

OFF DUTY

# Southern Comfort

With his new restaurant, *Gianna*, chef (and cyclist) **Michael Kramer** is helping turn Greenville, SC, into a foodie destination. Here's how he makes the most of his downtime.

as told to **ADAM ERACE**



**SUPREME SUDS**

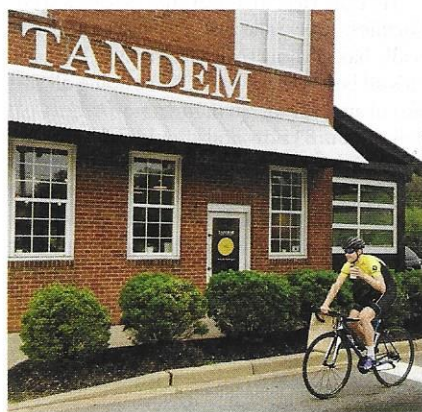
CHEAP BEER

I studied in England and stayed for five months afterward, traveling, racing bikes, and visiting breweries. I got so used to pilsners and lagers. I understand guys taking beer to other levels, doing wheats and raspberries and pumpkins and winters and falls and springs. But I'm a simple-beer guy, and I find nothing wrong with a PBR or a Miller High Life that wasn't made by somebody and his brother in a garage. Overly hopped beers are like overoaked chardonnays; they just don't do it for me.

**QUICK GETAWAY**

TRAVELERS REST, SC

It's this tiny town seven or eight miles outside Greenville. It started as a rest stop in the days of the horse and carriage between Greenville and Asheville, NC, and it has kind of blown up over the past few years. There are a bunch of independent little places for tacos and barbecue, and there's a creperie called Tandem, where a lot of guys will stop for a crepe and coffee on their way back from a bike ride.



**BETTER BBQ**

MUSTARD SAUCE

I moved to South Carolina from Texas, both big barbecue areas. I'm a pulled pork fan, and here in Carolina there are two schools of sauce: vinegar based and mustard based. Any barbecue place here typically has both, but I always go mustard. It's sweet and spicy, with more richness than what you get from the vinegar.



**NICE RICE**

CARNAROLI

For risotto, it's above arborio and cooks up much creamier. Add your stock slowly, and the rice is ready. A little butter and cheese—and really whip it into the pot to create the right texture. Some guys add cream at the end, but to me that's sacrilegious.