But stop in at this unassuming little shop in Nora Plaza first thing in the morning for fresh bagels and (on Sundays) bialys that are as close to New York as you'll find here in the Heartland.

"Of course, there is nothing like a New York bagel," said Arnold Bienstock, rabbi of Congregation Shaarey Tefilla. "The only bagels that come close in Indianapolis are

the Bagel Fair bagels in Nora."

One local blogger even claims they top what the Big Apple has to offer.

"I've had Manhattan bagels and Brooklyn bagels and Philadelphia bagels and chain-store bagels," said local editor Jennifer Bortel on www.indyscribe.com. "But no one makes better bagels than the folks at Bagel Fair."

The chewy boiled bagels are 85 cents each; bialys, their crispier, onion-topped cousins, are \$1.

Bagel Fair is strictly a carry-out spot, so get 'em to go -- and bring cash -- the small shop doesn't take credit cards.

#### Hot dog

King David Dogs, 15 N. Pennsylvania St., (317) 632-3047, www.kingdaviddogs.com.

It doesn't come from a street cart, but the \$4.79 New York Dog from Downtown Indy's King David Dogs still offers an authentic East Coast taste. The quarterpound, all-beef frank comes topped with sauerkraut, spicy brown mustard and New York-style onion sauce.

What's onion sauce, you ask?

"Nobody seems to remember when onion sauce, based on ketchup or its more piquant equivalent, Heinz chili sauce, first appeared at hot dog carts as an alternative to mustard," said cookbook author and native New Yorker Arthur Schwartz in "New York City Food" (Stewart, Tabori & Chang, \$27.50). "In the old days, each vendor prepared his own sauce and was proud of his product's special character."

The same can be said of King David owner Brent Joseph's onion sauce that tops the shop's New York Dog. "Ours is made fresh every day," he said.

# Pizza by the slice

Giorgio's Pizza, 9 E. Market St., (317) 687-9869, www.giorgiosindy.com.

What makes the hefty hand-tossed slices of pizza at Giorgio's authentically East Coast style? Ask owner Giorgio Migliaccio and he quickly says, "The crust. It has to be very crispy and crunchy."

Although Migliaccio also sells pies with thicker Sicilian-style crusts, as well as sandwiches, salads, pasta and calzones, it's the thin Neapolitan pizza that will make you feel like a New Yorker, especially if you fold your slice in half -- and Migliaccio said he sees plenty of customers who eat the thin slices folded New York-style. "That's the way I like them."

And while other local pizza joints sell Neapolitan pies by the slice, Giorgio's busy Downtown Indy location just off the Circle also provides an appealing big-city ambiance.

Open since 1990, the small pizzeria can get hectic at lunchtime, when the line of customers often snakes out the door. Regulars know to get in the second line if they just want a \$2.80 slice of cheese and tomato pizza (the first line is for everything else).

# Black and whites

The Fresh Market, 5415 N. College Ave., (317) 259-9270; 2490 E. 146th St., (317) 815-1970, www.thefreshmarket.com.

Comedian Jerry Seinfeld used the New York treats "as a metaphor for racial harmony and consequently made these cookie-cakes into a national sensation," said cookbook author Schwartz. "Not a cookie, but sometimes called a cookie, black and whites are made with a stiff cake batter, baked into a mound, freeform on a cookie sheet."

Rabbi Bienstock, who pines for authentic black and whites, admits to buying up all they had at a New York bakery two years ago.

Not typically found in the Midwest, the cookies, with their signature halfchocolate, half-white icing, are available at Fresh Market grocery store bakeries.

Brian Freeman, general manager of the College Avenue store, said the store's \$1.39 black and whites come straight from a New York bakery, where they're iced and flash-frozen within two hours of baking.

Freeman noted that the grocery also carries New York's Ferrara Bakery cheesecake and cannoli.

# Cannoli

# Eh! Formaggio, 5510 Lafayette Road, (317) 328-1122.

You could certainly stop in at Eh! Formaggio for the stone-oven-baked East Coast-style pizza, but be sure to end your New York-inspired meal with the authentic Italian cannoli made by Betty Matsigas, mother of owner Dan Frost. Matsigas, whom customers call "Mom," also makes the restaurant's cheesecake and chocolate chip cookies, but it's tough to pass up her homemade cannoli. The crispy shells are filled with a rich, creamy, but not-too-sweet, chocolate chipstudded filling made from scratch with imported Italian cheese and then drizzled with chocolate and sprinkled with powdered sugar.

Formerly located Downtown, the pizzeria opened on the Northwestside near 56th Street and Lafayette Road in 2005, and the \$2.95 cannoli soon become a customer favorite, Matsigas said. "There was no problem introducing people to the food. You don't have to be Italian. It's just good."



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Bagels from Bagel Fair in Nora. - Rob Goebel / The Star



The guarter-pound, all-beef New York Dog from Downtown's King David Dogs comes topped with sauerkraut, spicy brown mustard and New York-style onion sauce.



Giorgio's Pizza, just East of Monument Circle, has been offering authentic East Coast-style pizza since 1990. Want to eat New York style? Then fold the slice of pizza, like so.



The black and whites from the Fresh Market (two area locations) come straight from a New York bakery, where they're iced and flash-frozen within two hours of baking.



The cannoli at Eh! Formaggio near 56th Street and Lafayette Road are made by the mother of the restaurant's owner.

# RELATED INFORMATION

# Make dishes at home with this cookbook

Arthur Schwartz's "New York City Food" (Stewart, Tabori & Chang, \$27.50) offers an insider's look at legendary New York fare with 160 recipes for such famous dishes as Schrafft's Cheese Bread, Horn & Hardart's Macaroni and Cheese, Lindy's Cheesecake and an authentic egg cream. The secret to that egg cream? Make the sweet chocolate soda (which contains neither eggs nor cream) with cold whole milk, seltzer and Fox's U-bet brand chocolate syrup. You can buy a \$2.95 bottle of the syrup at www.foxs-syrups.com.

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