



ANDREW HARNIK/EXAMINER

"In cooking, there is always something new," says Patrick Carroll, executive chef at Clyde's of Reston.

Hearty American cuisine at Clyde's of Reston

By Alexandra Greeley
Special to The Washington Examiner

Formerly an honor student and an Eagle Scout, Albany, N.Y., native Patrick Carroll, executive chef of Clyde's of Reston, is as clean-cut and modest as anyone on the current culinary circuit in D.C. That he is passionate — almost driven — by his love for all things food clearly derives from his childhood, when kitchen tasks began early on.

That's when he helped his grandmother, who was managing the kitchen of a seniors' assisted living residence. "That was my 'day care,'" he says. "Peeling potatoes and onions." That's also when he cooked in the Scouts' cantina. And that's when, in high school, he signed up for cooking courses.

With his agenda in place, Carroll eventually enrolled in Johnson & Wales. "I kept cooking from there," he says. "I got an externship in France and Ireland, and then I went to George's at the Cove in California." His resume reads like a travelogue, with kitchen jobs in Albany, Louisville, Ky., La Jolla, North Miami, and finally, to Broadlands, Va.

"My brother asked me to come visit him in Sterling," he says. "I got here when Clyde's was just opened in Ashburn. I found that [Clyde's Willow Creek Farm] really catered to a family crowd." Working as the

What is your comfort food?

The food my grandmother made: mashed potatoes and roast chicken. And my dad's spaghetti. When I am at home, I use family recipes. I grow tomatoes and jar them for the winter.

What is your favorite dessert?

Pistachio ice cream. I love its sweet, nutty flavor and creamy texture, especially when it's made in-house.

Where is your favorite place in the world?

My bed. Asleep. Getting rest.

Paris was great, and Ireland relaxing ... Venice was very nice.

Who is your favorite chef in the world?

My grandmother, because she got me started. Without her, I may be eating PB&J sandwiches. Then Anthony Bourdain. I love his rawness.

Which is your favorite restaurant?

The Goodstone Inn in Middleburg, though it depends on what I am feeling like. Then 1789 Restaurant in D.C. and the Wine Kitchen in Leesburg.

IF YOU GO Clyde's of Reston

- » **Where:** 11905 Market St. (Town Center), Reston
- » **Info:** 703-787-6601
- » **Hours:** Lunch, 11 a.m. to 4:30 p.m. Monday to Saturday; dinner 4:30 to 10 p.m. Monday to Thursday, 4:30 to midnight Friday and Saturday, 4 to 10 p.m. Sunday; brunch, 11 a.m. to 4 p.m. Sunday

sous chef there for three years readied him for the job at Clyde's

of Reston, a smaller but busier restaurant. Now in charge of menu planning and changes, Carroll makes seasonal modifications. But he has help. "I get my sous chefs inspired," he says.

Hoping that his parents come to dine at the restaurant someday, Carroll reflects on his career choice with an honest appraisal of a chef's job. "Some days I scratch my head and wonder why I am a chef," he says. "There are no big days off and it is very demanding. But I stay a chef because I like to eat. In cooking, there is always something new. It never gets boring. It is fun to train new chefs."

The Vine Guy » Scott Greenberg

Seductive wines for Valentine's Day

There are many legends surrounding the origins of St. Valentine's Day, a day traditionally dedicated to romance. However, most of the accounts involving a young priest, Valentine of Rome, who was martyred in 269 A.D., and the Roman emperor Claudius II, do not necessarily engender many romantic notions. But one popular story that seems to hang its proverbial hat on the passion peg reveals that the Emperor believed that young, single men made better soldiers than married ones, so he decided to outlaw marriage. Much to his dismay, Claudius discovered that Valentine would secretly perform marriage ceremonies for men about to be conscripted into the army. Needless to say, Claudius was not amused and had Valentine arrested and then executed. So much for romance.

But today, Valentine's memory lives on as a day devoted to lovers who display their affection for one another by exchanging flowers, chocolates, cards and — if I have anything to say about it — wine. After all, a lot of wine is red — a color traditionally associated with Valentine's Day — and it can be very romantic, or at least be the muse that encourages romance. Here are some recommendations that are sure to enhance romance on Feb. 14. Retail prices are approximate.

Proseccos are a wonderful way to start off an evening of romance. Their tiny bubbles transform any routine meal into a special occasion. If you plan on having chocolate-covered strawberries, try serving it with the nonvintage **Santi Nello Prosecco di Valdobbiadene** from Italy (\$15). This tasteful sparkler displays abundant nectarine and citrus notes. The finish is crisp and dry and features hints of citrus and roasted almonds. Make sure you serve it well-chilled, in a fluted glass so you can enjoy the bubbles best.

Sushi can be seen as a very sensual dish, so why not swing by a high-end market and pick up an assortment of Japanese fare as well as a bottle of 2009 **Kendall-Jackson Grand Reserve Pinot**

Gris from Monterey County, Calif. (\$15). The flavors of grapefruit, orange blossoms and lime are balanced by the bright acidity. Hints of minerals and wet stone on the finish add depth and length to the crisp, refreshing finish.

Roses may be red, but rosés are for lovers. One of my favorite examples of this versatile wine is the 2009 **Etude Pinot Noir Rose** from Carneros, Calif. (\$20). The lighter-styled wine is made by bleeding the juice off of the grape skins a little earlier than usual, producing a wine that sports more of a pink hue. The bouquet is bursting with fresh aromas of watermelon, peach and a touch of lavender. Abundant acidity fills the mouth and supports bright strawberry, cherry and rhubarb flavors that end with a zesty, clean finish. A perfect match with soft cheeses or grilled salmon.

Cupcakes are all the rage right now, and it's easy to see why. They're fun to share and a tad nostalgic. One of my favorite wine picks for this season of amore is the 2009 **Cupcake Vineyards Red Velvet** from California (\$14). This blend of zinfandel, merlot, cabernet sauvignon and petite sirah features soft scents of blackberry, boysenberry and warm chocolate. Flavors of blackberry jam, plum and dark cherry fill the mouth and lead to a finish that

lingers with hints of cinnamon and mocha. While I am sure this wine would be a classic match with steak, I am actually going to try it with a red velvet cupcake.

Valentine's Day is all about declaring — or reaffirming — your love and affection for the special someone in your life. There is no bigger or bolder wine that says "be mine" quite like the 2007 **d'Arenberg Love Grass Shiraz** from Australia (\$18). From the deep

red color in the glass to the concentrated flavors of dark plums, strawberry jam, black cherries and pepper that dominate the palate, this wine is simply seductive. The addition of cabernet sauvignon and petit verdot add an extra dimension of depth to the long, luscious finish, where hints of smoked meats and black olives glide in and mingle with more peppery notes.

