

## The Forum at The Greenbrier - America's Resort, White Sulphur Springs, WV, USA



[The Forum at The Greenbrier® - America's Resort](#) located in **White Sulphur Springs, West Virginia** focuses on **Italian cuisine** and has its own **coal-fired pizza oven** which is the heart of the attractive restaurant where outstanding cuisine is matched by outstanding service. We had an excellent dinner at the restaurant where "house made" is their byword. *Buon appetito!*

We had dinner at The Forum during our stay at The Greenbrier® - America's Resort in early February 2016, where we sat at a table dressed with a blue and white checked tablecloth double draped over a white tablecloth overlooking the attractive yellow, blue, and white tiled coal fired pizza oven, appropriate as West Virginia is home of the coal mines where we could watch the chef in action. The large pizza oven also acts as a bread oven and we could not resist the freshly baked, hot from the oven ciabatta bread.



### The Forum

We began our evening with cocktails, the Sidecar, and the Mint Julep served in a traditional silver julep cup (**see recipe for The Greenbrier Mint Julep below**) to pair with our *antipasti* (appetizers). For our first appetizer, we had the Fried Mozzarella (*Mozzarella Fritta*) as the restaurant makes their own fresh mozzarella, and the appetizer consisted of three very mozzarella balls that were rolled in bread crumbs and deep-fried, accompanied by olive oil poached tomatoes and basil oil, that yielded warm and melted mozzarella that was fabulous.



### Fried Mozzarella

Next there was Sweet Banana Peppers (*Peperoni Imbottiti*), which were banana peppers stuffed with house made sausage and served with a spicy tomato sauce, that were also nice. For our last appetizer, we had the Fried Calamari (*Frito Misto*), which was a delightful mélange of tender calamari, shrimp, zucchini, and hot pepper rings, served with a fresh basil spicy marinara sauce and a garlic aioli.



### Stuffed Sweet Banana Peppers



### Fried Calamari

We continued with a selection from the *primi* (pasta) section of the menu, the Smoked Lobster (*Aragosto*)

Created by: Debra C. Argen and Edward F. Nesta

*Affumicata*) which was a hickory smoked lobster tail nestled on a bed of penne pasta tossed in a fonduta cheese sauce and topped with steamed broccoli. Although we have had lobster prepared many ways before, this was the first time we had ever had it smoked, and the taste was exquisite especially when paired with the penne pasta in the creamy fonduta cheese sauce.



**Smoked Lobster and pasta**

For a *secondi* (main course), we had one of the specials for the evening, which was a big and bountiful breaded lamb shank topped with an arugula and cherry tomato salad, that was picture perfect and cooked to order.



**Breaded Lamb Shank**

Also interesting was one of the *contorni* (sides), The Forum Meatball (*Polpettone al Foro*), which was an enormous meatball that the chef makes in house by grinding a mixture of veal, pork and beef with added fresh herbs and served in a tomato sauce. When we asked about the actual weight of the giant meatball, we learned that it weighs 14 ounces pre cooking and 11.2 ounces post cooking. Now that was a big meatball and it was delicious, too!



### **Panna Cotta**

We could not resist indulging sampling a few of the *dolci* (desserts), panna cotta, profiteroles, and tiramisu. The creamy panna cotta was topped with strawberries and three lighter-than-air meringues dusted with lemon zest and garnished with sprigs of mint. The profiteroles were a tasty trio and generously proportioned, and the luscious tiramisu was large enough to feed a family, yet was light, delicious, and very satisfying.



### **Profiteroles**

As the perfect finale to our dining experience at The Forum, we paired the desserts with glasses of the delectable Italian dessert wine, Isole e Olena, 2005, Vin Santo, Del Chianti Classico, DDOG, from Barberino Val D'Elsa, Italia, 13% alcohol, which tasted like liquid raisins in the glass.





**Tiramisu**

**The Forum at The Greenbrier® - America's Resort graciously shares their Mint Julep recipe.**

**The Greenbrier's Original Mint Julep Recipe**

*"The oldest account book at The Greenbrier dates from 1816 and reveals that guests ordered "Juleps" at a cost of 25 cents per drink. When the popular writer Charles Dudley Warner described The Greenbrier in 1886, he noted that travelers were met by attendants "who avowed that there was no time of day or night where a mint julep or any other necessity of life would not be forthcoming at a moment's warning." By 1914, the mint julep was such a staple that a recipe for the drink appeared on The Greenbrier's souvenir calendar."*



**The Greenbrier's Original Mint Julep**

Ingredients

10-15

Fresh Mint Leaves

1

Ounce

Simple Syrup

2

Ounces

Maker's Mark Bourbon

Crushed Ice

Mint Sprig

Powdered Sugar

Method: Muddle 10-15 fresh mint leaves with 1-ounce simple syrup. Fill cup with crushed ice - very important for balance. Add 2-ounces of Maker's Mark Bourbon. Stir once or twice. Add a sprig of mint dusted with powdered sugar.

The Forum is open for Dinner from 6:00 pm until 9:00 pm. Contact the restaurant for reservations or information.

The restaurant has a dress code: Resort attire is required (collared sport shirts, sweaters, jackets, dress slacks and walking shorts). If denim is your preference, well-kept denim in a dark shade is theirs. Men's hats and baseball caps are not permitted. Children ages 10 and older are required to wear attire similar to that of adults.

Read about our stay at **The Greenbrier® - America's Resort** in the **Hotels and Resorts** section, about our dining experience at **Prime 44 West** in the **Restaurants** section, the interview and recipes from **Chef Meredith Flavin of Prime 44 West** in the **Chefs' Recipes** section, and about our adventures in the **Adventures** section.



**The Forum at The Greenbrier® - America's Resort**

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