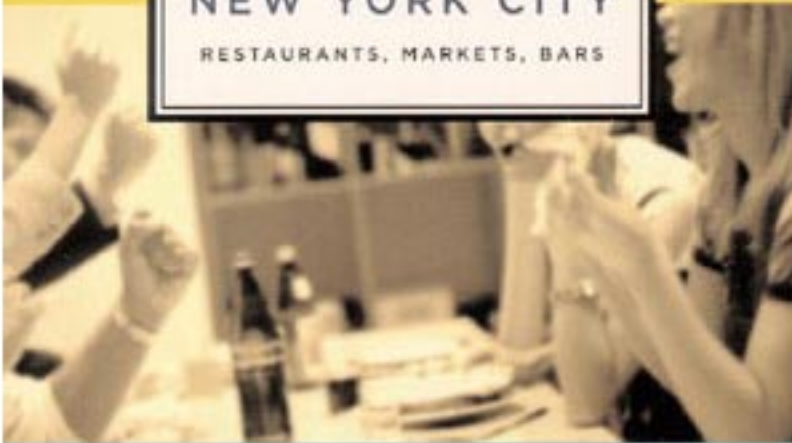




PATRICK MARTINS *and* BEN WATSON

SPECIAL COLLECTOR'S EDITION

THE **SLOW FOOD** GUIDE TO
NEW YORK CITY
RESTAURANTS, MARKETS, BARS



"The folks at *Slow Food* know where to find the best food in New York. Buy this book!"

—EAMON SULLIVAN, *author of Fast Food Nation*

"If you subscribe to the *Slow Food* credo that 'a firm defense of quiet material pleasure is the only way to oppose the universal folly of Fast Life,' you now hold in your hands everything needed (except maybe a credit card) to mount that defense: a comprehensive and authoritative field guide to the culinary landscape of New York City."

—MICHAEL FEUER, *author of Beyond the Border*

BREAD BAKERIES

E.A.T.

Upper East Side

1064 Madison Avenue, between 80th and 81st sts.
(212) 772-0022

Eli's Manhattan

Upper East Side

1411 Third Avenue at 80th St.
(212) 717-8100

The Vinegar Factory

Upper East Side

405 East 91st Street, between York and First Avenue

It would be easy to say that Eli Zabar is not a "real" artisan baker, because of the volume of bread that issues forth each day from two production bakeries located next to The Vinegar Factory on East 91st Street, which supply both Eli's Manhattan and The Vinegar Factory, as well as Zabar's pricey takeout restaurant, E.A.T. But despite the presence of a flour bin that holds 70,000 pounds of flour, Eli's breads all benefit from a fair bit of handwork. At the main bakery some of the shapping is automated, and there's a huge tunnel oven where all of the high-volume breads are baked. At the smaller bakery across the street, however, all of the work is done by hand, with small mixers and deck ovens. All of the formulas are developed in-house, with firm ties to their European roots. For example, Eli's bakes a Poilane-like loaf that is supremely fresh and has a great texture to boot!

Pasties come from a third bakery, made with butter and fresh fruits obtained from Eli's own stock; once again, nothing is "farmed out" to other vendors, and the quality is uniformly high.

Breads may be purchased at any of the locations mentioned above, or at many other stores in New York. Don't let the ubiquity fool you: Eli's bread really is Slow.

MARKETS



Eli's Manhattan

Upper East Side

1411 Third Avenue at 80th St.
(212) 717-8100

Folks on the Upper East Side can go to a pair of places for an often bewildering array of goodies. Going to Eli's Manhattan or The Vinegar Factory is like going to a multinational food bazaar. At Eli's the layout is like a two-floor grocery, while the Vinegar Factory is more like wandering through the stalls at an old market. Cheeses and fresh meats, fish, vegetables, and baked goods are all available and uniformly excellent. (All the baked goods come from Eli's bakery on the same block as the Vinegar Factory.) Even items that are out of season can usually be found; Eli Zabar has several huge greenhouses on the roofs over 91st Street to grow everything from tomatoes to herbs. You'll also find prepared foods and a café/restaurant at both places.

Unfortunately, the prices are just what you might expect for this kind of quality and variety. Some say they are outrageous; most people simply gulp and head for the cash register.



The Vinegar Factory

Upper East Side

405 East 91st Street, between York and First Avenue