

perrone's

restaurant • tapas bar

“world cuisine with a mediterranean focus”



“great restaurants are, of course, nothing but mouth-brothels. there is no point in going to them if one intends to keep one's belt buckled”

- frederic raphael

welcome to perrone's

our restaurant and menu will always be a work in progress, continuously evolving and changing with the goal of creating one of the area's most unique, exciting and delicious food experiences

so relax, have a cocktail, peruse our offerings, be adventurous and embrace your dining experience

"perrone's, not the same old same old"

thank you,

eileen perrone • *general manager/owner*

steve perrone • *executive chef/owner/food whisperer*

sous-chef de cuisine • **james sharp** *chef de partie* • **justin klem**
grillardin/friturier • **kenneth gainey** *garde manger* • **justin lollar**

here at perrone's we care very much about the quality of the product we serve. we source out only the best available proteins from all over the country. although the cost is a little more than most restaurants need to or are willing to pay, we feel that the need to support these businesses that go above and beyond as well as the concern for our customer is well worth it.

• **our purveyors** •

island spice company • *organic micro greens, oyster mushrooms* • **pawleys island**

seven seas seafood • *mahi, snowy, red and black grouper* • **murrels inlet, s.c.** *seven seas has their own fleet of boats and harvest 80% of all the grouper in south carolina*

millgrove farms • *pasture raised eggs for crème brulee* • *organic produce* • **georgetown, s.c.**

manchester farms • *quail eggs* • **columbia, south carolina** • *100% natural, no pesticides, no growth hormones* •

palmetto pigeon farm • *poussin* • **sumter, south carolina** • *all natural • no antibiotics • no growth hormones • 100% vegetable diet • farm-raised under stress free conditions*

b&j seafood • *fresh picked jumbo crab • shrimp • mahi* • **new bern, n.c.**

northern fish • *fresh dry pack (no phosphates) scallops* • **new bedford, mass.** *(flown in local)*

painted hills • *beef* • **wheeler county, oregon** • *upper choice black angus • all natural • no antibiotics • no growth hormones • 100% vegetarian diet (locally grown barley, non genetically modified corn and alfalfa) • humane animal husbandry*

berkwood farms • *pork chop* • **des moines, iowa** • *certified berkshire (kurobuta) pork • 100% producer owned • all natural • hand inspected • 100% vegetable diet • no growth hormones • no antibiotics • farm-raised under stress free conditions • no confined spaces • humane animal husbandry • ecologically sustainable farms*

beeler's • *pig ears • pork roast for kim chee eggrolls • bratwurst* • **le mars, iowa** • *msg and nitrate free • all natural • no antibiotics • no growth hormones • 100% vegetarian diet • cage free 'heluka' farming ('heluka' is an all inclusive proprietary system focusing on pig comfort, welfare and genetics)*

maple leaf farms • *duck breast* • **leesburg, indiana** • *no antibiotics • no growth hormones • 100% vegetarian diet*

*** sous vide cooking f.a.q.**
(*soo-veed*; french; "under vacuum")

what is sous vide cooking? : it is a method of cooking food vacuum sealed in an airtight plastic bag in a water bath for longer than normal cooking times • 72 hours in some cases (*as with our beef short ribs*) • at an accurately regulated temperature much lower than normally used for cooking, typically around 54.4°C (130°F) to 61.1°C (142°F) for meats and higher 84°C (183°F) for vegetables.

what is the history of sous vide? : the modern era of sous vide began in the early 1970s when food researchers and chefs in france searched for a way to reduce product loss when cooking foie gras. they found that by cooking foie gras sous vide, much higher yield and improved texture could be achieved.

is it safe to cook in plastic? : according to the latest research, the safest plastics for use with food are high-density polyethylene, low-density polyethylene, and polypropylene. virtually all sous vide bags are made from these plastics (the inner layer of our sous vide bags is polyethylene). most name brand food storage bags and plastic wraps such as saran wrap are also made from safe plastics like polyethylene. it's our opinion, after an extensive review of the scientific literature, that concerns about the safety of sous vide bags are misplaced.

what are the benefits of sous vide cooking? : foods can be pasteurized and made safe at lower temperatures, so that it doesn't have to be cooked well done to be safe.

- the temperature controlled environment allows the entire item to cook evenly.
- allows for perfect, repeatable results every time.
- the flavor is locked in and its essence is amplified as the food cooks in its own natural juices.

it looks under cooked, why is it red? : because of the "low and slow" cooking method some of the redness in the proteins (**ie: poussin, duck breast, lamb chops, short ribs and pork**) will remain. upon opening the protein from its oxygen free environment and exposing it to oxygen it will get even redder. it is not undercooked, and you will not get sick. sous vide cooking is a combination of time and temperature where the end result is pasteurization. the cooked texture will become evident when you chew it.

why is there no smoke coming off my protein? : the proteins are finished at lower temperatures, from 130°F (strip, duck) to 142°F (pork, ribs) they are **warm**, not hot red centers.

i don't like my meat med rare can I get my protein cooked more to med or med well or well? : sorry, the answer is **no**. the proteins are cooked at specific temperatures in the water bath before they are seared. we cannot cook something more that has already been cooked. the only way to do that would be to raise the water bath temperature at the beginning of the 2½ hour cooking process (meaning changing the setting of 130°F for medium-rare in the ny strip tank temperature to 147°F for medium well). that's not an option.

why can't you just leave it on the grill longer? : we quick sear on cast iron at a very high temperature (650°F) to brown and develop exterior flavor. heating your protein on the grill or over searing it to further cook the interior will just destroy the quality that we painstakingly try to maintain. **please do not get mad**. it is not that we don't care what you want, this is done this way because **we do** care about what we serve.

sample menu - updated periodically
last menu update 02-24-16
(items and prices are subject to change)

dinner

• soup and salad •

• crab soup (gf)

fresh handpicked, north carolina lump blue crab, aromatic broth, sautéed leeks, oven roasted roma tomatoes, touch of heavy cream • 10

• mulligatawny soup

a british soup of indian origin. our own east indian curry spice blend, coconut milk, vegetable stock, onions, celery, potatoes, carrots, tomatoes, and lemon. pureed and thickened with crimson lentils, finished with cilantro, yogurt and garam masala • 7

• caesar*

chopped romaine hearts, house made anchovy and pasteurized egg dressing, grated parmigiano reggiano, panko crunch • 8

• blue salad * ⚠

*raw milk **'buttermilk blue'** wisconsin blue cheese, crisp romaine hearts, roma tomatoes, organic berkshire bacon, fresh chives, panko crunch • 10*

• beet and arugula

poached organic red and golden beets, baby arugula, vermont goat cheese, pickled mustard seed, house made fig and aged sherry dressing, e.v.o., panko crunch • 12

**“it’s so beautifully arranged on the plate you know
someone’s fingers have been all over it.”**

— julia child

• **starters** •

• **kimchi eggrolls**

ground pork, house made kimchi, (fermented napa cabbage, bok choy, korean chilies, fresh ginger, scallions, carrots, garlic) asian pear and apple bbq dipping sauce • 8

• **gambas al ajillo (a-hee-yo)**

*pan seared local shrimp, e.v.o., **garlic**, fino sherry, butter, lemon, hot chilies, sweet smoked paprika, fresh thyme, italian parsley, fleur de sel, grilled bread • 12*

• **piquillo peppers (gf)**

seared sweet, smoky spanish peppers stuffed with goat cheese, rosemary, thyme and lemon zest, frisee, basil oil, pedro ximinez 15 year old sherry gastrique • 10

• **tuna crudo**

yellowfin tuna, fresh lime juice, mizunara oak whisky barrel aged shoyu, sriracha, small batch, bourbon barrel aged fish sauce, garlic, black sesame oil, black and white sesame seeds, honey, local radish microgreens, shrimp crisp • 14

• **spicy calamari and shrimp bruschetta ***

local shrimp, calamari, garlic, capers, kalamata olive, rosemary, italian parsley, semi dried tomatoes, red pepper flakes, currants, pine nuts, with lemon zest, basil oil and tomato coulis, on grilled french bread • 12

• **escargot ***

fresh garlic, shallots, white wine, cognac, parsley and butter served au gratin in classic baking dish • 10

• **bangkok mussels (gf)**

prince edward island mussels, garlic, white wine, coconut milk, lime, thai chilies, lemon grass, ginger, cilantro, kaffir lime leaf • 12

• **steak tartare * ⚠**

***painted hills** upper choice black angus new york strip, classic french bistro style served with a fresh quail egg yolk and toasted french baguette slices • 14*

“fish is the only food that is considered spoiled once it smells like itself.”

— p.j. o’rourke

• **large plates** •

• **fresh catch** •

pan seared local golden tile over fregola sarda with oven roasted tomatoes, roasted red pepper and preserved lemon sauce, local radish microgreens • 32

• **lobster risotto** • (gf)

6 oz. sous vide, butter poached maine cold water lobster tail, fresh asparagus, shiitake mushrooms, oven roasted roma tomatoes, white wine, garlic, cream, parmigiano reggiano, lemon zest, arborio rice • 28*

• **peruvian tuna causa (cow - sa)** • (gf) ⚠

grilled yellow fin tuna on whipped yukon potatoes with yellow hot pepper paste, topped with a vinaigrette with spanish piquillo peppers, grilled and steamed artichokes, kalamata, lucque olives, semi dried tomatoes, grilled yellow peppers, roasted garlic • 32
(tuna is grilled rare, vinaigrette and potatoes are served room temperature)

• **spicy spaghetti shrimp and scallops** •

local shrimp, georges banks scallops, garlic, chilies, shallots, red onion, wilted arugula, roasted romas, scallions, preserved lemon, shrimp stock • 26

• **moroccan poussin** • (gf)

local sumter, s.c. all natural, farm raised young chicken, cooked sous vide, cast iron pan seared, served on sardinian fregola, with garlic, saffron, dried apricots, lucque olives, cardamom, ginger, cinnamon, coriander, preserved lemon, and tomatoes • 24*

• **duck breast** • (gf)

cherry wood smoked, cooked sous vide med rare, cast iron seared, veal and dried cherry-port demi glace, fig molasses drizzle, brown rice, black barley, daikon radish seed and currants, 'sous vide' baby carrots with agave • 26*
(due to the cooking style and quality of the meat, medium through well is not an option)

• **pork chop** • (gf)

handcut, berkwood farms bone-in berkshire pork chop cooked sous vide medium, cast iron seared, corn pudding, roasted brussel sprouts with berkshire bacon, tasso ham gravy • 28*
(due to the cooking style and quality of the meat, medium through well is not an option)

⚠ according to our good friends at the health department,
consuming raw milk cheeses, raw or undercooked meats, poultry, shellfish or eggs
may increase your risk of food borne illness, especially if you have certain medical conditions

• **more large plates** •

• **filet mignon** • * ⚠

center cut, fresh, upper choice black angus, cast iron seared med rare (slightly warm red center), buttermilk blue cheese, port and raspberry veal demi-glace reduction, two potato mash, crispy shallots, grilled asparagus • **34**
(due to the cooking style and quality of the meat, medium through well is not an option)

• **lamb chops** • (gf)

1/2 rack of lamb marinated with garlic, molasses, orange zest, fresh mint, toasted fennel and aged sherry vinegar, sous vide* **med rare**, (slightly warm red center), grilled, yukon warm potato salad with grilled corn, green onions, piquillo pepper and smoked paprika aioli, north african harisa • **29**
(due to the cooking style and quality of the meat, medium through well is not an option)

• **130° steak frites (14 oz)** • *

all natural painted hills upper choice black angus new york strip, handcut, cooked sous vide* to med rare, (**barely warm red center**), cast iron seared, fleur de sel butter, red wine bordelaise, smoked potato fries • **42**
(due to the cooking style and quality of the meat, medium through well is not an option)

• add 6 oz butter poached, maine lobster tail to any entrée (gf)
(small plates or large plates) • **12**

*en·trée : /än,trä, än'trā/

noun 1. north american - *the main course of a meal.* (not for a salad that you are eating for dinner, not for an appetizer you are eating for dinner. not for you to trick us into giving to your partner to eat on their salad or appetizer. you do realize we see you, right? *you* are free to order the lobster tail for \$18.00. thanks!)

• **small plates** • (smaller portion of protein)

• **crab cake** •

pan sautéed north carolina jumbo lump crabmeat, butternut squash puree, wilted spinach, whole grain mustard sauce, fried carrot zest garnish • **21**

• **swordfish** •

marinated in sake and mirin, grilled medium rare, black forbidden rice, baby bok choy, tepid sake, miso-mustard and chile sauce • **21**

• **iberico bellota pork tenderloin** • (gf)

fermin iberico bellota pork, grilled medium rare, served with a sauté of spinach, gala apple, golden raisins and currants, finished with brandy, agave, apple cider and cream reduction, pine nuts and berkshire bacon garnish • **26**
(due to the cooking style and quality of the meat, medium through well is not an option)

* can be made gluten free



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