

Former Dundalk resident writes food guide

Book offers tips on finding good eats in Baltimore

by Nicole Rodman

Though he now lives in Baltimore, former Dundalk resident Neal Patterson still retains an appreciation for Dundalk cuisine.

A graduate of Patapsco High School, Neal lived on Colgate Road in St. Helena before moving to Baltimore, where he currently resides with his wife, Kathy.

Both bloggers and freelance writers, Neal and Kathy spend much of their time exploring and writing about the many delicious delights available in the Baltimore area.

Through their blog, Minxeats.com, Neal and

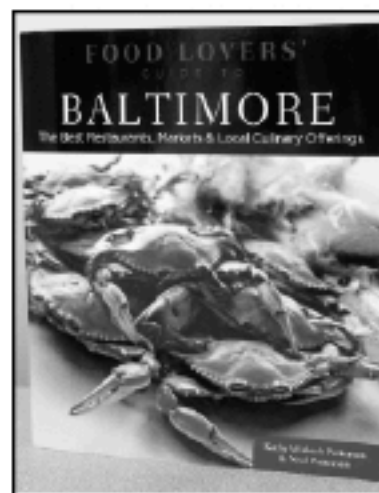
Kathy share their food experiences, complete with descriptions and pictures, for fellow food-lovers both near and far.

Now, thanks to the exposure their blog has brought them, the couple are celebrating the release of their new book, *The Food Lovers Guide to Baltimore*.

According to Kathy, who spoke with *The Eagle* earlier this month, she and her husband began writing the book after being approached by travel book publisher Globe Pequot Press.

Provided with an idea of how the book should be structured, Kathy and Neal were given just 100 days to research and write their book.

After deciding that the book would cover both Baltimore City and the county, the couple got to work.



The Food Lovers Guide to Baltimore is now available at local bookstores and on Amazon.com.

photo by Nicole Rodman

As they had already eaten at many local restaurants, they were able to quickly compile a list of their nearby favorites.

"Fortunately, since we already had the food blog, we had eaten in many local restaurants," Kathy explained. "We also reached out to the food blogging community and local food writers and asked for recommendations. Then we started eating and writing, eating and writing."

The result is *The Food Lovers Guide*, a compact guide to all of the Baltimore area's best restaurants and markets.

The book is divided into chapters by location. For Baltimore City, the

chapters reflect various neighborhoods around the city (Inner Harbor, Canton, etc.), while the Baltimore County chapters are divided geographically (north, east, west).

Each chapter lists "foodie faves" — restaurants that are worth a visit, as well as "local landmarks"— longstanding local legends.

The book also provides information on markets and specialty stores around the city and county, as well as notable restaurants in counties around Baltimore that may be "worth the drive."

For each restaurant, Neal and Kathy painstakingly describe the atmosphere and cuisine of the establishment, as well as the general cost.

They also recommend notable dishes to try at each location, cutting out the guesswork for readers looking for new gastronomical experiences.

In the chapter on Eastern Baltimore County, Neal and Kathy include many Dundalk restaurants.

Among the eateries mentioned as "foodie faves" are the Boulevard

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Kathy Patterson

Diner on Merritt Boulevard, the Broadway Diner on Eastern Avenue, Costas Inn on North Point Boulevard and Vinny's on Holabird Avenue.

"Local landmarks" in Dundalk include such well-known restaurants as Jimmy's Famous Seafood on Holabird Avenue, Poplar Inn on Wise Avenue and Squire's Italian Restaurant on Holabird Avenue.

While Dundalk's culinary charms may be underrated by many, for Neal and Kathy, the area is always a reliable location for good eats.

"Anyone who overlooks Dundalk when restaurant hunting will be making a

mistake," Kathy noted.

She added, "For great crabs and seafood, there's Jimmy's Seafood and Costas Inn. The pizza and meatball subs at Squire's are amazing, and the Poplar Inn has a great steak."

Around the wider Baltimore area, Kathy recommends Harbor East, "with its ever-growing selection of world cuisines," and Hampden as culinary standouts.

However, for Neal and Kathy, personal favorites include Grace Garden in Odenton, Lebanese Taverna in Harbor East and Birotecca in Hampden/Woodberry.

For anyone looking for new culinary experiences in the area, *The Food Lovers Guide to Baltimore* is available now at most local booksellers, including Barnes & Noble and Greetings & Readings.

The book is also available online at Amazon.com and through the publisher at www.globepequot.com/food_lovers_guide_to_baltimore-9780762781096.

For more on Neal and Kathy Patterson, visit their blogs at www.minxeats.com and AllTopChef.com.

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