

East of Eighth
254 West 23rd Street
New York, NY 10011

Mary Had a Little Lamb...and So Did I

I always judge a menu by how difficult it is to choose what I want - based on this criterion, East of Eighth has an excellent one, for there was not a single dish I would not have wanted to sample.

I feel I made a superb choice, however, with my choice of appetizer - Grilled New Zealand Lamb Chops over a Mediterranean style salad. It's usually rare enough to see lamb chops on a menu for a main course, let alone an appetizer. For \$10, this has got to be one of the best deals in the entire city. Two beautifully cooked baby lamb chops nestled on a delicious salad of lettuce, feta cheese, olives, diced bell pepper, and diced tomatoes. A wonderful way to enjoy what is probably my favorite red meat. Plus, it was so beautifully plated, that I literally just stared at it for about thirty seconds before digging in. I think next time I might ask for a double order and make that my main course. One of my dining companions had crab cakes for an appetizer, dramatically presented on a long rectangular plate.

For entrees, one of my friends had the rack of lamb, which looked great and was served with this very interesting Moroccan couscous. I am usually not a big fan of couscous, but this was uniquely prepared and a nice change from the standard potatoes or rice. For my entree, my other dining companion and I could not resist ordering the Organic Free Range Knife & Fork Chicken. It is half a fried chicken, completely deboned except for the tiny drumstick part, and seasoned with the most delectable coating I have ever had. It comes with mashed potatoes and homemade coleslaw. The combination of the crispy chicken, warm potatoes and cool, crunchy slaw makes for a mouthwatering orgy in your mouth. I have had this dish at East of Eighth's sister restaurant Benjamin and fondly remember how wonderful it was. It was just as good this time here.

Located in the heart of Chelsea on West 23rd Street off of Eighth Avenue, East of Eighth offers friendly service, elegant decor, and delicious continental cuisine, all at rather reasonable prices. Even better, they initiated a "Recession Special" in which dinner is 20% off Monday through Wednesday and lunch is 20% off Monday through Friday. Unfortunately, this great deal expired on April 15, 2009.

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