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duPont REGISTRY™ Luxury Living in Tampa Bay

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# Baltimore

## A Charmed City

Written by Susan B. Barnes | Photography courtesy of Visit Baltimore

Often coupled with its neighboring city, Washington, D.C., Baltimore is certainly a destination in its own right. A city rich in history, culture and cuisine, not to mention the picturesque Inner Harbor, there is much to see and do—and eat!

Upon arriving in Baltimore, take a sightseeing tour to get your bearings. A knowledgeable—and often-entertaining—guide will take you through the city, highlighting points of interest as you make your way through the different neighborhoods that make up the whole. You'll even get a glimpse of Edgar Allen Poe's grave and the building in which Mary Pickersgill stitched together a very famous flag.

Civil War history abounds throughout Baltimore. Set out on the Discover Heritage Walk and meander along just over three miles of history, through the Inner Harbor, Little Italy, Historic Jonestown and City Center neighborhoods. There are twenty historic sites and museums along the route—choose those that interest you most, or visit them all!

A few miles outside downtown Baltimore is Fort McHenry—the first fort built by the United States. It is here that the flag flew during the War of 1812, inspiring Francis Scott Key to pen the *Star-Spangled Banner*. A new visitor center opened at Fort McHenry this month in anticipation of the bicentennial of the War

of 1812. Fort McHenry is a definite stop when visiting Baltimore.

History isn't the only thing alive in Baltimore, though! A thriving art scene makes the city alive with culture. Check out the American Visionary Art Museum (AVAM)—this is not your mother's museum. Featuring works of self-taught



artists, the museum has more than 4,000 pieces of art in its permanent collection, of which approximately fifty will be on exhibit in its Permanent Collection Gallery.

Through September 15, in celebration of its fifteenth anniversary, AVAM is featuring *What Makes Us Smile?*, co-curated by Matt Groening, creator of *The Simpsons*, and artist Gary Panter and museum founder Rebecca Hoffberger.

On May 7, the museum hosts its Baltimore's Almost Famous (13th) Annual East Coast National Championship Kinetic Sculpture Race—that will be a sight to see! Maybe FiFi, the giant pink poodle, will make an appearance!

In addition to the AVAM, Baltimore is home to so many museums, you'll sure to be find one that suits your tastes!

All of this art and history is sure to make you hungry! Well, you're in luck! Baltimore is a city filled with restaurants serving delicious fare, many with blue crab from the nearby Chesapeake Bay, not to mention all types of ethnicities.

Start with breakfast and head to Spoons Coffee Café in the Federal Hill neighborhood for a cup of delicious joe and a fresh baked goodie. Or, for something more substantial, try the Blue Crab and Artichoke Omelet. That is the way to start the day! Or, if you're in Fells Point, go to Alexander's Tavern for brunch and the Smothered Tots or Crab Mac-N-Cheese accompanied by a mimosa, or two. Rich, yes. Filling, yes. Incredible—YES!

For lunch, ask for a window seat at the Lebanese Taverna and prepare for a feast

for the senses. The Mediterranean fare is just what you need to give you energy to continue exploring all afternoon!

But save room for dinner and make your way to Woodberry Kitchen, a farm-to-table restaurant that combines flavors that will leave your mouth watering for days. The menu changes according to what's in season, but know that everything that comes from the kitchen is grounded in the Chesapeake region's ingredients and traditions. And, if C.M.P. is on the dessert menu, do yourself a favor—order it!

After a day of exploring—and eating—it's time to relax at one of the convenient hotels located in downtown Baltimore, just off the Inner Harbor. Keep with the historic theme and stay at the Fairfield Inn & Suites, a green hotel in the Jonestown



previous page: City skyline from Chesapeake Bay and Fort McHenry

above: The infamous Camden Yards

following page clockwise: A night out on the town at the historical Hippodrome; Fifi, the giant pink poodle at the American Visionary Art Museum; Fells Point, an historic waterfront community just east of Baltimore's Inner Harbor; Enjoying the bay's bounty at Bo Brooks



neighborhood and adjacent to the Star-Spangled Banner Flag House.

Make plans to visit Baltimore and discover for yourself why it's known as the Charm City. ▶▶▶



## MARYLAND CRAB SOUP

courtesy of: Executive Chef  
Chad Gauss, City Café

- 6 ounces bacon, diced
  - 2 cups onion, diced
  - 1-1/2 cups carrots, diced
  - 1 cup celery, diced
  - 1 clove garlic, minced
  - 24 ounces beef stock
  - 1 quart crab stock
  - 2 cups water
  - 2 bay leaves
  - 3 tablespoons Old Bay Seasoning
  - 1 ounce Worcestershire
  - 1 quart potatoes, diced
  - 1/4 head green cabbage, shredded
  - 1 pound frozen vegetables  
(corn, green beans, lima beans)
  - 1 pound Maryland Jumbo Lump Crabmeat
  - 1 tablespoon dried oregano
  - 1 tablespoon dried basil
  - 7 dashes Tabasco
  - 28 ounce can diced tomatoes
  - 3 tablespoons tomato paste
- Render diced bacon in your soup pot.

Add garlic, celery, onion, carrots. Sauté until soft and translucent. Whip in tomato paste, spices, bay leaf and add everything else except crab. Bring to a boil and then reduce to simmer. Let cook until cabbage and potatoes are tender. Add half of the crabmeat to the soup. Garnish the bowl with the remaining crabmeat.


## CRAB IMPERIAL

courtesy of: Chef  
John Shields, Gertrude's

- 1/2 stick butter
  - 2 tablespoons green bell pepper, diced
  - 2 tablespoons red bell pepper or pimento, diced
  - 1/2 cup mushrooms, chopped
  - 3/4 cup mayonnaise
  - 1 tablespoon Dijon mustard
  - 1 tablespoon Worcestershire sauce
  - 1/4 teaspoon Tabasco sauce
  - 1 teaspoon capers, drained and chopped
  - 1/2 teaspoon freshly ground black pepper
  - 1 teaspoon Chesapeake seasoning
  - 1 pound jumbo lump crabmeat, picked over
- Preheat oven to 350 degrees. Melt butter

in a small skillet and sauté the bell peppers and mushrooms until soft. Set aside. Combine the mayonnaise, mustard, Worcestershire, Tabasco, capers, ground pepper and Chesapeake seasoning in a small bowl and mix well. Add the sautéed peppers and mushrooms. Place the crabmeat in a mixing bowl and pour the mixture over it. Toss gently, careful to avoid breaking up the lumps of crab. Spoon the crab mixture into four individual gratin dishes or well-cleaned crab shells. (Place filled shells on a baking sheet.) Bake for 20–25 minutes. Meanwhile, prepare the topping. Remove the casseroles from the oven. Preheat the broiler.

## TOPPING

- 1 egg, beaten
  - 1/4 cup mayonnaise
  - Pinch of paprika
  - 1 tablespoon parsley, chopped
- Combine all ingredients in a small bowl and mix well. Spoon the topping evenly over each casserole. Place under the broiler for one to two minutes, or just until nicely browned. 



Crab Soup, a la Chef  
Chad Gauss, City Café

Direct flights to Baltimore are available on AirTran Airlines and Southwest Airlines; other major carriers also fly into the city, with a layover.

For more information on visiting Baltimore, visit [www.baltimore.org](http://www.baltimore.org).

### Alexander's Tavern

710 S. Broadway (Fells Point)  
(410) 522-0000  
[www.alexanderstavern.com](http://www.alexanderstavern.com)

### American Visionary Art Museum

800 Key Highway  
(410) 244-1900  
[www.avam.org](http://www.avam.org)

### City Café

1001 Cathedral St.  
(410) 539-4252  
[www.citycafebaltimore.com](http://www.citycafebaltimore.com)

### Discover Heritage Walk

800 E. Lombard St.  
(443) 514-5900  
[www.heritagewalk.org](http://www.heritagewalk.org)

### Fort McHenry National Monument and Historic Shrine

2400 E. Fort Ave.  
(410) 962-4290  
[www.nps.gov/FOMC/](http://www.nps.gov/FOMC/)

### Gertrude's

10 Art Museum Dr.  
(410) 889-3399  
[www.gertrudesbaltimore.com](http://www.gertrudesbaltimore.com)

### Lebanese Taverna

719 S. President St.  
(410) 244-5533  
[www.lebanesetaverna.com](http://www.lebanesetaverna.com)

### Spoons Coffee Café

24 E. Cross St. (Federal Hill)  
(410) 539-8395  
[www.spoonscoffeecafe.com](http://www.spoonscoffeecafe.com)

### Woodberry Kitchen

2010 Clipper Park Rd., No. 126  
(410) 464-8000  
[www.woodberrykitchen.com](http://www.woodberrykitchen.com)

### Fairfield Inn & Suites Inner Harbor

101 President St.  
(410) 837-9900  
[www.greenfairfieldinn.com](http://www.greenfairfieldinn.com)