

SEATTLE POST-INTELLIGENCER

http://seattlepi.nwsourc.com/food/337381_dining31.html

On Dining: Hungry for a good scare? Try these haunts

Last updated October 30, 2007 5:23 p.m. PT

LESLIE KELLY

Happy Halloween! Now, get your mitt out of the candy dish for a sec. I have a few tricks and a treat or two.

Let's start with something spooky: forks missing, glasses tipped, stools mysteriously moved. Yes, the bone-chilling business of Seattle's most haunted restaurants.

Cue the blood-curdling scream.

Everybody and his Irish brother knows the oft-told tale of things going bump in the night at **Kell's**, the smashing pub where you can get your pasty on. You know, those gorgeous Cornish turnovers that were the miners' favorite repast while toiling deep underground. (Now there's a scary thought, huh?) It seems this fine establishment once was home to the city's first mortuary, and some of those who passed are said to have not quite made it to the other side.

That doesn't frighten owner Ethna McAleese, who says she's never seen any of the so-called spirits conjured by some ghost hunters.

"But if I did, I would say a prayer for them," she said. "They're not going to harm you. I'd be more afraid of some of the living around here, the people who might have guns or knives."

On the Friday night ghost tour of Capitol Hill haunts, Charlotte LeFevre said she has a special place on her program for her neighbor, the **Deluxe Bar and Grill** (625 Broadway E.) Besides the grill's killer mac-and-cheese, LeFevre is drawn to the venue's rich history.

"It was the first bar granted a liquor license in Seattle after Prohibition was repealed," said LeFevre, director of the Seattle Museum of the Mysteries.

One ghost story involves stools being moved and paper table tents on the floor after closing. At least one staff member reported running into a ghost in the basement, and others have heard doors closing when nobody else was in the place.

Yet the man who has run the place for 45 years has never seen a single sign of anything paranormal.

"I've heard stories, but have no way of verifying things," said Joe Rogel, now semi-retired. "Even when I used to work until 2 in the morning, the scariest thing that ever happened was when some guy attempted to come through the roof and rob the place."

I'll end this tale at the **College Inn Pub** (4006 University Way E.), home of the sandwich named for the house specter, Howard Bok.

"Howard was a sailor heading up to Alaska -- I'm not even sure when this was -- who was murdered

upstairs in the inn," said owner Shea Wilson. "He migrated down here to the pub and hangs out here with us."

Cool.

Glasses will clink for no reason, things will get moved around and the staff goodnaturedly chalks it up to old Howard.

So, since the '90s, there has been a Howard special on the menu: a bagel dog and a beer. Wilson doesn't know the origin of that combo.

"It's been on the menu before I started working here in 1995."

Maybe if they changed the special to something more appealing -- how about grilled salmon sandwich for the old fisherman? -- Howard would quit rattling his chains.

Field trip

I came home stuffed from last weekend's Southern Foodways Alliance symposium at the University of Mississippi in Oxford, where there were three days of academic discourse on subjects such as greens, cornbread, fried chicken, coconut cake and loads of eating and drinking in between the lectures.

There was a catfish feed, a Year of the Pig feast complete with a bacon forest -- pieces of crispy swine hanging from faux trees -- and the "breakfast of champions": peanuts dropped into bottles of Coke. Among the many moving moments: The 200-plus chefs, food writers, scholars and serious eaters from across the country sat rapt as Alice Waters delivered a firm, yet soft-spoken call to arms.

The celebrated chef at the famed Chez Panisse in Berkeley, Calif., is crisscrossing the country to promote her Edible Schoolyard project, the littlest hands-on program that teaches schoolkids to grow and prepare their own food. It's essential for the future of this planet, is how she put it.

So, how about it? The Edible Schoolyard seems like such a natural for this progressive part of the world. Is there anyone willing to get her hands dirty and plant the seed for this project? My thumb is brown, not green, but I would be willing to lift a pitchfork.

The local angle

Before I leave the South and head to Maui -- that's where I'll be when you read this, doing intensive field research on where to find the best mai tai -- I didn't have to look hard to find a Seattle thread in the rich tapestry of Oxford.

I just ordered the outstanding cured-meat plate at L&M Salumeria, lauded in the October issue of Gourmet magazine as one of the nation's best farm-to-table restaurants.

Chef Dan Latham learned to make finocchiona, coppa, pancetta, guanciale and the like from the master, Armandino Batali of Seattle's **Salumi**, when Latham worked for Armandino's son, celebrity chef Mario Batali, in New York in the 1990s.

Next time y'all are in William Faulkner's hometown, be sure to stop in L&M, y'hear!

Salute to veterans

Turns out there is such a thing as a free meal.

McCormick & Schmick's Seafood Restaurants nationwide will provide all U.S. military veterans a free entree on Veterans Day, Nov. 11. The four Seattle area locations are **McCormick & Schmick's Seafood Restaurant**, 1103 First Ave., (206-623-5500); **McCormick & Schmick's Harborside Restaurant** on Lake Union, 1200 Westlake Ave. N. (206-270-9052); **McCormick's Fish House & Bar**, 722 Fourth Ave. (206-682-3900), and **McCormick & Schmick's Seafood Restaurant**, 700 Bellevue Way N.E., Bellevue (425-454-2606).

Proof of military service is required. Reservations are essential.

Send restaurant news to Leslie Kelly at leslie.dines@gmail.com or weigh in on her blog at lesliekellywhininganddining.blogspot.com.

© 1998-2007 *Seattle Post-Intelligencer*