

Bush's Baked Beans opens revamped museum at its Tennessee visitor center

— Page A5



6 THINGS TO KNOW THIS WEEK



DISCOVER BRISTOL

CHRIS KNIGHT WILL PERFORM AT THE CAMEO THEATER ON AUG. 27

American singer-songwriter Chris Knight will perform songs from his ninth album "Almost Daylight" and some of his other music at The Cameo Theater on Saturday, Aug. 27, from 8-10 p.m. Knight has made country/country rock music for 20 years and has built many generations of fans.

GIRLS INC. GROUNDBREAKING CEREMONY WILL TAKE PLACE AUG. 24

Girls Inc. is holding a groundbreaking ceremony on Wednesday, Aug. 24, at 885 Clinton Ave., Bristol, Virginia, to celebrate the start of construction for the new Girls Inc. Multi-use Gym and Community Center.



BELIEVE IN BRISTOL

LYNYRD SKYNYRD TRIBUTE TO TAKE PLACE AT THE DOWNTOWN CENTER

If you love listening to Lynyrd Skynyrd, you should check out the Sounds of Summer: Skynfolks Lynyrd Skynyrd Tribute at the Downtown Center in Bristol on Thursday, Aug. 25, from 7-9 p.m. to listen to some good music.

TRIPRIDE WILL BE HELD IN DOWNTOWN BRISTOL ON AUG. 27

This year's TriPride parade will be held in downtown Bristol on Saturday, Aug. 27, at 11 a.m., followed by a festival at around noon at Cumberland Square Park. Organizers say this year's event will mark the first pride event in history to be held in two states at once. There will be food trucks, live entertainment, vendors and exhibits.



SIDETRACKS

FADE TO BLACK: A TRIBUTE TO METALLICA AT SIDETRACKS ON AUG. 26

Looking for a change of pace in the form of heavy metal music? A night out listening to Metallica music might be what you need. On Friday, Aug. 26, SideTracks on State Street in downtown Bristol will feature Fade to Black: A Tribute to Metallica.

WINDSOR AVENUE BLUEGRASS TO PERFORM AT THE DOWNTOWN CENTER

Are you in the mood for bluegrass music and a good time? Take your friends and family to the Downtown Center in Bristol on Tuesday, Aug. 30, from 7-9 p.m. to listen to Sounds of Summer: Windsor Avenue Bluegrass.

Catalytic converter thefts on rise

By **TESSA WORLEY**
tworley@bristolnow.news

Catalytic converter theft is on the rise locally and nationally because of the high resale value of the parts. This rising trend is affecting individuals, businesses and the recycling chain of precious metals.

Bristol Now spent the last several weeks examining data and talking with experts to uncover how this trend is affecting the region.

WHAT ARE CATALYTIC CONVERTERS?

A catalytic converter is part of a car's exhaust system and helps regulate the car's harmful emissions.

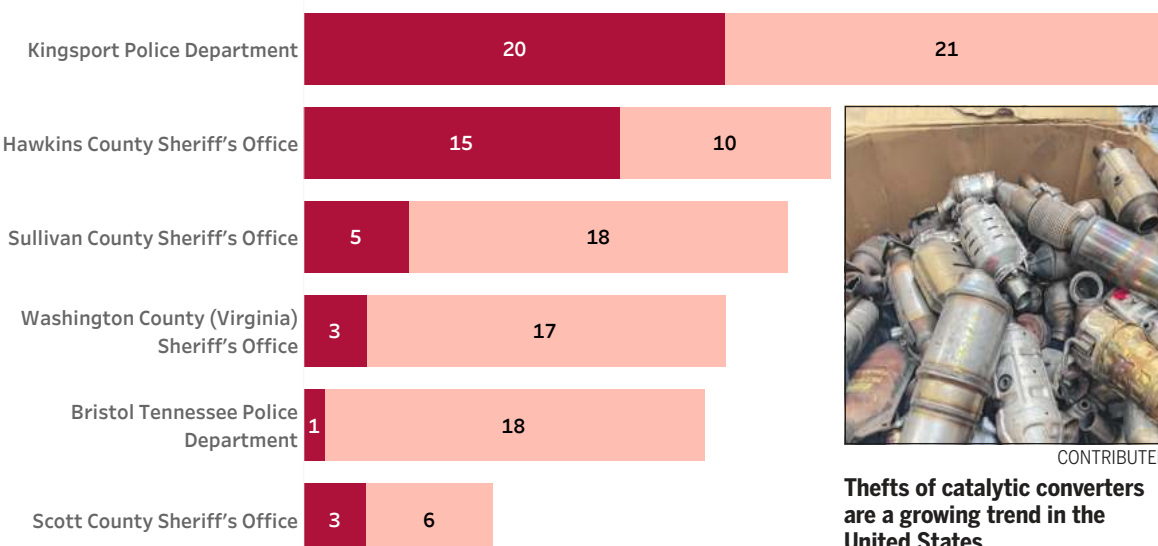
The Clean Air Act of 1970 required all cars made after 1975

See **THEFTS**, Page A2

CATALYTIC CONVERTER THEFTS

2022 (January-July) | 2021

Note: The Bristol Virginia Police Department had no current reports of converter theft.



CONTRIBUTED

Thefts of catalytic converters are a growing trend in the United States.

Signatures is a series highlighting the unique dishes, desserts and drinks of local restaurants.



Signatures



TOM NETHERLAND/FOR BRISTOL NOW

Corner Dog House owner Matthew Pugh said they even sell and mail hot dogs on occasion to people well beyond Bristol.

By **TOM NETHERLAND**
FOR BRISTOL NOW

BRISTOL, Va. — The subject of politics does not corner the market on fervid debates.

Try hot dogs. By all means, try one. Most Americans share a variety of views relative to the quite versatile hot dog. Some love them. Others loathe them. Then there's all sorts of disagreement as to which company or restaurant prepares the tastiest hot dog.

Consider the Corner Dog House. Open Monday through Saturday on Mary Street in Bristol, Virginia, the walk-up restaurant became a Bristol culinary staple decades ago. It sells hamburgers and French fries, milkshakes and such. But, as the name indicates, the Corner Dog House specializes in hot dogs.

"Long-term success of the Corner Dog House was built a long time ago," said owner Matthew Pugh.

The restaurant opened in October 1961. Pugh bought it in 2008.

"This place is running on 60 years," said Pugh, 42, of

Bristol, Tennessee. "I'm a business owner. I'm not a chef. You find something that works, you

don't mess around with that."

Two hot dogs in particular stand out. The favorite is the least expensive one, the eatery's

See **CORNER**, Page A3

Corner Dog House makes hot dogs stars of menu



TOM NETHERLAND/FOR BRISTOL NOW

Olivia Brandon, manager of Bristol's Corner Dog House, offers the eatery's signature dishes, the Corner Dog to the left and the Dixie Dog to the right. INSET: Both dogs are made with flavorful chili, mustard and onions.

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WEATHER

High Low
90 66
Mostly sunny



Sports

Former Tennessee High students and current ETSU players are working toward making the field this season. **B1**



Music

Kitty Wells' solo single made a splash for female country artists in 1952 with a riff on 'honky-tonk angels.' **A8**



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TASTES

Rain's signature seared ahi tuna is healthy, tasty hit

Signatures is a series highlighting the unique dishes, desserts and drinks of local restaurants.



Signatures

By CAROLYN R. WILSON
FOR BRISTOL NOW

ABINGDON, Va. — Something fishy is going on at an Abingdon restaurant, and it just happens to be a signature dish that's making waves among customers.

The next time you feel like ordering something a little different than the customary hamburger, sit down to a meal of seared ahi tuna, one of the most requested entrées at Rain Restaurant & Bar.

Not big on fish? This luxury item may change your mind.

Ahi tuna, also known as yellow-fin tuna, is packed with flavors, and the dish is made colorful from a home-made sauce and relish.

Seared perfectly on the outside, the thinly sliced tuna steaks have a mild, meaty flavor.

Ben Carroll, owner and executive chef at the 283 East Main St. restaurant, can prepare the tuna entrée as fast as it takes for a smoking-hot skillet to lightly sear a top-grade tuna steak — just three or four seconds.

Carroll said the tuna dish is always made with a sushi-grade quality of tuna ordered from suppliers in Atlanta and Honolulu, Hawaii.

There are many varieties of tuna available, but the top tier is the only one he selects.

"We've done other raw fish preparations at the restaurant, but tuna is the one I feel is the most approachable for people. I think that's why it's one of our most popular dishes," said Carroll. "When served fresh, sushi-grade tuna has got a nice buttery flavor."

The fish is so fresh that it's best served partially raw, a cooking technique that's becoming more popular in the region.

"In Southwest Virginia and East Tennessee, sushi is becoming more sought after," said the chef. "Fifteen or 20 years ago, you couldn't find a sushi restaurant anywhere around here. The idea of eating raw or undercooked fish was crazy to most people back then. Now, the average person enjoys eating sushi."

Carroll said the dish has always been one of his favorite meals to prepare and eat.

"It's light, fresh and healthy," he said.

The chef said people shouldn't confuse the taste and texture of canned tuna with the high-grade fish served at his restaurant.

If You Go

Rain Restaurant & Bar is open 5-9 p.m. Wednesday through Saturday. Beginning Sept. 21, it will be open for lunch.

Ahi tuna and tuna in a can couldn't be more different.

"Seared ahi tuna is a luxury item. It's a delicacy that can stand alone in its goodness," Carroll said.

"Preparing the raw, Japanese-style tuna is a whole new ballgame," he said.

A FLAVOR PROFILE

The flavor profile of the signature dish at Rain Restaurant is like what is found at a sushi restaurant. It's served with a wasabi paste — a mixture of wasabi, honey and mayonnaise.

Wasabi is an exotic sauce made from the wasabi plant grown mainly in the regions of Japan. It's called the Japanese horseradish, featuring a sharp and earthy taste.

After searing the raw tuna for only seconds, Carroll thinly slices the bright red meat.

The seared tuna is covered with a brown sugar teriyaki mixture that's heated and reduced to a glaze. Aesthetically pleasing, the entrée is served with jasmine short-grain rice and grilled fresh asparagus and topped with a sesame tomato relish. The relish, which adds a pop of color, is made with grape tomatoes, sesame oil and seeds and scallions.

"All of these ingredients combine to create a flavor profile in the Asian and Japanese realm," Carroll said.

WHAT COMES NATURALLY

Carroll, an Abingdon native, said he can't credit any fancy culinary schools or cooking programs for helping him learn the trade. He credits his family for teaching him his way around the kitchen.

"My great-grandmother was a traditional Swedish grandmother who passed along those skills to her family. She was a really good cook," he said.

Early on, he decided that the best method for learning how to cook was to be a sponge, soaking up everything he read and learned from other chefs.

The self-taught chef is a cookbook connoisseur, collecting different styles of cookbooks — resources he uses to offer the restaurant a unique menu.



CAROLYN R. WILSON/FOR BRISTOL NOW

The seared ahi tuna is one of Rain Restaurant owner and executive chef Ben Carroll's favorite meals to prepare and eat. All of the ingredients combine to create a flavor profile with Asian and sushi influences, said the chef.

PREPARING RAIN RESTAURANT'S AHI TUNA

1



CAROLYN R. WILSON/FOR BRISTOL NOW
Chef Ben Carroll pats dry the raw tuna steak in preparation for the hot skillet.

2



CAROLYN R. WILSON/FOR BRISTOL NOW
Next, Chef Ben Carroll waits for a skillet to become 'smoking hot' before searing the tuna steak.

3



CAROLYN R. WILSON/FOR BRISTOL NOW
Each side of the sushi-grade tuna is seared for only a few seconds in oil in the skillet.

4



CAROLYN R. WILSON/FOR BRISTOL NOW
Next, Carroll grills fresh asparagus spears that will accompany the tuna as a side dish.

5



CAROLYN R. WILSON/FOR BRISTOL NOW
After the sushi-grade tuna is sliced, it is topped with a sesame tomato relish made with grape tomatoes, sesame oil and seeds and scallions.

6



CAROLYN R. WILSON/FOR BRISTOL NOW
Finally, Ben Carroll drizzles the tuna with a brown sugar teriyaki mixture that's heated and reduced to a glaze.

Carroll opened Rain Restaurant in 2010 after a short stint of working at other restaurants in town, where he gained valuable

skills in cooking. Although the restaurant can be classified as a contemporary American-style eatery, Carroll enjoys

throwing in different influences and cuisines, like the seared ahi tuna. The next time you're feeling adventuresome, the

chef recommends the table pleaser, especially for the seafood newbie who might need a little convincing, at least for the first bite.

Keep tailgating healthy with a few simple food swaps

By KIRBY MOIR
RDN, LDN FOOD CITY REGISTERED DIETITIAN



As summer comes to an end and the weather cools, that crisp fall feeling in the air means it is time for one of America's favorite pastimes: tailgating! Your game plan for serving up a delicious pregame meal can still be flavorful and festive while taking a lighter approach.

Try swapping these key players:

Sour cream and mayonnaise can be swapped for Greek yogurt. A cup of plain yogurt with a teaspoon of mustard and salt and pepper to taste makes an acceptable alternative to mayonnaise, with fewer calories and less fat. In most recipes, at least half of the sour cream can be replaced by plain yogurt. Just remember when baking that yogurt will separate at high heat, so adjust with a lower tem-

perature and bake for a longer period.

Tackle vegetables. Pick up a veggie tray for your dip game from salsa, guacamole or warm dips. Carrots, celery, cucumbers and mini bell peppers will add dippable color and can be served along your favorite crackers or chips. Chili is another terrific way to feed a crowd and sneak in some extra nutrition punch. Add corn, tomatoes, bell peppers, beans and even sweet potato to have a fiber-filled hearty dish to last all game day.

Lean out your meat choices. Fan-favorite recipes often include higher fat meats from choices like ribs, fried chicken or chicken wings. Try ground chicken or

Note to readers

Do you have a favorite recipe you like to share with friends and family? We'd love to hear from you. Please send recipes to: scameron@bristolnow.news or bristolnow.news.

chicken breast as slow-cooker taco filling or a grilled skewer option. Infuse flavor with aromatics like garlic and onion, favorite seasonings, dry rubs or delicious dipping sauces.

Save sweets for the end-zone. Serving delicious dessert options is sure to win over the crowd. Instead of serving desserts from the start, offer up your post-meal treat after the balanced spread. This can reduce grazing



METRO CREATIVE

Tailgating is a fall tradition, and it can be delicious without overloading on unhealthy foods.

and still give opportunity to enjoy a sweet treat. Take time to enjoy your favorite game day treats. Try simple swaps or

adding in some nutrient-dense sides. For everything from party platters packed with your favorite sandwiches,

chicken options, fruits, veggies and dips, Food City can help make your tailgate balanced and delicious — a guaranteed win.

TASTES

No wrong time to eat Rendezvous International Café's crepes and cream

Signatures is a series highlighting the unique dishes, desserts and drinks of local restaurants.



Signatures

By CAROLYN R. WILSON
FOR BRISTOL NOW

ABINGDON, Va. — You don't have to travel abroad to order Mediterranean-style food.

Mustafa Ahmed, whose parents were Greek and Egyptian, opened Rendezvous International Café in May as a companion eatery to his next-door Greeko's Grill & Café in Abingdon. Ahmed was born in Dubai, a city in the United Arab Emirates.

The chef offers customers at Rendezvous not-so-common menu items often found in larger metropolitan areas — Italian coffees, homemade crepes and even rolled ice cream.

The rolled ice cream is a big hit at the Main Street café that also deserves attention, but the homemade crepes in particular are a simple but fancy food that recreates a feeling of Paris in the kitchen.

A crepe is similar to a thin pancake that is thinned out to pour onto a hot griddle and stuffed with savory or sweet fillings.

The savory crepes are good for breakfast and every meal in between. There's really no wrong time to eat a crepe.

Crepes were a popular menu item when Ahmed lived in England as a teenager.

"Most people think that crepes are sweet and are only served for breakfast," said Ahmed.

A breakfast crepe at Rendezvous features eggs, bacon, sliced Italian sausage and mixed cheese.

The Italian crepe has ham, turkey and mozzarella. Then there's the Mediterranean Cheesy, which contains a mixture of flavorful cheeses. For a less heavy crepe, the Margarita crepe contains

mozzarella, tomato and pesto. A Greek crepe also features spinach, tomato and kalamata olives.

The Philly cheese crepe wouldn't be an American favorite without the beef, peppers, onions and cheese.

THE PERFECT SWEET CREPE

Other crepes on the menu will satisfy those with a sweet tooth who require a little boost of energy during the day.

Sweet crepes are made with a variety of fruits and chocolates, including strawberries, bananas, caramelized apples, graham crackers and Nutella.

Ahmed recently took time out of his busy day to demonstrate how he makes a "Romeo and Juliet" crepe, a favorite among his customers.

"The dough is made from scratch with eggs, flour and milk," he said. "I use as many local products as possible."

The crepe ingredients are put in a mixer with an added dash of vanilla.

An artisan with food, Mustafa Ahmed skillfully pours the very thin pancake-like batter onto a hot crepe machine, browning the shell and adding a generous portion of ingredients.

After folding the crepe in half, Ahmed layers freshly sliced strawberries and bananas in the center of the crepe.

Next, he drizzles Nutella on top before folding again to form a triangle-shaped crepe.

He sprays whipped cream on the plate next to the crepe before drizzling chocolate and strawberry syrups on top, followed by a good dusting of powdered sugar.

But wait. More sliced strawberries and bananas garnish the side.

It's a light dessert that wakes the taste buds and satisfies the sweet tooth.

ROLLED ICE CREAM

What's even more interesting is watching Ahmed make rolled ice cream, a process that takes only minutes.

But what is rolled ice cream?

The ice cream dessert that originates in Thailand is also called stir-fried ice cream. It's a sweetened, frozen dessert made with cream and other ingredients and cooled on an ice pan that is minus 15 degrees Fahrenheit.

Part of the fun is watching it be made.

Ahmed pours a cream-based liquid onto the ice-cold metal surface. Customers can choose from vanilla, strawberry, chocolate, mango and caramel base flavors.

As the liquid freezes into a creamy texture, Ahmed can add fresh fruits and candies to the mixture.

Using a metal spatula, he vigorously chops and mashes the mixture together until it begins to solidify. He then spreads the base out thinly across the cold surface. The ice cream artist uses the

If You Go

Rendezvous International Café. at 211 W. Main St., is open 6:30 a.m. to 7 p.m. Tuesday through Friday; 7:30 a.m. to 7 p.m. on Saturday; and 7:30 a.m. to 2:30 p.m. on Sunday. The café is closed on Monday. Follow Rendezvous International Café on Facebook to learn more about menu items.



PHOTOS BY CAROLYN R. WILSON/FOR BRISTOL NOW
The 'Romeo and Juliet' crepe and rolled ice cream are two of the most popular desserts at Rendezvous International Café, located at 211 W. Main St. in Abingdon.

said Ahmed.

Reaching into a cooler chock-full of chilled fresh fruits and vegetables, the chef used a juicer machine to concoct one of his favorite juice blends from

oranges, carrots and a touch of ginger. "It's really good for you. A fresh juice in the morning and you'll feel the difference all day — you just feel happier," he said.



1

An artisan with food, Mustafa Ahmed skillfully pours very thin pancake-like batter onto a hot crepe machine.



2

While making the 'Romeo and Juliet' crepe, Mustafa Ahmed adds a generous portion of fresh strawberries and bananas to the center.



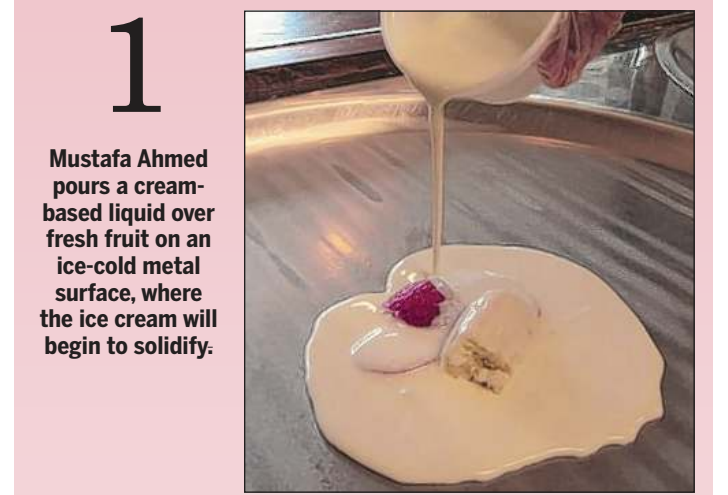
3

The crepe wouldn't be complete without whipped cream.



4

The 'Romeo and Juliet' crepe has a vanilla base mixed with strawberries, bananas and Nutella, topped with more fresh fruit and whipped cream.



1

Mustafa Ahmed pours a cream-based liquid over fresh fruit on an ice-cold metal surface, where the ice cream will begin to solidify.



2

After chopping and mashing the mixture together, Ahmed spreads the base out thinly across the cold surface. The ice cream artist uses the spatula to flatten out the ice cream.



3

For the 'Romeo and Juliet' rolled ice cream, Mustafa Ahmed drizzles strawberry and chocolate sauces on the flattened ice cream base.



4

Ahmed takes a metal spatula and scrapes the ice cream base into rolls, which are then placed vertically in a cup to enjoy.

'BEST COFFEE IN THE WORLD'

Another big draw to the café is Lavazza coffee, which Ahmed said is "one of the best coffees in the world."

The family-owned Italian company founded in 1895 continues to operate into the fourth generation, offering authentic coffees made from Colombian-grown beans.

According to Ahmed, his café was required to go through an approval process by the company to sell the global Italian brand at his Abingdon business.

The café also offers fresh-squeezed juices, made on-site when the order is placed.

"It's a Mediterranean thing to sell fresh juice,"

Note to readers

Do you have a favorite recipe you like to share with friends and family? We'd love to hear from you. Please send recipes to: scameron@bristolnow.news or bristolnow.news.

Get kids involved in cooking with these simple food options

September celebrates National Family Meals Month. One of the best ways to engage all the family with mealtimes is to get kids in the kitchen. This can help build important life skills, encourage healthier food choices and create an opportunity to connect. Food provides more than just nourishment for our bodies; many core memories are centered around meals we share with loved ones. By engaging the whole family in meal preparation, this can reduce stress long term and

build strong bonds around mealtime.

There are tons of safe and easy ways to start introducing your kids to the kitchen. Start with a safe height, and use soft spatulas and shatterproof bowls. Young children can help with rinsing vegetables, stirring or combining ingredients, or even identifying and counting foods as they are incorporated into a recipe. Allow older children to help with measuring ingredients and simple cutting, and most children around age 9



can begin with supervised stove and oven use. A bonus for those who are selective eaters is that being involved with the preparation process can get kids excited to try something new and unfamiliar. Highlighting color, smell and texture of foods heightens curiosity. Try these recipe ideas to start

getting kids involved in the kitchen.

Salad. This is a great way to highlight vegetables and is a simple way to add a multitude of ingredients for the whole family to share. Focus on different colored toppings and layering items. Using Food City Shortcuts for toppings means no chopping and can allow kids to independently assemble.

Smoothies. Focus on fruit and vegetables to build a snack time or morning smoothie. Use fresh or frozen fruit, have kids mea-

sure ingredients and assist with turning on blender.

Homemade pizza. This can be a great way to introduce oven-friendly cooking. Whether you make your own dough or purchase a premade crust, this uses basic layering and creativity with toppings, allowing a fresh take on a family meal staple.

Another way to engage kids with family mealtime is the planning process and working together to find recipes to try. Visit www.foodcity.com for more recipe ideas.