

TRAVEL + LEISURE

THE FOOD
ISSUE

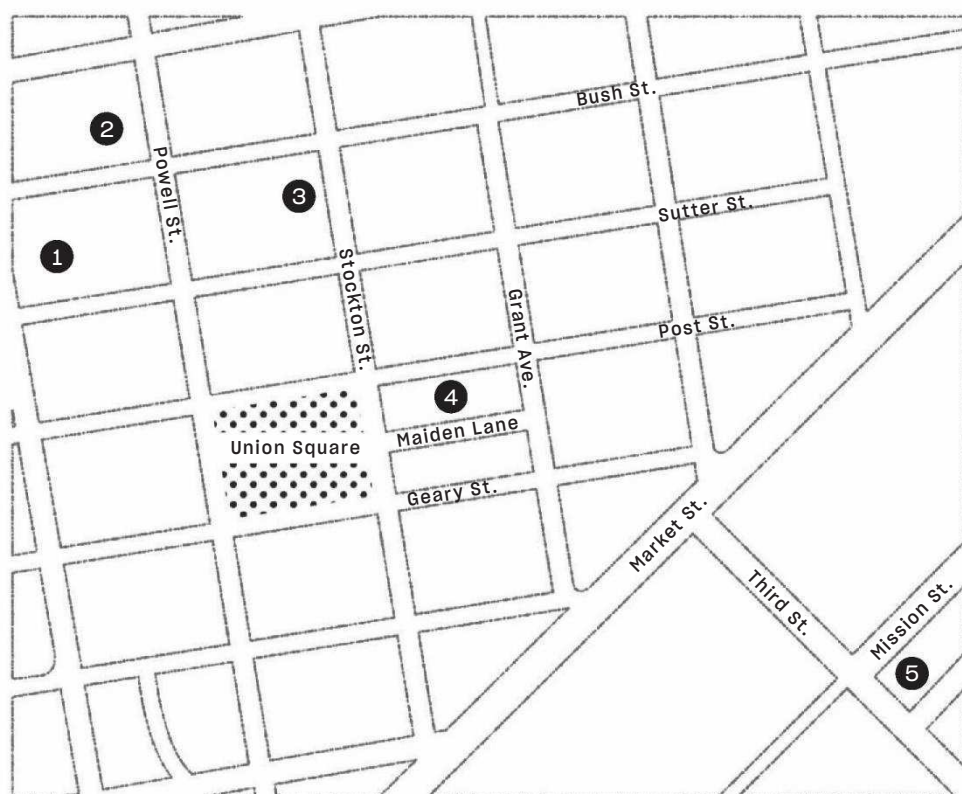


Saint Lucia

DOWNTOWN UPDATE

While there's plenty of cool to be found in San Francisco, few would expect to find it around Union Square. But this transit-and-hotel hub has excellent art, dining, and shopping within walking distance—if you know where to look.

By **Hannah Walhout**



1 PACIFIC COCKTAIL HAVEN

After its previous Union Square location was damaged by an electrical fire, the tropical cocktail bar reopened this spring a few doors down with an updated look and menu. Inside you'll find inventive drinks built on Pacific Rim flavors, like the Honey Hole (with avocado, cilantro, and citrus) or a Thai iced tea spiked with Cognac and scotch. *pacificcocktailssf.com*.

2 SONS & DAUGHTERS

Over the past decade, chef Teague Moriarty and his team have shaped this restaurant into a Michelin-starred destination for Californian fine dining. Seasonal tasting menus emphasize ingredients from small Bay Area farms, with impeccable wine pairings from sommelier Lorraine

Castillo. *sonsanddaughterssf.com*; tasting menu \$245.

3 PALIHOTEL SAN FRANCISCO

Opened just before the pandemic, this boutique property is a fresh (and affordable) addition to the crowded Union Square hotel scene. The historic Stockton Street tower is a century old and pleasantly creaky, but its 82 rooms are neatly appointed with California-inflected modern art, textured-tile bathrooms with Diptyque amenities, and custom furniture like wicker daybeds. *palisociety.com*; doubles from \$190.

4 ISAIA

Stroll along the pedestrian-only Maiden Lane in what was, a century ago, the red-light district to find the best of San Francisco's luxury



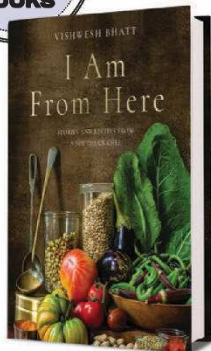


Clockwise from top left: Owner Kevin Diedrich preparing the Shogun (with shochu, tahini, and elderflower) at Pacific Cocktail Haven; squab breast with morels and dates at Sons & Daughters; Isaia's Frank Lloyd Wright-designed showroom; the Palihotel San Francisco.

shopping—including an outpost of this venerable Neapolitan menswear label. Isaia is a destination for exquisite made-to-measure suits, but the space alone is special: completed in 1948, it's the only Frank Lloyd Wright building in the city, with a striking spiral ramp that the architect would later emulate in his design for the Guggenheim Museum in New York City. *isaia.it*.

5 MUSEUM OF THE AFRICAN DIASPORA

This Smithsonian affiliate in nearby SoMa highlights Black contemporary art from a global perspective, offering virtual and in-person events, open mics, and culinary talks with its chef-in-residence, *Black Food* author Bryant Terry. Current exhibitions include "David Huffman: Terra Incognita" (through September 18), a survey of the artist's Afrofuturist work. *moadsf.org*.



I Am From Here

Vishwesh Bhatt, who won a James Beard Award for his work at Snackbar, in Oxford, Mississippi, offers an education in the cuisine of the South and South Asia. While most recipes are influenced by his childhood in India, others—like collard-wrapped catfish with spicy peanut pesto—reflect the region he now calls home. *W.W. Norton, August 16; \$37.50. — S.B.*

FROM TOP: COURTESY OF ANTONIO@31; COURTESY OF W.W. NORTON; ISTOCKPHOTO/GETTY IMAGES. OPPOSITE: CLOCKWISE FROM TOP RIGHT: JIM SULLIVAN, MEDIUMRAW, 2/COURTESY OF SONS & DAUGHTERS; DANIEL TRIASSI; COURTESY OF PALISOCIETY; ALLISON WEBBER/COURTESY OF PACIFIC COCKTAIL HAVEN. ILLUSTRATION BY DONOUGH O'MALLEY



Grilled tiger prawns with *balchão* masala sauce, crispy garlic, and charred lime at the tapas bar Antonio@31, in Panaji, India.

SPICE SCENE


Inventive restaurants are heating up the capital of Goa, India.

By Prasad Ramamurthy


FOR DECADES, Panaji was a mere blip on the map amid Goa's idyllic soft-sand beaches. Now the city is attracting travelers with creative new restaurants—a trend driven by urbanites who have moved to the country's western coast, seeking a slower pace of life.

Miguel's (*miguels.in*; small plates \$2–\$5), a chandeliered Art Deco-style space, debuted in August 2020 in the city's Latin Quarter. It offers food influenced by the region's Portuguese and Konkani communities (the latter is a widespread ethnicity in Goa). At the neighboring tapas bar, **Antonio@31** (*fb.com/antonioat31goa*; entrées \$3–\$6), chef Pablo Luis de Miranda crafts small plates, including renditions of his favorite childhood snacks, like crispy fish *pakor*as, a type of fritter. The sleek **Vedro** (*instagram.com/vedro.goa*; entrées \$9–\$13), run by chefs Maia Laifungbam and Sanchit Behl, champions Japanese and French techniques and Indian ingredients. Try the *hamachi* with mango slices and hot sauce, sprinkled with toasted black rice. The Malabar Coast, a bourbon cocktail flavored with curry leaves, takes its name from the southwestern stretch of India's shoreline.

Panaji's food scene is also benefiting from the return of internationally trained chefs like Priyanka Sardesai, a Culinary Institute of America graduate who whips up sandwiches and sweets at her café, **Larder & Folk** (*fb.com/larder-folk*; entrées \$1–\$5). Her best seller, the "OG fried chicken," comes with rotating condiments like toasted coconut and mango-chile ketchup, while the lemon-glazed doughnuts are sweet enough to dream about.



Cades Cove, Tennessee,
on an early fall morning.



The roof of the
Tennessee Aquarium, in
Chattanooga, as seen
from the city's Walnut
Street Pedestrian Bridge.

THE LONG ROAD HOME

On a tour of his native state, **Kevin West** finds the Tennessee of his youth has become affluent and forward-looking—a place where history, music, and food are being celebrated in new and thrilling ways. Just buckle up and enjoy the drive.

Photographs by Houston Cofield

A Tour of Tennessee

WHERE TO STAY

Arrive Memphis
Loft-style rooms in Memphis's trendy South Main neighborhood. *arrivehotels.com*; doubles from \$240.

The Hermitage Hotel
Nashville's newly refreshed grande dame. *thehermitagehotel.com*; doubles from \$679.

The Kinley
Boutique lodging smack in the middle of Chattanooga's booming downtown. *kinleychattanooga.com*; doubles from \$199.

RT Lodge
Relaxed mountain-house style on the wooded campus of Maryville College. *rtlodge.com*; doubles from \$218.

Sweeney Cottage
An eclectic three-bedroom getaway in Leiper's Fork. *whitesroomandboard.com*; from \$250.

WHERE TO EAT

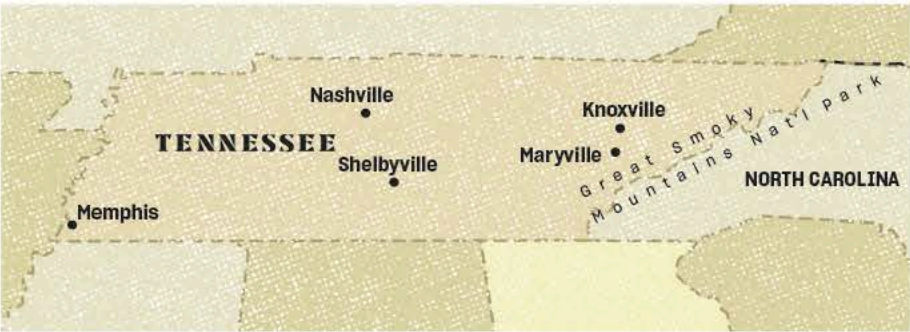
Alcenia's
Memphis soul food served with a hug from owner BJ Chester-Tamayo. *alcenias.com*; entrées \$15–\$18.

The Appalachian
Meat grilled over a wood fire in Sevierville. *theappalachianrestaurant.com*; entrées \$18–\$36.

Bishop
Paris in Memphis, from acclaimed chefs Andrew Ticer and Michael Hudman. *bishopmemphis.com*; entrées \$20–\$50.

Cozy Corner
The definition of Memphis-style ribs. *cozycornerbbq.com*; entrées \$8–\$18.

Cruze Farm Dairy
Creative soft-serve flavors, with locations in Sevierville and Knoxville. *cruzefarm.com*.



Gus's World Famous Fried Chicken
The name of this Memphis legend says it all. *gusfriedchicken.com*; plates \$11–\$18.

The Restaurant at RT Lodge
Southern garden cooking in a rambling 1932 Maryville mansion. *rtlodge.com*; entrées \$16–\$65.

WHAT TO DO

Cades Cove
An 11-mile driving loop through the scenic heart of the Great Smoky Mountains. *nps.gov/grsm*.

Country Music Hall of Fame and Museum
A can't-miss experience in Nashville. *countrymusichalloffame.org*.

Hiwassee River Heritage Center
An interpretive museum in Charleston, part of the Trail of Tears National Historic Trail. *hiwasseeheritage.com*.

McQueen Pottery
Elegant, hand-thrown tableware in Maryville. *mcqueenpottery.com*.

National Museum of African American Music
A comprehensive look at 400 years of Black music history in Nashville, from gospel to blues, jazz, R&B and hip-hop. *nmaam.org*.

Sequoyah Birthplace Museum
A tribute to the man who recorded the Cherokee language, outside the town of Vonore. *sequoyahmuseum.org*.

A Tour of Possibilities
Learn about the full sweep of Memphis history—the Big River, cotton, the blues, Civil Rights. *atopmemphis.com*; tours from \$55 per person. — K.W.

Woody grew up two ridges away, but nobody in her community ever talked about the vanished Cherokee, and the atrocities of Fort Cass were largely undocumented. She and colleagues created the Heritage Center to unify narrative fragments scattered along the Tennessee River, from Tanasi to nearby Blythe's Ferry to Chattanooga's Moccasin Bend National Archeological District.

My other essential stop in a long day of driving was Red Clay State Historic Park, where I met Jamie Russell—maintenance supervisor, official interpreter, occasional costumed dancer, keeper of ancient songs, and guardian of a Cherokee legacy passed down through his father. Russell was born in Oklahoma and has lived around Red Clay, on and off, since the early 1970s.

Russell walked me out to Council Spring, a majestic woodland pool beneath a canopy of oak and sweetgum trees, locally known as the Blue Hole for its magical color. Like many Cherokee sites, it holds an intangible oral tradition. Or as Russell wryly put it, “there’s nothing there unless you know what it is you’re going there for.”

The namesake council established its capital-in-exile at Red Clay in 1832, after a land grab forced the Cherokee Nation from its territories around New Echota, Georgia. Chief John Ross pursued his people’s legal complaints all the way to the Supreme Court and won, but President Jackson ignored the ruling. Sixteen thousand Cherokee citizens funneled through Fort Cass and other fearsome portals to the Trail of Tears. Four thousand died. “Here in Tennessee, people have a real good impression of Andrew Jackson,” Russell said. “Ask a Cherokee.”

The atmosphere around the Blue Hole felt becalmed, and my mind, abuzz from driving, gradually slowed. Russell told the legend of how medicine came to be. Animals acquired disease to chasten greedy hunters, then plants acquired the power to heal—the Creator’s way to balance the three communities of life. “They all rely on each other,” Russell explained. “The life force in that tree is no different than the life force coursing through me. It’s what joins us all together.”

IF THERE IS A Tennessean more famous than Dolly or Andrew Jackson, it must be Jack Daniel. (Elvis surpasses them all; his fame exists on a geologic timescale.) Daniel, of course, was a 19th-century whiskey maker from Middle Tennessee and a brand marketer nonpareil. In recent years, it came to broader public attention that the man behind Daniel was Nathan Green, a Black distiller, familiarly known as Uncle Nearest, who taught Daniel how to mix a mash bill, or recipe, and tend a still.



The lobby bar, Eight & Sand, at the Central Station Hotel, in Memphis.

Fawn Weaver, CEO of Uncle Nearest Premium Whiskey.



A cocktail at the Gray Canary, in Memphis.

After a refreshing night’s rest at Sweeney Cottage, in Leiper’s Fork, a sepia-tinted hamlet near Nashville, I went to Shelbyville to meet the woman behind Uncle Nearest, Inc. My appointment with founder and CEO Fawn Weaver was to be held in the distillery’s new visitors’ center. First I had to find my way in. Construction had not quite finished, and I drove in and out of unsigned gates until I met a man built like a brick outhouse. Shannon Locke, the head of security, phoned the office to verify my meeting, and we chatted while awaiting a call back. I asked if there were credible security risks. He looked at me as if I were simple, then gently explained that his job, in a county with an active Ku Klux Klan presence, was to protect a high-profile company owned and run by a Black woman and honoring a Black man whose memory might be perceived by paranoids as a challenge to the supremacy of Jack Daniel’s. When the callback came, Locke, who exuded a palpable force field of lethal protection, pointed me toward the visitors’ center.

I’d already read up on Weaver. A successful author living in Los Angeles, she was traveling with her husband, an entertainment executive, when she came across an article about Uncle Nearest. Moved by the story of unlikely friendship, she relocated to Tennessee with the sole purpose of digging deeper. “There are certain parts of the past that we are destined to follow,” Weaver said when I asked what drew her. “It lights up for you.”

At the time, a social media narrative had taken hold that Green had been an enslaved person and Daniel had stolen his recipe, then tried to erase his very existence. Nothing of the sort, Weaver found. Even Daniel’s official biography mentioned Green. It was not so much a story hidden as a story lost to time. On the day she first met Jack Daniel’s eldest living descendant, Weaver reassured the woman she

meant no harm to the family legacy. “If this story were not rooted in love and grace,” she said, “it would not have appealed to me.”

Uncle Nearest Premium Whiskey launched in 2016 and has become the fastest-growing whiskey company in American history. Profits fund scholarships for Green’s descendants, and the Weavers now own

(Continued on page 107)