



COURTESY OF FRESH MARKET

# START TO FINISH

Where to find the tastiest bites in town this week

BY KIRSTEN OTT

**DISH**  
**CHAIN GANG**  
 Last week, I dined at Emeril's for the first time and was blown away by the food, the service and the décor. I went there for lunch as the bright October sun was pouring through windows that seemed to be miles high, which not only lit up the dining room but the decorative glass art hanging from the ceilings as well. Chain restaurants often get a bad rap for not keeping up with the Joneses and having ho-hum interior design. Emeril's blows some individual fine restaurants in this town out of the water. To top it off, my quickly cooked steak frites was seasoned to perfection. I barely had room to sample our enormous slice of banana cream pie, which, when it's part of the complete pie, weighs a whopping 25 pounds and takes two days to make. As full as I was from lunch, I dived in to the dessert—for work's sake, of course. Not over-the-top with banana flavor, but simply luxurious cream, the fresh pie satisfied my sweet tooth and served as one of my required fruit servings of the day, to boot. [www.emerils.com](http://www.emerils.com).

**SWEET SPOT**  
 As a trendsetter, you already know how hot cupcakes are. They're popping up everywhere—from weddings to office birthday parties, the mouth-sized cakes are giving their oversized cousins a run for its money. Stepping it up a notch—or 10—is **The Little Cake Bakery**, a new gourmet confectionary in Buckhead that bakes its delectable desserts with Madagascar bourbon vanilla, Belgian and French chocolates, fresh fruit and dairy. The new shop charges \$2.50 for

the regular size, and \$1 for mini-cupcakes. Inventive flavors range from lemon-strawberry to orange-cranberry—a personal favorite—with light-as-air whipped cream and juicy cranberries throughout, to the classics like to-die-for chocolate and vanilla and Southern thrills like hummingbird and red velvet. Get a pure rush of sugar with a shot of frosting for 50 cents. [www.littlecakebakery.com](http://www.littlecakebakery.com).

**BRING HOME THE BACON**  
 Southerners can't get enough of the salty strips of meat. Unless you're watching your blood pressure, head to **Food 101 Morningside** on Oct. 16 for a seven-course meal featuring Chef Ron Eyester's interpretations of bacon. \$52 plus tax and tip. Reserve your spot by calling 404-347-9747.

**TO MARKET WE WILL GO**  
 You don't buy run-of-the-mill lattes, nor do you settle for anything but the best at your favorite restaurants. Your discerning taste buds will appreciate it if you extend this standard to your grocery shopping. **The Fresh Market**, a gourmet food destination with an in-store butcher, fresh seafood and bakery items, and loose and unpackaged products (in the style of an open market), opens its fifth Atlanta location on Oct. 17 at 4405 Roswell Road. Opening-day festivities include a complimentary barbecue, food samplings, a live jazz band and freebies. [www.thefreshmarket.com](http://www.thefreshmarket.com). **SP**

*When she's not checking out restaurants, interviewing chefs or nodding off after her fifth glass of wine, Food, Life & Style Editor Kirsten Ott dishes culinary and cocktail insights. E-mail her at [kirstenott@sundaypaper.com](mailto:kirstenott@sundaypaper.com).*

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