



THIS SPREAD
Ingredients featured
on the Appalachia
Kitchen's farm-to-
table menu, like its
meats and produce,
are sourced from
local farms.

appalachian table

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Farm-to-table cuisine, comfort food and favorites not found anywhere else—like the famous pepperoni roll—await hungry visitors to West Virginia, any time of year.

100
WEST VIRGINIA

Appalachia Kitchen

SNOWSHOE

Snowshoe Mountain's diverse offerings don't stop at the slopes. Just a five-minute walk from Snowshoe Village, hungry guests can head to the Appalachia Kitchen for elevated regional fare crafted by Chef Ed Shuttleworth (like hickory-smoked trout, crab cakes with caper-dill rémoulade, and venison meatloaf served with roasted garlic mashed potatoes and a red wine demi-glacé). Another bonus: The restaurant's location at the top floor of the Corduroy Lodge affords diners beautiful sunset views of the Allegheny Mountains.



THE FOOD
WE EAT TELLS
A POWERFUL
STORY.

A story of
the land
that existed
before us.

A testament to generations of farmers laboring in fields, harvesting crops and raising animals. A celebration of our heritage. And here in Almost Heaven, the food we eat nourishes our hearts and our souls. Some of the country's finest chefs and dining options can be found in every corner of the state, translating the comforting flavors of Appalachia into mouthwatering dishes you'll find excuses to travel for. Ahead, we profile a handful of these tastemakers, and famous ingredients and must-try meals West Virginia is known for (including the beloved pepperoni roll). We've even sourced first lady Cathy Justice's award-winning cornbread recipe, so you can have a taste of Almost Heaven wherever you call home.

Matt Welsch

Vagabond Kitchen



As chef-owner of Vagabond Kitchen, Matt Welsch says exploring has been the theme of his life. It was his traveling nature—including stints in Europe, the Dominican Republic, Japan and throughout the United States—that led him to cooking. He discovered the culture of a destination by working in kitchens, and he wanted to bring that back to his home state. In 2014, he opened Vagabond Kitchen in Wheeling, with a menu he describes as “Appalachian comfort food with some twists.” (Think pepperoni rolls with Mediterranean relish, or the Blackout Burger with Havarti and a balsamic reduction.) A farm-to-table man, he sources local ingredients like ramps, buckwheat and pawpaws.

QUICK FACTS

Big Wheels
With the Vagabond Chef Project, Matt Welsch put 13,000 miles on his motorcycle in 2013 riding to restaurants all over the country.

Fitting In
The kitchen has been the one place he's always felt at home, alongside good people working hard, who believe in food and what it can do.

Comfort Food
“It's the foundation upon which we can offer a gateway to diverse and interesting flavors that may be a little intimidating otherwise.”

“
I bang the
local drum
as much as
possible.
That's a very
Appalachian
thing—to
support your
neighbors.”

MATT WELSCH



ABOVE
For over 40 years, diners have flocked to the Bavarian Inn to enjoy its cozy atmosphere and authentic German delicacies.

A lot has changed in the world since 1977, when a Munich native and his wife founded this European-inspired spot in Shepherdstown. One thing that hasn't changed (much) is the food: German dishes such as *sauerbraten* (marinated beef) and *Jaegerschnitzel* (veal steak with mushroom and Cognac cream) are must-tries for any newcomer. The latest addition to the combination restaurant

and 72-room hotel—which has a stunning infinity pool overlooking the Potomac—is a brewery and casual dining experience. Bavarian Brothers Brewing serves up a dozen beers made on-site, an impressive list of German and Austrian wines, and indulgences like crab-stuffed pretzels or Hereford beef burgers topped with Gruyère. Don't miss the firepit and s'mores kits after dinner. Prost!

Paul Smith

1010 Bridge



QUICK FACTS

Food Philosophy
Let the food speak for itself. “Buy the most seasonal and local ingredients you can and do as little to them as possible.”

Off the Clock, On the Town
In what little free time he has, Paul Smith loves dining at Chow Thai and Sam’s Uptown Cafe in Charleston.

Menu at three of Charleston’s newest restaurants—all different as can be—each hail from the kitchen wizardry of local celebrity chef and Charleston native Paul Smith. Over the summer of 2020, Smith helped open downtown’s 1010 Bridge (Appalachian cuisine with Low Country influence) and The Pitch Sports Bar and Grill, inside Shawnee Sports Complex in Dunbar (with fare like a fried bologna sandwich to pair with all-West Virginia beer on tap). Earlier in 2020, Smith worked on the “blended table” project for Barkadas—a Filipino-American restaurant in downtown Charleston that serves adobos alongside cheeseburgers and wings.



Jim’s Steak and Spaghetti House

HUNTINGTON

Few restaurants can say they’ve been open for eight decades—but this family favorite in Huntington has existed as a local staple (in the same location, no less!) for the past 83 years. In 2019, it was named the America’s Classics winner for the Southeast region by the James Beard Foundation. Yet it’s the simple things for which Jim’s is known, like its spaghetti. Food Network has also featured Jim’s fish sandwich, made with Icelandic haddock and served with homemade tartar sauce and coleslaw. Their strawberry pie is served only one week in May: In 2019, they sold 11,000 slices, so plan ahead.

QUICK FACTS

Voice Over
Costello co-hosts *The Pickle Shelf Radio Hour*, a podcast on the foods of cultural and ethnic communities across West Virginia.

Fresh Tales
Diners are moved by stories of food evolution, like the West Virginian tradition of chowchow, a pickle relish made from scraps of the fall harvest.

Life Partners
“Amy and I run this business as a partnership in every way. As a true farm-to-table business, she’s our farm manager, and I’m the chef.”



Pride in the heritage and value of what’s harvested and cooked in West Virginia beams from chef Mike Costello and baker Amy Dawson. This husband and wife team lives and works on a Harrison County farm that has been in Dawson’s family for six generations, where they grow dozens of Appalachian heirloom crops and raise chickens and meat rabbits. “When you come to a dinner at Lost Creek Farm, you’re not just served a meal; you’re served a story about who made that meal possible—not just those in the kitchen, but those who stewarded the seeds or perfected the recipe,” Costello says. Salt-rising bread, the pioneers’ no-yeast work-around, has become a specialty. In 2018, on a season premiere of *Parts Unknown*, they served corn chowder, fried rabbit with chowchow and pawpaw ice cream to Anthony Bourdain.

Mike Costello + Amy Dawson

Lost Creek Farm

“I’m trying to change the way people think about food from West Virginia.”

MIKE COSTELLO

”

The Dish

YOUR VISIT TO WEST VIRGINIA
WON'T BE COMPLETE UNTIL YOU
TRY AT LEAST ONE OF THESE
BELOVED LOCAL SPECIALTIES.

Pepperoni Rolls

A West Virginia original, these were first introduced in the 1920s by an Italian immigrant coal miner, who opened Country Club Bakery in Fairmont. The restaurant's fresh, warm "pep rolls"—spicy pepperoni baked inside soft white bread—are a perfectly packable meal or a hearty snack.

Hot Dog Chili

No one knows exactly how the century-old family recipe came to be, but this ultimate comfort food from The Custard Stand in Webster Springs is a perfect topper for the cookout favorite, as well as for fries, chili mac and walking tacos.

Ramps

Think of a strong onion flavor with a hint of woodsy garlic: That's the vegetable known as a ramp, grown here in spring. The Wild Ramp market in Huntington hosts Stink Fest each April, with ramp mac 'n' cheese, ramp ice cream and more.

Pawpaw Ice Cream

If a banana and a pineapple had a baby, it would be a pawpaw. This unusual tropical fruit, which is harvested in the fall, goes into a limited-edition flavor of Ellen's Homemade Ice Cream in Charleston. Grab a cone or pick up a pint to take home.

Mushrooms

Foraging is a way of life at Hernshaw Farms in Hernshaw. The company grows and harvests mushrooms, then uses the spent blocks to turn old mine land into farmland. Try the dried lion's mane mushrooms rehydrated with butter to top steak or tossed into mashed potatoes.

Biscuits

Tudor's is a chain that originated in Charleston, but its buttery biscuits are always baked from scratch—try 'em with red-eye gravy (secret ingredient: coffee!) or smeared with local jam.

First Lady Cathy Justice's Cornbread Recipe

The family recipe won a blue ribbon at the State Fair and is served at the Greenbrier Resort's Prime 44 West steakhouse.

HANDS ON 10 MINUTES
TOTAL TIME 45 MINUTES

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- ½ cup sugar
- 1 teaspoon baking soda
- ⅛ teaspoon salt
- 1 egg, lightly beaten
- 1 cup buttermilk
- ¼ cup canola oil

1. Preheat oven to 425°. Grease an 8x8-inch baking pan.
2. In a medium bowl, combine cornmeal, flour, sugar, baking soda and salt. In a small bowl, whisk together egg, buttermilk and oil. Add the buttermilk mixture to the cornmeal mixture and stir just until combined. Pour batter into prepared pan.
3. Bake 25 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes before cutting.

SERVES 9.



Best served warm with a smear of butter and drizzle of honey, this award-winning recipe's salty-sweet flavor makes it a truly delectable dish.