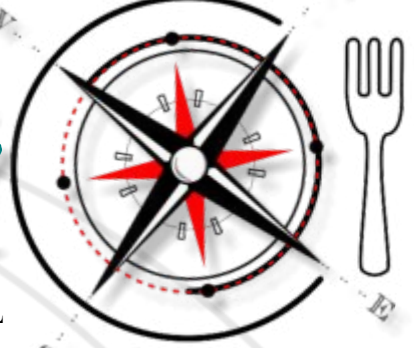


# THE Traveling Fork

- BILL BLACKWELL



Two or three friends having suggested that if I would write something about good food, they would try to find time to read it. I yield at last to this frenzied public demand and herewith tender my first issue.

Firstly, let me discuss the ethical issues. I am not being paid for this. I am plagiarizing the title from one of my old friends, John Cardillo, Esq., a serious foodie who wrote a column for years in the Collier County Bar Association in Naples, FL where I grew up as a lawyer and Circuit Judge. He coined the name, The Traveling Fork and I give John my serious gratitude for the use of that name.

Further, I will neither solicit nor accept payment, free or discounted meals, or any other gratuities for providing names of food establishments in this column.

Now, having cleaned up the ethical issues, let me discuss good food. If you are looking for continental cuisine and fine wines, you will have to go to

Paris. Here, we will deal with honest to goodness good food.

I am loathe to mention any food chains, although this first issue will feature one— Bonefish Grill just off I-295 (long bridge) on San Jose in JAX. Marcia and I ate there recently and found great food and warm, friendly service. Marcia ordered a fancy treatment of Cod with a cheese sauce; I had skewered scallops and shrimp, seasoned and grilled alongside Chimmichurri sauce. While we awaited the food (with fresh vegetables) we were treated to freshly baked warm bread with olive oil and pesto on the side.

The Assistant Manager came by to see if we were satisfied, near the end of our meal; we were. This restaurant rates 5 stars in our book.

A word of warning: we like various ethnic foods, some highly spiced! We will tell you honestly if we recommend something that comes in hot!  
*Bon Appetit!*



## Bill 'Gaucho' Blackwell's Black Bean Chili

2 ½ lbs Beef coarsely ground or venison  
½ lb smoked bacon  
2 cans black beans  
1 large can of diced tomatoes  
3 tbsp minced garlic  
3 medium onions, chopped  
6 green jalapeno peppers, chopped

Mix the following seasonings in a large measuring cup: 1 tbsp mustard powder, 4 tbsp chili powder, 1 tbsp curry powder, 1 tbsp seasoning salt, 3 bay leaves, 2 tbsp cumin seed or powder, 1 tbsp oregano, ½ tsp cayenne pepper.

Fry the bacon in a large pot or Dutch Oven until crisp, then remove and



place the crisp bacon on paper towels until later, when you will crumble the crisp bacon and add it to the chili

pot. Saute the onions and garlic until translucent then add the ground meat and saute until all is brown. Now add the other ingredients minus the black beans which will not be added until later.

Add one or two cups of chicken broth and simmer for 2 hours. Then add the black beans and slow boil for 30 more minutes. Thicken with cornmeal sprinkled over the surface oil of the chili and adjust seasonings as necessary.

Garnish with grated cheese or fresh chopped onions or just ladle it on a large bed of rice and enjoy.

