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Willow Chef Tracy O’Grady in Washington, D.C. Is First to Debut New Pork Cut

“Tracy’s Rib Rack” Previewed During National Restaurant Show in Chicago

ARLINGTON, Va. (June 19, 2007) - - - Chef Tracy O’Grady of Willow is always adding new dishes to her restaurant’s menu, but now she is showcasing an extremely unique entrée that features a new cut of pork she developed. **“Tracy’s Rib Rack”** is a Miniature Berkshire Rack of Pork Crusted with house made sausage, served with creamy salsify and roasted cipollini onions and smokey ham hock jus. O’Grady worked intensely for two years on creating this cut. Recently she previewed it to over 800 guests at *Food Arts* magazine’s barbecue during the National Restaurant Show in Chicago. At this invitation only event, each guest was served their rib chop with a pink tag shaped like a pig tied to the meat with the words, “Tracy’s Rib Rack.”

“Tracy’s Rib Rack” is a petit frenched rib chop from the first four bones of the bone-in loin section from the flavorful chuck area. The trim from frenching the bones is used for the sausage. At retail this cut is called country ribs, but the bones are not frenched. At the *Food Arts* event, **Arrowhead Specialty Meats** of Kansas City supplied all the Berkshire pork, which was from Berkridge, an Iowa meat company. Arrowhead president John Telge said, “First, I love the fact that this cut comes from the chuck area, because I believe that meat from this area is particularly flavorful. Add the fact that chef O’Grady utilized Berkshire pork, and you get even more depth of flavor. That she frenched the bones and used the trim for the sausage, speaks to her tremendous creativity as a chef.”

Michael Batterberry, editor-in-chief and publisher of *Food Arts* magazine had this to say about chef O’Grady’s pork dish, which he was able to sample at the barbecue his publication hosted in Chicago, “Chefs are always on the look-out for new dishes, ingredients and techniques to bring fresh life to their menus and engage their customers. *Tracy’s Rib Rack*, a new rib cut, has the additional appeal of tapping into several current food trends. Smaller than a traditional rack of pork, it expands a chef’s arsenal of ingredients to fit the popular trend of serving mini presentations of food, rather than in customary sizes. Served as a single portion, a pork rib rack makes a customer feel “This is just for me!”, which corresponds to another durable trend - the “have it your way” bow to customization. On top of this, Chef O’Grady’s recipe for this cut illustrates yet another trend wherein a featured single ingredient appears in different guises on the same plate, in this case a pork rib surrounded by pork sausage. And topping it off, her recipe is completely in sync with the widening awareness of sustainability, in the sense that it resourcefully and imaginatively makes use of every scrap of meat salvaged from the trim.”

Chef O’Grady has always had a passion for cooking, but transitioned into the restaurant industry only after completing her academic studies. After college, she trained in the kitchen of Le Pavilion in Washington, D.C., and became the pastry chef. O’Grady then went on to work at Galileo where she broadened her culinary talents, before accepting the sous chef position at the prestigious Kinkead’s in Washington, D.C. Working alongside chef/owner Bob Kinkead, O’Grady further developed her expertise and earned a promotion to executive chef. She has had the extreme honor of representing the United States at the world renowned Bocuse d’Or cooking competition in Lyon, France, has participated in James Beard events, appeared on the NBC *Today Show*, and been featured for her culinary talent in several prominent magazines.

Opening Willow was the realization of O'Grady's lifelong dream and she has developed a signature cuisine, modern continental, a new interpretation on French and northern Italian cuisine.

Willow is open Monday through Saturday for dinner from 5:30 to 11 p.m. and lunch service is from 11:30 a.m. to 2:30 p.m. The restaurant is located at 4301 N. Fairfax Drive in Arlington, Va. Visit the restaurant online at www.willowva.com.

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