

Lorraine Eaton

Lorraine Eaton is *The Virginian-Pilot's* award-winning Staff Epicure, who roams Tidewater writing about the foodways and cocktail scene.

She is the author of "Tidewater Table," (2013) a local bestseller featuring coastal Virginia cooks and recipes (think soft-shell crabs, okra, oysters, deviled eggs, bbq and such.) In 2014, she co-authored the "Food Lover's Guide to Virginia," (Globe Pequot Press) a culinary chapbook of the state's best eats. Her work has won local, state and national awards and she has been nominated for a Pulitzer Prize.

Lorraine's stories have been featured in *The Washington Post*, *Outer Banks Magazine*. Her long-form non-fiction pieces have been published in three anthologies, including "Best Food Writing 2012," an annual compilation of the best American essays and stories on the topic.

Look for her stories in www.hamptonroads.com/flavor. And find recipes posted by Lorraine. Visit her Facebook page, too.



■ 14 JULY 2014 | 9:23 AM

Downtown Norfolk Restaurant Week: Decisions, decisions

Make plans for this must-eat event.



Step away from the stove.

That's my plan this week, which is **Downtown Norfolk Restaurant Week**. Enjoy a three-course dinner for either \$20 or \$30 or \$40. Some eateries are offering \$10 lunch specials, too.

Hmm. Decisions, decisions.

Will it be a Todd Jurich's signature Haystack Salad and a Cuban Press sammie for lunch (for just \$10!!) at **Todd Jurich's Bistro**? Or a three-course, \$20 dinner of Fried Green Tomatoes, fish and chips and strawberry shortcake for dessert at **FM Restaurant**? Or I might be in the mood for a bowl of Hungarian goulash, steak tartare and Crepe aux Groseilles Flambes, \$30 at the Monastery Restaurant.

Be sure to make a reservation, no matter what your plan.

To check out the list of participating restaurants, restaurant week menus and parking tips, click here. And maybe I'll see you there.