



Tour de Food

Monday Aug 30, 2010

[From the September/October 2010 Issue](#)

Halibut and figs wrapped in grape leaves, prepared by Chef Adam Cobb of Glasshalfull.

Here's the thing about the Triangle Food Tour of Chapel Hill/Carrboro: If you live here, you may already know a lot of the information that's dispersed as your group walks from the west end of Franklin Street into Carrboro and back again. You'll nod your head as your guide tells you that Crook's Corner was founded by a guy named Bill, and that another guy named Bill now serves as chef there. You might even see some familiar faces – restaurant proprietors and servers.



But even if you absorb no new information, the food you get to sample is worth every penny of the \$28 admission price. When I went on the three-hour tour one hot Saturday in August, we stopped at eight places and received generous portions at all of them. At four places, we received alcohol – from Prosecco to beer. That goes far in my world.

Nervous about eating escargot? Just have plenty of bread at the ready.

Our stops were, in order, Mint, Miel Bon Bons, Panzanella, Glasshalfull, Provence, Carrboro Beverage Company, The Chocolate Door and Vimala's Curryblossom Café. And that's not counting The Franklin Hotel, where we assembled as a group and where, upon our return, we were treated to hot chips with a variety of dips and iced tea. By the end, we were stuffed – happy we had skipped lunch beforehand and adamant about skipping dinner afterward. We had tasted caramel sea salts, calamari with salsa verde, halibut and figs wrapped in grape leaves, escargot (our most adventurous sample—none of the 12 in our group had ever had it. We all found it to be delightful, thanks to the loads and loads of garlic and butter.), curry chocolates and tandoori chicken.



Table for 12 at Vimala's Curryblossom Cafe.

Our group demographics were as follows: three people from Pittsboro, one from Durham, one from Maryland, one from Georgia and the rest from Raleigh. The factoids about our area delivered by our guide, Debra Gomes of Carrboro, were certainly digested just as much as the food was – from the Michael Brown murals to how

North Carolina became known as the land of the Tar Heels.

I was almost jealous of the people in our group who were experiencing Chapel Hill/Carrboro for the first time – what an introduction. It was our best food foot forward. Or should I say Tar Heel. Aside from serving stellar bites, the restaurateurs were friendly, funny and open to questions. We met a chef who graduated from CIA (Adam Cobb of Glasshalfull) and a man from France (Felix from Provence). It made me proud.

If you do live here – even if you feel like you know all there is to know about the history of our town and foodie scene – go on one of these tours. It's a wonderful thing to schedule with a date, with a friend or – perhaps best of all – with an out-of-town guest. A fair warning, though: Your guests may never leave after they get a comprehensive taste of where you live.