

OPEN

OAK STEAKHOUSE

SO YOU'RE SPENDING a long weekend burning off some profits at South Carolina's sublime, trader-friendly Kiawah Island resort, where "monitoring your positions" consists mainly of fixing the wedgie your plaid slacks are giving you in your back nine. After 18 holes, stop by the former Loan & Trust bank on Broad Street in the heart of genteel Charleston, a mere 45 minutes from Kiawah, where this Italian-inspired manse o' meat has been filling stomachs — and expanding waistlines — since 2005.



THE 5,000-CALORIE MEAL

OAK IT TO ME: Personally, we'd prefer caviar on top of lobster on top of steak, but what the hey.



ENTRÉE RIBEYE WITH FOIE GRAS, LOBSTER AND GORGONZOLA SAUCE, \$84.50
4,213 CALORIES | 295 GRAMS OF FAT

Marbled with rich fat, this 36-ounce steak is slathered with spices, soaked in marinade, slapped onto an old-school oak-log grill and, for all we know, waterboarded by Alberto Gonzales before being plated and sent Express Mail to your slaving pie-hole. Adding foie gras, a lobster tail and gorgonzola sauce to it is like layering gold leaf atop your jewel-encrusted universal remote, but we're not complaining.

WINE 2003 OPUS ONE CABERNET, \$250
520 CALORIES | 0 GRAMS OF FAT

This full-bodied red — a collaboration between Big Swinging Vintners Rothschild and Mondavi, a partnership akin to ExxonMobil joining forces with Saudi Aramco, only tastier — makes a fine dinner tippie. Sit at the Chef's Table and gaze into the open kitchen as the (apparently combative) toques bicker while they work. "It's dinner and a show," jokes owner and executive chef Brett McKee. Watch out for flying sauciers!



SOUP TRADITIONAL SEVEN-ONION SOUP, \$9
833 CALORIES | 34 GRAMS OF FAT

Craving comfort food one day, McKee assembled this veritable U.N. Security Council of onions — Vidalia, white, red, green, cipolini, garlic and shallots, with the Russians and Chinese exercising veto power over the salad course — and liked it so much that he added it to the permanent menu. Plan on being within 100 yards of a female anytime in the next 48 hours? A Borax gargle afterward is probably a good idea.

SIDE DISH FRIED OKRA, \$8
868 CALORIES | 23 GRAMS OF FAT

In proudest Southern tradition, McKee and his minions have taken something relatively healthful, fried it crispier than the skin on Kirk Kerkorian's extremities and topped it with a gloppy remoulade. Does it count as a vegetable serving? Will it satisfy your recommended daily allowance of Vitamin A? Eat enough of it, and you'll be far too dead to care.



DESSERT CHOCOLATE INDULGENCE, \$11
2,032 CALORIES | 106 GRAMS OF FAT

"I serve Crestor or Lipitor with dessert," McKee says. We assume he's kidding, though after six layers of devil's-food cake frosted with buttercream and finished with chocolate ganache, we're too busy converting glucose to butt fat to think about our cholesterol. To wash it down, McKee provides a tall shot glass of icy-cold cow-squeeze. Milk for dessert? Well, you can always order from the extensive Scotch-and-port list. Or do as we do: head back to your room and nip into the grappa you've got stashed behind the toilet.

THE GRAND TOTAL: \$362.50
8,466 Calories | 458 Grams of Fat

* All calorie and fat counts are approximate. Nutritionist: Toni Colarusso, checklistforhealth.com

WRITER: CRISTINA VELOCCI. PHOTOGRAPHS BY TERRY KUZNIAR

TRADER TICKER

23

NUMBER OF YEARS THAT HAVE ELAPSED SINCE OAK STEAKHOUSE OWNER AND EXECUTIVE CHEF BRETT MCKEE BEGAN HIS CULINARY CAREER

14

NUMBER OF SAVORY SIDE DISHES CURRENTLY ON THE MENU AT THE OAK STEAKHOUSE, INCLUDING GORGONZOLA FRIES AND CORN IN BUTTER SAUCE