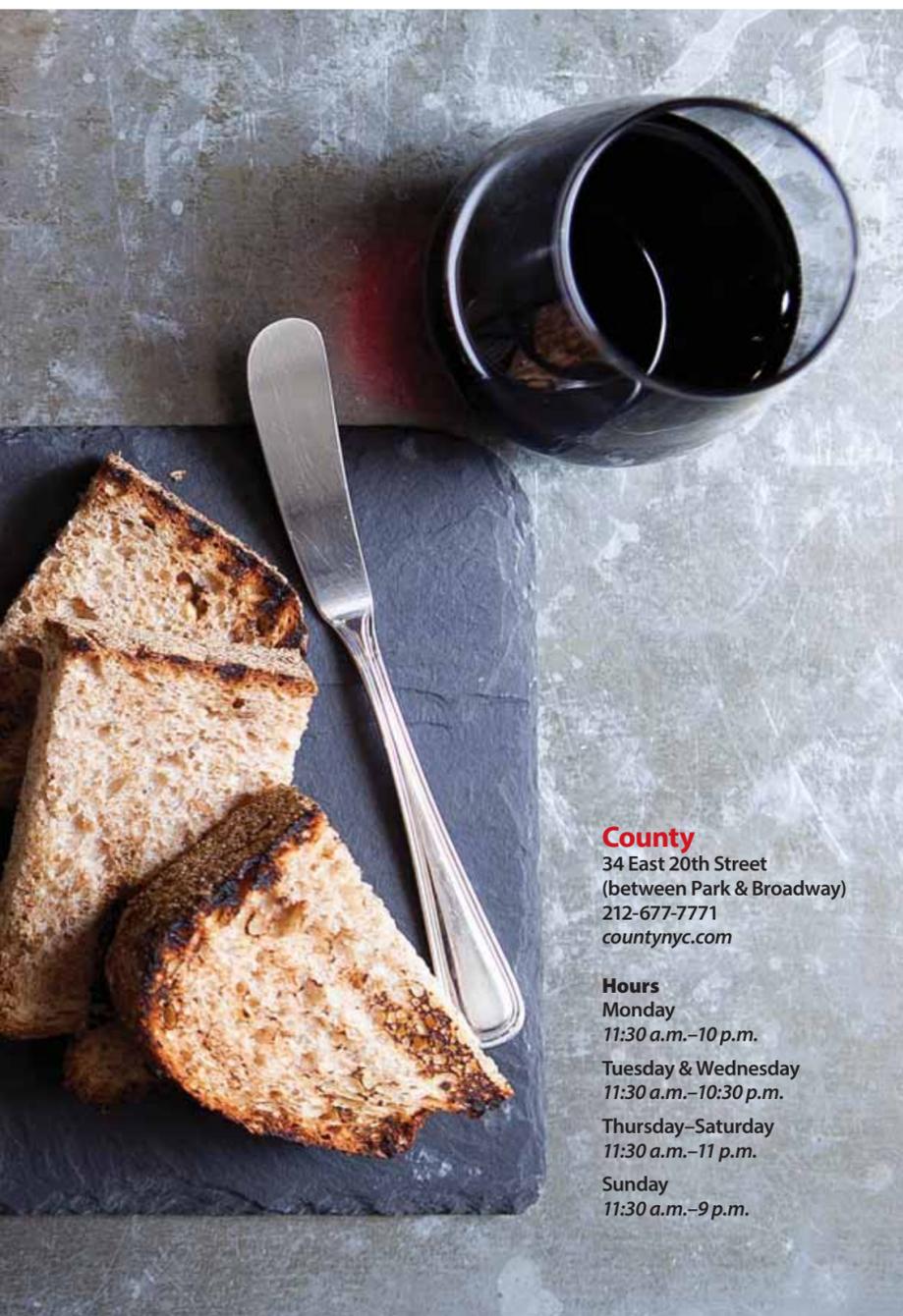




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County
34 East 20th Street
(between Park & Broadway)
212-677-7771
countynyc.com

Hours
Monday
11:30 a.m.–10 p.m.
Tuesday & Wednesday
11:30 a.m.–10:30 p.m.
Thursday–Saturday
11:30 a.m.–11 p.m.
Sunday
11:30 a.m.–9 p.m.

ALL PHOTOS BY SAMIRA BOUAOU/EPOCH TIMES



Saffron ice cream with pistachios.

than pile heavy starches on, the idea is to cut the fat—both to balance flavor, but also to offer something healthier.

“The philosophy of the food is that it’s so full of flavors, and it’s clean, and it’s good for you, that you’re not eating more for the taste,” Polo said. “It’s nice to feel satiated by the flavors and texture of the food but you don’t have to eat more. If you have something really good, you’re not craving junky things, but it needs to be flavorful and clean from that standpoint.”

Feshan makes use of fruit- or vegetable-based purées, rather than creams, chicken stock, or reductions in the vast majority of dishes. “I just try to make it as healthy as possible. Sometimes I can-

not change it. I cannot get the fat out of it, or I cannot say I can make ricotta out of air; it’s not going to happen. I try to make it as healthy as possible.”

Healthy it is, but full of flavors as well, whose sometimes unusual combinations truly do make you slow down and linger.

An ethos of enjoying the present here and now is alive and well at County. “My Zen teacher says you have to meet people where they’re at, to be with what is. I think it’s so much of what we all struggle with. People obsess over what they wish things were,” said Polo, “This is what it is. This is what it is for today. This is what the market has today. Let’s see if we can find something wonderful and creative to do with that.”



The walls are made of repurposed barn sidings.

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