

"I eat everything they put in front of me. Then I go home and eat Slim Fast with a sensible dinner."

— Marc Silverstein, host of Food Network's *The Best Of* show

Food Network scopes out best eats in town

By GARRIE FERDUSON
Staff Writer

Chew with your mouth closed in public this week. You may look up from that big burger at Fat Mo's or the zesty tapa at Mirror and find yourself staring directly into a television camera.

The people running the camera are from the Food Network's *The Best Of* show. They're in Nashville this week doing just what the name implies — searching for the best of eats in town, from barbecue to pancakes.

Last night, the show's host, Marc Silverstein, and the production staff dined on rack of lamb prepared by Executive Chef Julio Orantes of Arthur's at the Union Station Hotel.

Today, it'll be a morning shoot in Provence's kitchens and an afternoon at the Hillsboro Village shop.

All this to put together themed half-hour shows that take viewers to five different places sampling different versions of the same dish — fries, dives, gourmet, ethnic and any other subject one can think of. Arthur's actually will be part of a show on train stations across the country.

Silverstein doesn't deny he's arguably got one of the best jobs in the universe, one that takes him from renowned Five Stars to humble mom and pop, sampling everything from osso buco to alligator.

"I eat everything they put in front of me," he said yesterday. "Then I go home and eat Slim Fast with a sensible dinner."

His aim for the show is to "try to make people hungry," he said.

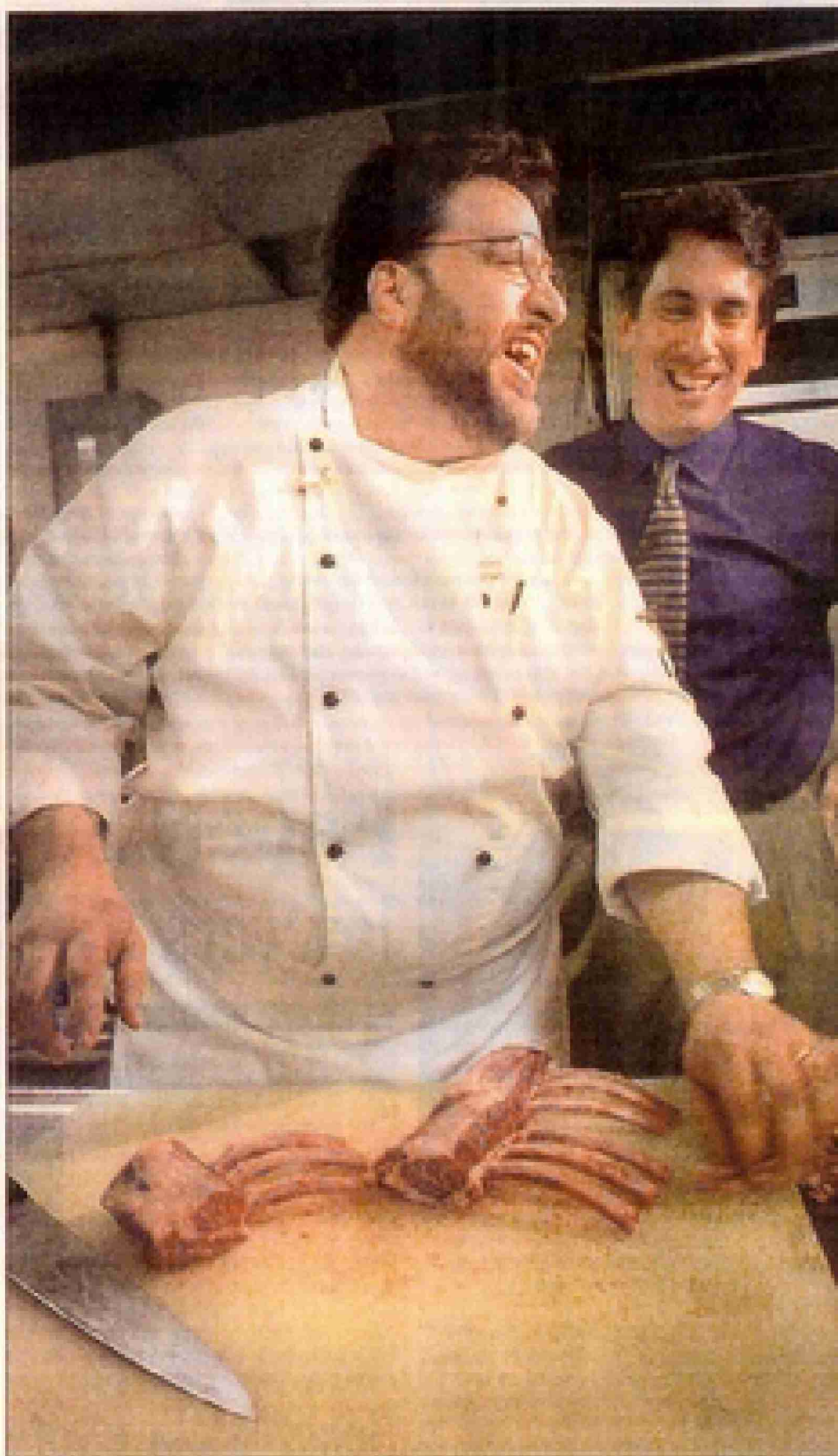
A former consumer news reporter, Silverstein also asks about the stories behind the places, people and food. He learned yesterday at Union Station, for example, that the angels that adorn the ceiling each carry something representing Tennessee — like whiskey.

"I love the stories," he said. ■

TV dinners

The Food Network's *The Best Of* show will visit these Nashville restaurants this week to shoot shows that will air in about six months. Times are approximate. For more information about *The Best Of*, visit www.foodtv.com.

- **Today:**
Noon, Provence Bread and Cafe, 1705 21st Ave. S.
- **Tomorrow:**
10 a.m.-2 p.m., Fat Mo's Burgers, 2620 Franklin Pike, 3:30-6 p.m., Fat's Pig and Pie, 7106 Charlotte Pike.
- **Thursday:**
9 a.m.-1 p.m., Loveless Cafe, 8400 Highway 100, 3:30-6 p.m., Mirror, 2317 12th Ave. S.
- **Friday:**
9:30 a.m.-4 p.m., Martha's at the Plantation, 5025 Harding Road.



Arthur's Executive Chef Julio Orantes laughs with Marc Silverstein, host of *The Best Of* show Food Network, as Orantes prepares rack of lamb.

Bill O'Connell