

# The Five Quintessential “Power” Foods

THE ART OF THE MEAL.

BY BRIAN HUGHES PHOTOGRAPHY BY SRQ STUDIO

When it came time for Michael Corleone to take over the family business, it happened over one of most famous—and shortest—meals in Hollywood history (let’s just say it ended badly for the competition). And while you’ll no doubt look to make a different kind of killing at your next power meal, the principal remains the same. Deals are made and brokered at the table, where sustenance prepares you for the work ahead and the communion of the table forges relationships on the fire of the hearth.

## THE BREAKFAST WITH CLOUT: POWER WRAP

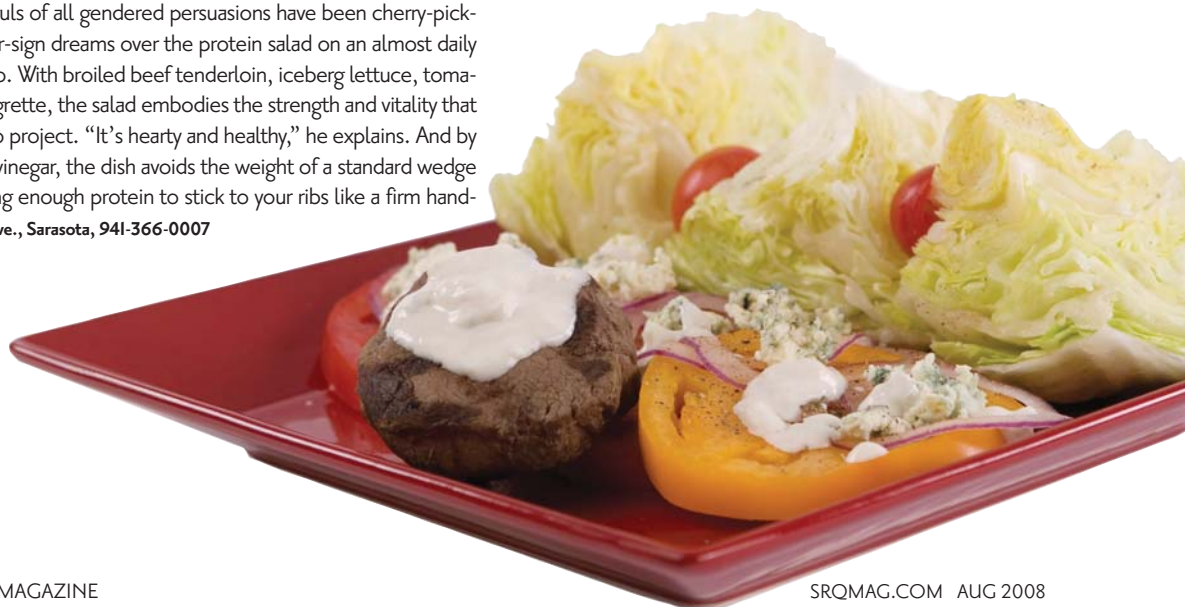
RISE, SHINE AND CONQUER AT:  
FIRST WATCH

Some meals should be served with a side of Blackberry. For those days when you want to get a jump on the competition, checking emails in the rays of a dawning sun, the First Watch Power Wrap is the perfect early starter. This lean, mean and green day-starter puts fluffy egg whites, lightly smoked diced turkey, medium white mushrooms, Swiss cheese and spinach on a sun-dried tomato basil tortilla with from-scratch salsa. “A wrap is perfect for providing low fat and low calorie [food] with variety,” says Abby Albaum of First Watch. Between yoga, jogging and office, this repast will launch your day at work like those first golden-white rays skiffing across the surface of the bay. **First Watch, 1395 Main St., Sarasota, 941-954-1395; First Watch, 8306 Market St., Lakewood Ranch, 941-907-6657; First Watch, 8383 S. Tamiami Trl., Sarasota, 941-923-6754**

## THE LUNCH WITH CLOUT: STEAKHOUSE SALAD

SHAKE HANDS OVER LUNCH AT: MICHAEL’S ON EAST

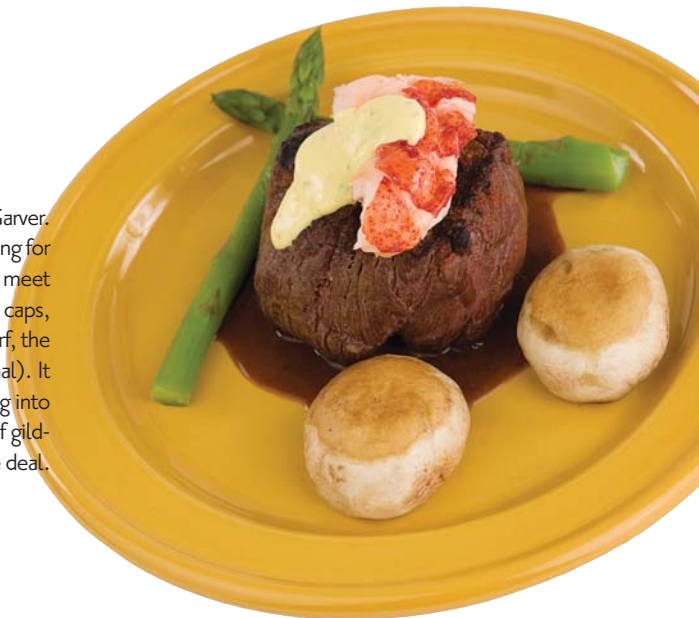
Brian Leach, general manager at Michael’s On East, considers their Steakhouse Salad to be a “gentleman’s meal.” But moguls of all gendered persuasions have been cherry-picking their boards and hatching dollar-sign dreams over the protein salad on an almost daily basis since it debuted two years ago. With broiled beef tenderloin, iceberg lettuce, tomatoes, onions and bleu cheese vinaigrette, the salad embodies the strength and vitality that Leach says business people want to project. “It’s hearty and healthy,” he explains. And by blending bleu cheese with oil and vinegar, the dish avoids the weight of a standard wedge salad’s dressing, while still providing enough protein to stick to your ribs like a firm handshake. **Michael’s on East, 1212 S. East Ave., Sarasota, 941-366-0007**



**THE DINNER WITH CLOUT: STEAK À LA LOBSTER**  
 BY SEA, BY LAND, BY: HYDE PARK PRIME STEAKHOUSE

Sure, “there’s a traditional surf and turf,” says Hyde Park General Manager Scott Garver. “That’s old school. Anybody can get a lobster tail and a steak. This generation is looking for something more cutting-edge but still speaking to the client as sophisticated.” To meet that demand, Hyde Park has created its Steak à la Lobster, served with mushroom caps, asparagus and a béarnaise sauce. This is the steampunk version of the power surf ‘n turf, the culinary equivalent to molecular gastronomy on a vintage dirigible (monocle optional). It shows affection for the affectations of the past, with a commitment to dive headlong into the strangeness of the days at hand. If you or your client has simultaneous fantasies of gilded-age dining rooms and neon-lit metro steakhouses, this one is sure to help seal the deal.

Hyde Park Prime Steakhouse, 35 S. Lemon Ave., Sarasota, 941-366-7788



**THE DRINK WITH CLOUT: LAPHROAIG 10-YEAR SCOTCH WHISKY**  
 POWER UP AT: POLO GRILL AND BAR

Nothing says “tycoon” quite like a glass of aged Scotch whisky, and when you’re carving up the wilds of your own West or hammering out the kinks in your own Bronx Expressway, not just any old bourbon will do. Laphroaig 10-Year is prepared using peat fires to dry its barley, giving it distinctly murky and mature flavor and aroma. Ordering it will communicate both discernment and a sort of gender-neutral machismo that will make you want to stuff your hands into a waistcoat and pull out a stogie. So whether you’re celebrating a deal or just trying to loosen up a potential client, this power spirit will demonstrate expertise and discernment, two assets you can’t buy retail. Polo Grill and Bar, 10670 Boardwalk Loop, Lakewood Ranch, 941-782-0899



**THE DESSERT WITH CLOUT: CHOCOLATE SOUFFLÉ**  
 KEEP THE APPOINTMENT AT: CORK

In business, punctuality is key. And what better way to demonstrate that dedication than with a dessert that demands to-the-minute timing? A soufflé order shows planning and time management. It also shows that you’re already doing well enough to linger an extra 30 minutes over dessert. “I think there’s a mystique attached to soufflés,” says Cork Executive Chef and Managing Partner Jeff Trefry. “It’s a very complicated thing to pull off.” So don’t think of it as just a decadent, chocolaty indulgence. Think of it as “managing expectations.” Cork, 29 N. Blvd. of the Presidents, St. Armands, 941-388-CORK



Opposite page: Sur la Table yellow dinner plate, \$11 and yellow dipping bowl, \$4. Waechersbach red square plate, \$23. This page: Emile Henry yellow serving plate, \$19. Schott Zwiesel glass, \$9. Le Creuset Stoneware mini round soufflé dish, \$18. All dishware available at Sur La Table, 22 N. Lemon Ave., Sarasota, 941-365-0380