

Created by: Debra C. Argen

Chef Neil Manacle Recipes - Fluke Wine, Bar and Kitchen, Newport, Rhode Island, US

Chef Neil Manacle of [Fluke Wine, Bar & Kitchen](#) in **Newport, Rhode Island** shows his style with his recipe for **Grilled Lamb T-Bones with Fried Hummus, Dates, Figs, and Apricots** that reflects his philosophy of relaxed modern American cuisine. Big, bold flavors and fresh ingredients are the mainstay of this charming restaurant owned by **Jeff and Geremie Callaghan** and located in the heart of **Bowen's Wharf**.

I met **Chef Neil Manacle** in the kitchen after having a wonderful dinner at **Fluke Wine, Bar & Kitchen** in late January 2010, and learned that like many of today's chefs, he took a circuitous route on the road to becoming a chef. He grew up appreciating food, and always loved to cook; when other kids were watching cartoons, he was watching Julia Child. Growing up in Brooklyn, New York, Sundays meant family dinners and he spent time in the kitchen with his grandfather, father, and uncles as the men in his family did most of the cooking. Although he loved to cook, when he graduated high school, cooking as a career did not enter his mind. At that time, a culinary career meant working long hours, making little money, and the profession had yet to achieve "rock star status," so encouraged by his family, he went to work as a New York City bus driver for 4 years before deciding to take the important step and enroll in the prestigious culinary program at Johnson & Wales University in Providence, Rhode Island. From driving a bus to appearing on Iron Chef, Chef Neil Manacle has clearly come a long way.



Fluke Wine, Bar & Kitchen

After graduation, Neil worked at Rhode Island restaurants before moving back to New York where he worked with one of New York's top talents, **Chef Bobby Flay**, working at 3 of Bobby's restaurants, Mesa Grill, Bolo, and Bar Americain where he was the Chef de Cuisine, followed by a stint as the Executive Chef at Apiary in the East Village of New York.

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Chef Neil Manacle

However, after 18 years of working as a chef in New York, Chef Neil Manacle was ready to try someplace new. When owners Jeff and Geremie Callaghan approached him in 2009 about working at their restaurant in Newport, he readily accepted, and asked **Kevin King**, who had worked with him at Apiary, to be his Sous Chef, to round out the Fluke Wine, Bar & Kitchen team.

When not busy in the kitchen, Chef Neil Manacle enjoys playing tourist and discovering his new city of Newport, riding his bike, and going to the beaches. He graciously shares a delicious taste of Fluke Wine, Bar & Kitchen with his recipe for Grilled Lamb T-Bones with Fried Hummus, Dates, Figs, and Apricots.

Grilled Lamb T-Bones with Fried Hummus, Dates, Figs, and Apricots

Serves 4

Red Wine Gastrique

Ingredients:

1

Cup

Red Wine Vinegar

1

Cup

Sugar

¼

Cup

Dried Apricots, diced

¼

Cup

Dried Medjool Dates, diced

¼

Cup

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Dried Black Mission Figs, diced

Method: Place vinegar and sugar in saucepan over medium heat until clarified and reduced by 1/3. Remove from heat and add diced dried apricots, medjool dates and black mission figs and let the fruits "blossom." Season with salt to taste. If necessary, loosen with a small amount of water.

Fried Hummus

Cornmeal Ingredients:

1

Cup

Fine Yellow Cornmeal

2

Cups

Whole Milk

Method: Heat milk in a saucepan and stir in cornmeal. Continue stirring to create a loose polenta. Once polenta is done, marry hummus and polenta together and place in a baking dish 1-inch deep, let cool until firm. Cut into serving size of your choice (we make a 3 ½ in disk). Pan fry with a little bit of oil and butter until golden brown on both sides (Note: this can be prepared in advance and reheated just before serving).

Chickpea Ingredients:

2

Cups

Chickpeas, dried, rehydrated, and cooked

Juice of 1 Large Lemon

2

Cloves

Garlic

3

Tablespoons

Toasted Ground Cumin

½

Cup

Tahini Paste

Extra Virgin Olive Oil

Salt and Pepper to taste

Method: Cook the chickpeas then puree in a food processor with lemon juice and other ingredients until

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smooth.

Grilled Lamb T-Bones Ingredients:

8

Center-cut Lamb Loin Chops, 1.5 inches thick

Method: Season lightly with salt and pepper and grill or roast until medium rare.

Presentation: Spoon Red Wine Gastrique over lamb. Serve with fried hummus and a green vegetable of your choice. I prefer roasted brussel sprouts or haricot vert. Enjoy!

Fluke Wine, Bar & Kitchen is open during the winter from Thursday through Sunday from 5:00 pm, and is open nightly during the summer from 5:00 pm. Reservations are recommended.



Fluke Wine, Bar & Kitchen Dining Room

Read about **Fluke Wine, Bar & Kitchen** in the **Restaurants** section.



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