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SUE GLEITER

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Get fired up for pizzeria, wine bar

Cork & Fork pizzeria and wine bar will open in September in Harrisburg.

The restaurant, owned by Nick Laus who operates Home 231, Level 2 and Cafe Fresco Downtown in Harrisburg, is under construction at the corner of North Second and State streets.

The 50-seat Cork & Fork will focus on innovative pizzas, meat and cheese boards, pastas, salads and wine. Most items will be priced in the \$8 to \$10

range, Laus said.

The casual restaurant will have an open floor plan with a dining room, bar and mezzanine, as well

ON PAGE B8

- » Panera to open in Lower Paxton Twp.
- » Wine Spectator winners

as outdoor seating. Diners also will be able to order craft beers and handcrafted cocktails.

"I think downtown is on the rebound. With the new mayor, there's new energy," Laus said.

Laus is known for borrowing restaurant concepts from nearby metropolitan areas such as Philadelphia and bringing them to Harrisburg. He also owns Italian Pizza & Subs in Swatara Twp., a restaurant his family has operated for several years.

Unlike the suburban pizza shop, Laus said pizzas at Cork & Fork will be baked in an 850-degree oven and feature innovative toppings, such as veal meatballs. Mozzarella and pasta will be made on the premises, and many of the ingredients will be sourced locally, Laus said.

As for the wine, the selection will vary from Spanish and French wines to California varietals, with about 21 wines available by the glass.

The idea is that diners will stop in for a glass of wine and order two or three items to share, Laus said.

The restaurant's general manager, Josue Osorto, said the restaurant will be open for lunch and dinner. He described the food as "more on the simple side."

Cork & Fork was the second big restaurant announcement last week in the city. Stock's on 2nd owners Stephen and KJ Weinstock announced they are reformatting their 16-year-old restaurant into a farm-to-fork gastropub with a whiskey bar. It's due to open the first weekend in August.

Captain Don's pushes back opening date at TecPort

Captain Don's Seafood in Swatara Twp. is probably the most anticipated restaurant opening this year in the midstate.

Please see **WORD** on Page B8

When Life hands you

LEMONS

Make

LEMONADE

Lemonade: Summer's main squeeze. Get just the right blend of sweet and tart; then sit back and chill.

By Elizabeth Karmel | The Associated Press

Lemonade is an essential taste of summer. Luckily, great homemade lemonade is as easy as remembering a few numbers: 3-1-1-1. Three cups of cold water, 1 cup of lemon juice, 1 cup of sugar and 1 more cup of water to make the sugar syrup.

The sugar syrup — aka simple syrup — is the key to perfect homemade lemonade. As anyone who has tried to sweeten ice tea knows, sugar does not dissolve well in cold liquids. But simple syrup, a blend of (typically) equal parts sugar and water that was heated briefly to help the sugar dissolve, mixes easily into lemonade, ice tea or cocktails.

Please see **LEMONS** on Page B2



Secrets TO LEMONADE

"Lemonade is a comfort drink, as opposed to comfort food," says Fred Thompson, author of "Lemonade: 50 Cool Recipes for Classic, Flavored and Hard Lemonades and Sparklers"

The recipes in his book range from simple and traditional to sophisticated drinks with new twists such as herb-infused, sparkling or spiked versions of lemonade. Here are his tips for a refreshing glass of lemonade.

- 1 It's the balancing act between its three essential ingredients: lemons, water and sugar.
- 2 It should be sweet at the beginning and tart as it leaves the mouth.
- 3 While some insist lemonade is best made with a simple syrup (sugar dissolved in boiling water), it works just fine to stir the sugar into the water until it dissolves. Then add the lemon juice.
- 4 If you are not convinced that making lemonade from scratch is worth the effort, then use store-bought refrigerated lemonade or frozen concentrate. Do not use powdered mixes, which are really not much of anything. But under no circumstances should you use reconstituted lemon juice, which is acidic and bitter.
- 5 You could improve the flavor of mixes or concentrates by adding small amounts of fresh lemon juice, lemon rind and sugar.

— From wire reports

Inside

- Put a twist on tradition with unexpected recipes.
- How to juice like a pro.
- Please a crowd with fruity summer cocktails.

Page B2

Arachnids, raccoons, lice all part of summer camp stories

My middle kid is at summer sleepaway camp this week. Do I miss her? Sure. Am I worried about her? Not at all.

OK, I'll admit that I had a moment of panic when the weather radar showed a huge, red blob of thunderstorms heading directly for her tent. And I had to hold back thoughts of rabid raccoons and hungry bears drawn to the scent of s'mores.

Despite my hand-wringing, I'm sure she'll be fine.

I never went to summer sleep-



JOSETTE PLANK

away camp. My summer camp was my mom booting me out of the house each morning and not letting me back in until dinner.

Would I have enjoyed a week at camp, filled with trail rides and

zip lines and hunting for snipes? Absolutely.

Plus, I'd have some awesome "This one time, at summer camp ..." stories to tell. Like my friend Heidi's story.

"I went to the same camp several summers in a row. One year, there was a boy I liked at camp. He sort of looked like Spock, so I started a thing where a group of us all went by 'Star Trek' names. He only knew 'Star Trek' peripherally, so he didn't get it when I decided I was Nurse Chapel."

My friend Jacqui's story is a bit more harrowing.

"One time, at Scout camp, we were sleeping on cots outside. It started to rain during the night, so they brought everyone into the cabins. They couldn't wake me up, so they just left me there. I woke up in a wet bag all by myself. Totally freaked me out. Also, same trip, a tarantula jumped on my leg. I ran all the way back, and it had fallen off by the time I got there. No one believed me."

There were even more arach-

nids at Kate's camp.

"At the Scout camp I went to in Virginia, the platform tents collected daddy longlegs. I was the only one who didn't freak out, so the girls in my tent recruited me to remove the daddy longlegs. I'd grab them by a leg and fling them out the back."

Nancy's daughter, Luna, was sent home for looking like too much of a tough chick. The day before camp, Luna had a face-first

Please see **PLANK** on Page B8