



**EAST MILL BAKESHOP & CATERING**

by Rich Belmont

One of the paths to success, according to an old business school adage, is "Find a NEED and fill it". In our modern day society, however, most people pretty much have what they need so the maxim has been modified to "Find a WANT and fill it".

And so apparently there are lots of people in the Tri-States area who want fresh baked cinnamon rolls, muffins or scones to go with their morning coffee. There must be a great many more who want an easy way to hold cocktail parties with gourmet hors d'oeuvres and exotic meats, fresh berries and cheese boards. Certainly many more people want delicious sandwiches for their business meetings and spectacular dinners for their weddings, anniversaries, engagement parties and birthday parties. Of course these people want all of these things provided hassle free and reasonably priced.



How else to explain the meteoric rise of East Mill Bakeshop and Catering to culinary prominence in Dubuque and the surrounding area?

Nick and Emily Puls started this bakery and catering business just six short months ago. Already they are well known for high quality baking and phenomenal culinary state-of-the-art dinner parties.

Nick grew up in Dubuque and discovered he had a passion for cooking when he was very young. He began his career as a busboy, dishwasher and short order cook at the Village Inn in Dubuque. He then

graduated from Kendall College Culinary Arts School in Chicago. After doing an internship at Jacky's Bistro in Evanston, IL he returned to the tri-states to cook at Fried Green Tomatoes, Galena, IL. There he met Emily who was to become his wife and partner. He then became a chef at the Captain Merry. Soon, Nick and Emily moved to the Napa Valley to broaden their skills. Nick signed on as a chef at several prestigious restaurants including Napa Valley Grille, Model Bakery and the famous JoLé in Calistoga, CA.

Meanwhile, Emily served tables and tended bar while attending the Culinary Institute of America at Greystone, Saint Helena, CA. After graduating from their Baking and Pastry Chef Program she went to work as a pastry chef assistant at Redd in Yountville, CA. There she worked alongside acclaimed Northern California Pastry Chef Nicole Plue and Executive Chef Richard Reddington. She completed her California experience alongside Rising Stars Award winning Chefs Matt and Sonija Spector at JoLé as their pastry chef assistant.

Once Nick and Emily realized they were now fully accredited professional chefs they knew it was time to return home and show the people of Dubuque all they had learned. They created East Mill Bakeshop & Catering in order to bring the "direct from the farm to the table" concept the Napa Valley is so famous for to Dubuque.

Their entry into the local food scene was the Dubuque Farmer's Market. Every Saturday they offer fresh baked pies, scones, pastries, cookies and breads of all kinds. However, the people you see standing in line are anxiously waiting for East Mill's breakfast sandwich specialty. Locally supplied brown eggs with bacon or sausage patties and white cheddar cheese are cooked to order and served on fresh baked English muffins. Nick cooks 250 of these every Saturday. He also serves his version of a BLT called the BBT. This is a delicious bacon, basil and tomato muffin sandwich.



The muffins are sold separately too. They sell 600 of these each Saturday as well. You can try all these wonderful items the next three Saturdays. The summer outdoor market's last day this season is on October 27th.

You don't have to worry about missing out, though, because East Mill will still be serving these sandwiches at the Four Mounds Winter's Farmer's Market. The Market goes from November 3rd to April 28th on Saturdays from 9 am to Noon in the Colt's Center, 1101 Central Avenue, Dubuque. East Mill will only have sandwiches and English muffins available at the Winter Market.

This is why it's a good idea to know how to get to the East Mill Bakery Retail Shop located in the beautiful Captain Merry Manor House. It's just across the Julian Dubuque Bridge in East Dubuque. At the intersection of Sinsinawa Ave. and Highway 35 just go North on Highway 35 and turn right at the driveway just past the East Dubuque Municipal Parking Lot.



The shop is open from 7 am to 3 pm on Thursdays and Fridays. Starting November 3rd it will also be open on Saturdays and Sundays. This is where you can stock up on muffins, turnovers, scones, cinnamon rolls, walnut sticky buns, cookies, breads and other fresh baked items. Thanks

to Emily I have discovered I have a new favorite pastry. It's called a Scone and is really a small British quick bread originally from Scotland. Emily uses a heavy cream recipe with butter cut into the dough. Her Scones are shaped into triangles and are stuffed with a variety of fillings. Some of the flavors you might



find are Spinach and Feta Cheese, Apricot Pecan, Cranberry and Orange, Apple Spice, Ham and Gruyere Cheese or Strawberry and Cream Cheese. My favorite is Chocolate Chunk made with Ghirardelli chocolate!

East Mill's philosophy is to prepare all their delightful entrées from locally supplied ingredients where and when available. For example, some recent foodstuffs came from the following places:

- Honey – Massey Valley Apiary, Dubuque, IA
- Red Haven Peaches - Bluebell Orchard, Dubuque, IA, (Red Havens are the classic peaches all others are judged against)
- White Cheddar – Shullsburg Creamery, Shullsburg, WI
- Beef – Our Farm Meats, Elkader, IA, (Our Farm Meats raises Fleckvieh cattle. These fine animals originated in Germany and Austria and offer excellent muscling providing a full beefy flavor. They are raised in an antibiotic, hormone and stress free environment)
- Prosciutto, Pancetta and Capicola – LaQuercia, Norwalk, IA, (The name is pronounced La Kwair-Cha and means "the Oak" in Italian).
- Kennebec Potatoes – Tri State Market, East Dubuque, IL
- Blue Cheese – Maytag, Newton, IA
- Corn & Squash – Fincel's Sweet Corn, East Dubuque, IL
- Sweet Peas and Carrots – Two Onion Farm, Belmont, WI

**East Mill Bakeshop & Catering**  
399 Sinsinawa Ave. (Captain Merry building) East Dubuque, IL 61025  
563-580-1175 | www.EastMillBakeshop.com  
Email: Chefs@EastMillBakeshop.com

**Retail Bake Shop:** Thu – Fri: 7 a.m. - 3 p.m.  
Sat - Sun: 7 am - 3 pm (starting Nov 3, 2012)  
**Breakfast:** Sat - Sun: 7 a.m. - 2 p.m.

**Baking Orders & Catering:** Contact via telephone or e-mail anytime

**PAYMENT OPTIONS:** Cash, Local Checks, Visa and MasterCard

**ACCESSIBILITY:** Retail Bakery & Catering Events at Captain Merry: Front Door and Elevator **PARKING:** Private Lot

It is not only Nick and Emily's expertise and talent driving the popularity of East Mill Bakeshop & Catering. It is also without a doubt their creativity and flair for producing unusual flavor pairings that are sometimes hard to describe but are nevertheless simply marvelous.

It's no wonder so many organizations have been requesting their services. Recently, they have participated in fund raising events including Art Gumbo #9 on September 20th. The March of Dimes Signature Chef's Auction Dubuque 2012 on September 27th and the Fall Into Art Gallery Tour on October 5th.

On October 4th they took First Place Silver Skillet Award at the VSA Arts of Dubuque 100 Men Who Cook expo. East Mill's winning entrée was a sautéed Iowa Pork Tenderloin on Fincel's spaghetti squash with toasted walnuts, sage, and parmesan cheese garnished with crispy prosciutto and pomegranate seeds and finished in a pomegranate and apple cider glaze.

In recent weeks they have also catered parties for several local organizations including the Dubuque Museum of Art, Dubuque Bank and Trust, Dupaco, Clarke University and Cartegraph Systems.

East Mill is already a respected supplier to several area restaurants and food shops including L. May Eatery, Fresh Take and Java Dreams. They are also in the process of supplying Sullivan's Foods groceries with their famous English Muffins.

Then when you want to provide meeting attendees with a quick lunch there are East Mill Box Lunches. Each box includes a fresh sandwich on just-baked bread with a house salad or homemade potato chips and the cookie of your choice. It's best to check out the descriptions of these sandwiches on the East Mill website. Just to give you an idea of some of the choices there is the Mob Job with thinly sliced roast beef, Italian vinaigrette, fresh mozzarella cheese, tomatoes, pickled peppers and caramelized onions on potato bread. There is also one called the Iowan Pork consisting of thinly sliced roasted pork loin with smoked gouda cheese, roasted red onion aioli, sliced apples and Dijon mustard on sourdough. And of course there is a Vegetarian. This has tomatoes, fresh mozzarella, local greens, cucumbers, peppers, red onions, balsamic reduction basil pesto on herb Focaccia. Box lunches are delivered to you anywhere in the Tri-State area.



East Mill has also turned the Captain Merry into an event center. You can sign up now to attend the Murder Mystery Dinner Theater on October 26th, The Harvest Dinner on November 16th and the Christmas Carol Dinner on a date to be announced. When you attend these events you will partake in gourmet dinners you will not soon forget.

Starting November 24th breakfast will be served in the Captain Merry on Saturdays and Sundays. Plan on visiting to enjoy an elegant breakfast of

omelets, eggs benedict, breakfast sandwiches, freshly baked breakfast pastries and coffee from local Bluff City Coffee. And for sure you don't want to miss out on their soon-to-be famous Bloody Mary Bar!



Before I forget I need to tell you about a really cool program. A Home Dining Meal Plan is available. As soon as East Mill has a commitment of 10 couples or 40 meals the chefs will devise a set menu for each month. Ready-to-Eat meals will then be ready for you to take home when you are too busy or too tired to come up with evening dinner.

Now it must be said custom catering is where Emily and Nick's talents are on full display. Only locally provided seasoned ingredients are used to provide truly memorable experiences for your guests. The Chefs work within your budget and develop a menu you are proud to serve. Go to www.EastMillBakeshop.com to get ideas for your next event. The meals are brought to your location or you can hold your special party at the fashionable Captain Merry. There is a fully licensed and stocked bar and meals are served on sparkling china and crystal and presented in tasteful surroundings.



The catering possibilities are endless. One of the most interesting options is called the Harvest Board. This is particularly suited for cocktail parties. A serving board is continuously replenished and stocked with a variety of local artisan cheeses, cured meats, local fruits, dried fruits and homemade jams, chutney, honeycombs, seasonal berries, mustards, and candied nuts.

Just to give you a few examples of what can be arranged the staffs of Julien's Journal and 365ink recently attended a gourmet tasting. A veritable gourmet feast was laid out on a table at the Captain Merry. The sampling included blueberry and peach turnovers, blueberry scones, walnut sticky buns, a mini version of the Harvest Board, salads, a vegetarian box lunch, scallops, red snapper, steak and homemade peach crisp.



The Sea Scallops were pan seared and placed on a bed of succotash containing corn, apple wood smoked bacon, sweet peas and carrots, then topped with a butter garlic paste. The second marvelous entrée was Red Snapper sitting on a pile of sautéed shallots, broccoli florets, red pepper strips and shoestring potatoes. The snapper was coated with lemon zest breadcrumbs and topped with a dollop of lemon butter. The third entrée was a masterpiece of Grilled Ribeye resting on a Panzanella Salad.

The steak had an unusual flavor owing to the topping of Garlic Scape Pesto. Garlic scapes are the flower stalks of Hardneck Rocombolo garlic. They have a light fresh taste that is somewhat milder than garlic cloves. Only an experienced chef can turn these into an intriguing pesto sauce. A typical Panzanella Salad is made of stale bread soaked in water and squeezed dry and mixed with tomatoes, olive oil, salt and pepper, onions and a little basil. Chef Nick's version had Focaccia bread croutons, red peppers and cucumbers. The enticing finish to the whole experience was Emily's version of Peach Crisp. She scraped a vanilla bean into locally grown Red Haven peaches then added them into the crisp along with nutmeg, cinnamon, fresh lemon and a spoonful of whipped cream.



There is no doubt Nick and Emily know their business. Everything they do delights with a fusion of flavors, their presentations are glorious, and their sense of what we want is extraordinary!