

FOOD &amp; DRINK

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# Golden NUGGETS

Chefs get the Midas touch with sweetbreads: The luxe-level offal possesses an unctuous richness that's impossible to beat.

By Nevin Martell



## Chicken-Fried Veal Sweetbreads

**Honeysuckle** executive chef Hamilton Johnson is happy to give diners a seminar on sweetbreads' background. "People have sent the dish back saying, 'This isn't bread,'" he shares. He first marinates them in buttermilk, then coats them with flour and hot sauce.

They go into the deep fryer until they're crunchy on the outside and so smooth on the inside that they melt on the tongue. They're placed on a "risotto" of corn tossed with smoked corn butter, lavished with blueberry gastrique and topped with pickled chanterelles. Who needs bread? \$17, 1990 M St. NW, 202.659.1990, honeysuckledc.com

## Crisp Sweetbreads Veracruzana

At **Poca Madre**, executive chef Victor Albu creates what he considers to be elevated surf 'n' turf (pictured above). He couples seared scallops with golden-fried sweetbreads. He prefers pairing the latter with an acidic component. "I'm not a fan of compounding sweetbreads' richness with heavier sauces." So he places a thick tomato puree underneath the proteins. By adding charred tomatoes, capers, olives, poblano peppers, onions and cilantro, he lightens up the flavor profile. The results are a little bit country, a little bit seaside. \$22, 777 I St. NW, 202.838.5300, pocamadredc.com

## Pan-Roasted Sweetbreads

To get sweetbreads tender and tasty, **Zaytinya** concept chef Michael Costa brines them overnight before poaching them in milk aromatized with mirepoix, nutmeg and cumin. After a quick toss in flour, they're pan roasted with thyme and garlic—and plenty of butter, of course. "They're crispy on the outside and creamy with a lot of umami on the inside," says Costa. He complements the meaty morsels on the plate with mushroom-enhanced labneh, sauteed zucchini, hazelnuts, beef jerkylike pastirma and browned mushroom torshi (pickles). \$14, 701 Ninth St. NW, 202.638.0800, zaytinya.com

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