

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

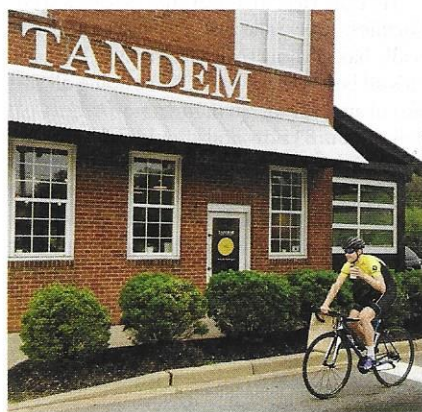
CHEAP BEER

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.