

H2O Seafood Grill Appoints Executive Chef Michael Meehan

(Smithtown, NY . . . September 2009) H2O Seafood Grill & Sushi Bar (215 West Main Street, Smithtown, NY 11787 [631] 361-6464 or www.h2oseafoodgrill.com), owned by the Bohlsen Restaurant Group (www.bohlsenrestaurants.com), announces Michael Meehan as its new executive chef. Meehan joined H2O Seafood Grill from Speranza Fine Italian Food Studio on Long Island's Gold Coast in Woodbury.

No stranger to favorable reviews, he has been dubbed "one of the region's super chefs" by the New York Times' Joanne Starkey, "a seafood star" and "stellar chef" by Newsday's Peter Gianotti and "one of the Island's leading kitchen commanders" by Long Island Pulse's Richard Jay Scholem.

In his first chef positions on Long Island, Meehan earned three three-star, or excellent, reviews from Newsday as chef and co-owner for his New American cuisine at Mill River Inn in Oyster Bay, his New World cuisine at Tupelo Honey in Sea Cliff and his regional American seafood at Clearwater in Massapequa.

Drawn to the farms and wineries of Long Island's East End, Meehan moved further east settling on the bucolic North Fork where he developed relationships with farmers, baymen and other purveyors of local bounty. Here he held executive chef positions at Seafood Barge in Southold, 75 Main Street in Southampton, Michaels' at Maidstone Beach in East Hampton and Michaels' at the Boardwalk in Riverhead.



Meehan became smitten with the idea of a culinary career after working in Lake Tahoe's Northstar Resort during his twenties. In the right place (Northern California), at the right time (1980s and the emergence of the New American movement), Meehan was introduced to farm-inspired, wine-friendly cuisine. Summer stints spent along Alaska's Bering Strait, cooking catches of the day for 30 crew of a salmon processing boat, also made their mark. Working with fresh, seasonal and local bounty is at the root of Meehan's cooking style.

At H2O Seafood Grill, Meehan directs the seasonal menu of finfish, shellfish and land fare with his signature touch. While Long Islanders who have dined here since 2001 will find their favorite H2O classics, they will also savor Meehan's classical New American cooking style with wine-friendly dishes, straightforward flavors and the freshest ingredients. On the restaurant's eighth anniversary menu, and Meehan's first menu of specials, diners will find baked Blue Point oysters with crabmeat cornbread stuffing; "stake and cake" with petit filet mignon and jumbo lump crabcake served with basil mashed potatoes and local corn relish; pan-roasted wild striped bass with butternut squash spoonbread, bay red mustard greens and cider beurre blanc; and apple pecan cake with candied pumpkin seeds and caramel sauce.

Born in El Paso, Texas, Meehan first arrived on Long Island in his primary school years. After cooking stints on the west coast, he returned and resides with his family in Aquebogue, New York.

H2O (www.h2oseafoodgrill.com) is owned and operated by the Bohlsen family (www.bohlsenrestaurants.com) whose other fine-dining restaurants on Long Island are top-rated Tellers Chophouse (www.tellerschophouse.com) in Islip and the acclaimed Prime – an American Kitchen and Bar (www.primelongisland.com) in Huntington. H2O has a reputation for delectable seafood dishes, a vibrant atmosphere and friendly, knowledgeable service. It is popular for its deep and broad seafood and sushi menus, imaginative Wednesday night wine dinners and lively lounge scene. The latter was voted by AOL City Guide readers as one of the best single scenes for nightlife on Long Island where creative mixes include the signature H2O martini with Hypnotiq, Ketel One Citron, white cranberry juice and Swedish fish. H2O also boasts an award-winning wine list representing selections from the world's finest regions.

For restaurant information call H2O Seafood at (631) 361-6464 or for press inquiries contact WordHampton Public Relations at (631) 329-0050.