



By Phillip Vinyard, CMS--Kansas City Convention Co-Chair, and Kansas City Boy!

Since the early 1900s, the words “Kansas City” and “barbecue” have been synonymous. Today, barbecue still stands as the city’s signature cuisine. We are a cow town, so the best BBQ here is beef based. We love our beef brisket and ribs with a smokey slightly sweet sauce. Ask us about burnt ends (the crispy edges of a BBQ beef brisket) but prepare for a long exposition on how what was once the scraps from the BBQ pit is actually the best part.



Here’s where it all began, and still is! Born in Tennessee in 1875, Henry Perry worked as a cook aboard Mississippi River steamships, where he began to develop his BBQ craft. arriving in Kansas City in 1907. He passed on his craft to a host of other black entrepreneurs: most notably Arthur Bryant and Ollie Gates. There are over 100 BBQ restaurants in KC, but when asked most natives choose up sides with either Arthur Bryant’s or Gates.

Arthur Bryant’s is at 1727 Brooklyn Avenue, about 6 miles north of the Plaza Marriott Hotel (The CMSA Convention hotel). It is a classic urban core restaurant with bars on the windows and is a little rough around the edges. But the KC natives still line up to buy their smoky ribs, sliced brisket, and burnt ends. No frills at Bryant’s: your sandwich will arrive with plenty of meat on plain white bread with pickle chips. Fries with that? They pile them on the sandwich and wrap the whole thing in butcher paper and hand it to you. They won’t put their famous BBQ sauce on

the sandwich but give you a container of it that you add when you're ready to eat it. In 1972, Kansas City native Calvin Trillin wrote an article in Playboy proclaiming Bryant's to be the best restaurant on the planet. <https://www.arthurbryantsbbq.com/>

My favorite of the two, **Gates**, has a location about 1.6 miles north of the Convention hotel at 3205 Main Street. When I lived away from KC and would fly back for visits, I always left with my suitcase packed with bottles of their famous BBQ sauce. Be prepared when you walk in! They are famous for belting out, "Hi, may I help you?" when you hit the door and they want your order RIGHT NOW! I'll save you the confusion: You want beef on a bun with fries, BBQ beans, and a strawberry pop. Trust me on this one. And take a bottle of their BBQ sauce home with you. <https://gatesbbq.com/>



BBQ can also be more upscale. Just a half mile south of the Convention hotel at 4747 Wyandotte Street on the Plaza is **Fiorella's Jack Stack Barbecue**. Russ Fiorella started in his first BBQ restaurant fairly near my childhood home in 1957. Over the years they expanded their menu selections, adding non-traditional barbecue menu items like hickory-grilled steaks, lamb ribs, crown prime beef ribs, and fresh, hickory-grilled seafood, along with an extensive wine and bar selection. They are my

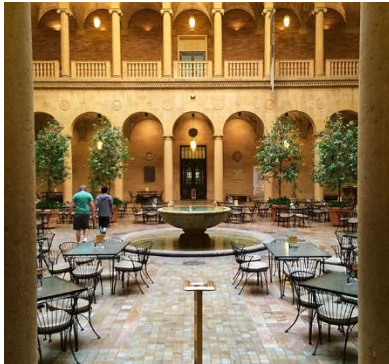
favorite place for burnt ends and that's what I always order there. Along with hickory smoked beans and cheesy corn bake. <https://www.jackstackbbq.com/>

Lest you think we only eat BBQ, another KC icon not to be missed is right down the street from the Convention hotel at 101 Emanuel Cleaver II Boulevard. **Winstead's Steakburgers** will take you back to "American Graffiti" times when burgers were wrapped in white paper and shakes were hand dipped. We used to drive to Winstead's when I was in high school to get one of their famous Skyscraper Sodas—a huge ice cream soda that served 3-4 people easily! Order the Double Winstead with cheese, a Fifty-Fifty (a combo of fries and onion rings), and a Cherry Limeade. <https://winstedssteakburger.com/>



Minsky's Pizza opened at 5105 Main Street (about a mile away from the Convention hotel) back in 1976 when pizza meant Pizza Hut or Shakey's. Their slogan was and is: "Gourmet, and going to stay that way" and they continue to set the bar for KC pizza. They offer Original or Honey Whole Wheat doughs in Thin + Crispy, Minsky's Original, or Deep Dish Pan. They also have gluten-free, Cauliflower, or low-carb Keto crusts. My favorite is the Papa Minsky's on Original Crust (Pepperoni,

Italian sausage, salami and roasted red peppers with Minskitoni sauce, topped with mozzarella and Romano). They will deliver to the Convention hotel. <https://minskys.com/>



And finally, a place you wouldn't expect: **Rozzelle Court Restaurant** at the Nelson-Atkins Museum of Art (a few blocks east of the Convention hotel). Located in a 15th-century style Italian courtyard in the middle of our world-class art museum, the restaurant serves signature salads, sandwiches, soups, breads and desserts changed seasonally. It's the sort of place Julia and I describe as "very civilized". They are open for lunch 11 a.m. to 2 p.m., and for coffee and dessert 2 to 4 p.m. Julia always orders the Nelson Chicken Salad, and I like their Roasted Turkey sandwich. This is one restaurant where we always save room for dessert. <https://nelson-atkins.org/rozzelle-court/>

So for the CMSA-KC Convention in November, come early, stay late, and get a bite to eat! We can't wait to see you in beautiful Kansas City in 2023!