

Prah—both clearly passionate about Eno—are fascinating to speak to about the wine, whether you're a novice wine drinker, such as myself, or a true wine connoisseur. LOCATED INSIDE THE INTERCONTINENTAL HOTEL, 505 NORTH MICHIGAN AVENUE, 312.321.8738, WWW.ENOWINEROOMS.COM

### TAKING THE GOLD

For a truly authentic Indian food experience with a modern and fun atmosphere, travel north to Uptown's **Marigold** restaurant. Marigold offers fresh new flavor profiles, probably unlike most of what you're used to eating. Start with the Duck Leg Dum—cured in Indian spices and cooked confit style with the perfect touch of sweetness, served with kadhai-style stir-fried green beans. (I swear, if all vegetables tasted this good I'd weigh 10 pounds less!) Another incredible starter is the Grilled Shrimp with Ajwain. It's rubbed with ground carom seeds and grilled to perfection, served with a zesty "uttapum" style crepe which tastes like an extra thin and creamy potato pancake (except it's made with rice flour). For the main course—if you're looking for a dish with the traditional Indian-style spiced cream sauce—go with either the Murg Makhni, featuring tandoori-style chicken, or the Shahi Paneer (paneer is a cheese indigenous to India). Both make great dishes for dipping Marigold's homemade naan bread. If you like lamb, the Lamb Vindaloo is wonderful. Think: lamb shank marinated in chilies and vinegar and slowly simmered in garlic and chilies, resulting in perfect flavor! 4832 NORTH BROADWAY STREET, 773.293.GOLD, WWW.MARIGOLDRESTAURANT.COM



Bretzels make the ideal AM pit stop.

### WHAT'S A BRETZEL?

**Bretzels** are simply soft pretzels spelled the traditional German way—with a "b" instead of a "p." And Hannah's Bretzel has *incredibly* soft and tasty ones. I have newly discovered that a bretzel makes a great morning treat—it's the perfect morning pit stop for a working woman in the Loop.

Owner Florian Pfahler breaks down the history for me, "the French eat croissants every morning, Americans eat doughnuts and Germans eat Bretzels." But in an age of continual progress in crossing cultural boundaries, we all know that *anyone* can enjoy a bretzel as much as the Germans. I suggest trying your bretzel with an adorably packaged side of Nutella. The bretzel's salt balances out the sweetness of the Nutella spread. Though many times we have to compromise our health when eating on the go, Hannah's Bretzel proves that healthy and tasty are not mutually exclusive—Bretzels are made with organic and whole grain ingredients, making them a virtual guilt-free indulgence. Plus, with Hannah's über-environmentally friendly practices, the ultra sleek and tidy space makes me feel like I've landed in the future. The utensils are made out of potatoes and the plastic-looking cups are actually made from corn! (FYI: Hannah's will be the first L.E.E.D., Leadership in Energy and Environmental Design, certified retailer in Illinois). 180 WEST WASHINGTON STREET, 312.621.1111, WWW.HANNAHSBREZZEL.COM ■

*Sarah Levy is the president and founder of Sarah's Pastries & Candies, 11 East Oak Street, 312.664.6223.*

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