



Flatted Fifth
by Rich Belmont

Musicians will tell you the Tritone known as the Devil's Interval is called the Flatted Fifth. It is a discordant or dissonant sound that is quite unexpected when listening to otherwise harmonious music.

Flatted Fifth is an appropriate name for the new restaurant opened August 1, 2014 in the Potter's Mill, Bellevue, IA. When you hear the Devil's Interval it is so different and unexpected and yet so enticing. Just like the discovery of great BBQ, Southern food, Blues and Jazz music inside a 171 year old gristmill in Eastern Iowa.



Potter's Mill, which is on the National Register of Historic Places, was established in 1843 by Elbridge Gerry Potter making it the oldest flour mill in Iowa. It began operating in 1845, was powered by an overshot waterwheel installed in what

became known as Big Mill Creek, and began selling flour under the Jasper brand name. The mill was operated over the years by several different owners. It ceased producing flour in 1969.



It is currently owned by Dr. Daryll and Carolyn Eggers who purchased it at auction in 1980 and completely restored it.

Flatted Fifth is owned by Mark & Rachel Herman. Mark was a management consultant and church

business administrator before becoming General Manager at Flatted Fifth. His wife, Rachel, MS, RN, CNP was and still is an instructor and Clinical Placement Coordinator at Winona State University, Rochester, MN campus. Rachel books the music venues for the restaurant and is usually the Hostess on Friday and Saturday nights.

Mark and Rachel are living their dream: capturing the soul of a Mississippi River City by providing the BBQ and Blues of Memphis and the Southern cuisine and Jazz of New Orleans. They maintain a full bar with 7 brews on tap and over 34 beers in bottles. The second floor is used for banquets and wedding receptions and the third and fourth floors are a 4 room bed and breakfast. It's a great place to stay if you don't want to drive anywhere after listening to some wonderful music. Or perhaps you just want to hang out in the historic City of Bellevue, home of Bellevue State Park and Lock and Dam No.12 on the Mississippi River.

Flatted Fifth is all about Blues and Jazz on weekends. However, the focus every day is on great tasting smoked BBQ and New Orleans style Southern cooking. (By the way, Louisiana natives call their most famous city Noo AWL-lunz and frequently refer to it as NOLA for New Orleans, Louisiana.)

I cannot say enough good things about Flatted Fifth's NOLA cuisine. It is excellent and is the accomplishment of a truly talented and creative chef. Executive Chef Andrew Weis is a



2006 graduate of Le Cordon Bleu College of Culinary Arts in Mendota Heights, MN. He was a chef at Eagle Ridge Resort, Bittersweet on the Bluff and Woodfire Grill in the Diamond Jo Casino before becoming Executive Chef at Hotel Julien Dubuque. When he accepted the position of Executive

Chef at Flatted Fifth he came full circle having started his cooking career in the very same kitchen as a Potter's Mill prep cook in 2002.



Chef Drew has received many accolades for creating extraordinary tastes. Recently he received both the Professional Panel and People's Choice Culinary Awards at the Iowa Restaurant Association's Dine Iowa Grand Tasting Gala.

When you dine at Flatted Fifth you are missing out if you don't start your meal with one of Chef Drew's appetizers. Try the Fried Pickles: quick process pickles otherwise known as 8 hour pickles are used. Basically they are cucumbers, coated in a thin batter and fried just long enough so they don't dry out. The Fried Green Tomatoes are awesome! Slices of green tomatoes are hand breaded, fried and topped with Comeback Sauce and chilled crab meat salad.

Both the pickles and the green tomatoes are served with an impressive homemade Comeback Sauce. You say you have never heard of Mississippi Comeback Sauce? It's a cross between a rémoulade (ray-moo-lahd) and Thousand Island dressing made with mayo, sweet chili sauce, ketchup, mustard, vegetable oil and Worcestershire.

The Smoked Salmon is also exceptional. Jail Island Atlantic Salmon are farm raised in their natural environment in the Bay of Fundy between the provinces of New Brunswick and Nova Scotia on Canada's east coast.



My favorite appetizer is the Pork Belly Cracklings. These are cubes cut from uncured pork belly. The pork is simmered to render out most of the fat and then is deep fried in very hot oil. These cubes are not to be confused with bacon rinds which are also called

cracklings but are fried pig skins that puff up during cooking. Fun Fact: Pork Belly is uncured, Pancetta is cured and Bacon is cured and smoked. Prosciutto is a cured ham and is not at all like bacon.

The Smoked Meats are all tremendous. Pork Shoulder, Saint Louis Style hand trimmed Rib Racks, Angus Brisket and Marinated Half-Chickens are all hand rubbed with Chef Drew's special dry rub made from his own blend of seasonings.

The smoke is derived from food grade hickory wood pellets. They do not contain fillers or binders that might contaminate the food. The pellets are automatically fed into the smoker as needed which is helpful in allowing the meats to cook at controlled temperatures. In the hands of a skilled chef the meat remains tender and juicy and the use of a wet mop or sop is not required.

I have also found the BBQ sauces are not needed either because all the meats are so good without them. However, the three sauces are homemade and they are all terrific. They are:

- Vinegar - Ketchup and vinegar based especially tasty on pulled pork.
- Red BBQ -Tomato with a little sweet and just a touch of heat.
- Mustard - Smooth golden mustard with a little black pepper and lightly sweetened with brown sugar.

The smoked dinners come with cornbread muffins. They are drizzled with honey and are quite tasty. In case you are wondering about the colors in the muffins they are bits of red



bell pepper and parsley giving them a festive appearance.

The side dishes include Baked Beans, Potato Salad, and Red Beans & Rice. The French Fries are unusual because they are sprinkled with a smoked seasoning. I recommend the Corn Maque Choux (mock-shoe). This dish contains corn, green bell pepper, tomatoes and onions braised in a pot with chicken stock.

The Southern Specialties are all New Orleans Style comfort food and are outstanding. The Shrimp and Cheesy Grits contain a number of sautéed shrimp in a light sauce on top of roasted vegetables and White Cheddar Cheese Grits. The Chicken Pot Pie contains smoked chicken in a filling of onions, celery, carrots, peas



and corn. On a recent visit Julie, one of my taste testers, said she really enjoyed the New Orleans Bouillabaisse (boo-yah-behss): a stew of tomato broth and onions, tomato, white wine, olive oil, garlic and saffron and fresh scallops, shrimp, little neck clams and whitefish.

Other taste testers raved about the Jambalaya, Red Beans & Rice containing smoked rope pork sausage and andouille (an-DOO-ee) sausage and Blackened Catfish fillet topped with crab meat and lightly drizzled with Béarnaise sauce.

Then there are two chicken dinners I highly recommend: Chicken Étouffée (ay-TOO-fay). A breast in a creamy roux of butter and flour and chopped celery, onions and green bell peppers (the holy trinity) served over a bed of rice. And Chicken Tchoupitoulis (chop-a-two-liss). This one has 2 blacked chicken breasts served over diced potatoes, smoked ham, onions and peppers and topped with Béarnaise sauce.

After enjoying a sumptuous meal you just have to finish it off with a scrumptious dessert. During our tasting session we enjoyed Cherry Cobbler, Bourbon Bread Pudding and an Ice Cream Sandwich (actually this last one was a bowl of very rich ice cream and two chocolate chip cookies!)

On weekend evenings I encourage you to visit Flatted Fifth and come for the food and stay for the music!

Flatted Fifth Blues & BBQ at Potter's Mill

300 Potter Drive, Bellevue, IA 52031
563-872-3838 PottersMill.Net

HOURS: Bar: 7 Days: 11am - Close

Kitchen: Sun - Thu, Lunch: 11 a.m. - 2 p.m.,
Dinner: 5 - 8 p.m.

Fri - Sat, Lunch: 11 a.m. - 2 p.m. Dinner: 5 - 9 p.m.

DINING STYLE: Come as you are

NOISE LEVEL: Conversational

RECOMMENDATIONS: Fried Green Tomatoes; Pork Belly Cracklings; Burnt Ends; Rib Tips, Gumbo or Soup of the Day; Po' Boy; Blackened Catfish; BBQ Chicken & Pulled Pork Sandwiches; Corn Bread; Corn Maque Choux; Pulled Pork, St. Louis Style Ribs & Brisket Dinners; New Orleans Bouillabaisse; Chicken Tchoupitoulas; Chicken & Sausage Jambalaya

LIQUOR SERVICE: Full Bar

PRICES: Lunch: \$6.99 - \$9.99 Dinner: \$12.99 - \$16.99

PAY OPTIONS: Cash, Local Checks, Debit Cards, All Credit

ACCESSIBILITY: Front Door & Restrooms

KIDS POLICY: Menu; High Chairs; Booster Seats

RESERVATIONS: Yes **CATERING:** Yes **TAKE OUT:** Yes

DELIVERY: No **PARKING:** Private Lot

