

Mustard Seed

1036 Chuck Dawley Blvd., Mount Pleasant

A menu of the best value restaurants in Charleston would not be complete without a Sal's Place; that is, without mentioning an eatery owned by Sal Parco.

What Henry Ford did for the wanderlust of blue-collar Americans, Parco has done for the appetites of Charleston's penny-wise masses â€” rolling out a steady stream of delicious, dependable and affordable entrees. Mustard Seed is still Parco's prime ingredient. By leaning on the starch and going light on the prime steaks and exotic seafood, Parco's cooks deliver every entree on the menu for less than \$14.

On a recent weeknight, we visited the Mount Pleasant Mustard Seed, the flagship of Parco's eight-restaurant empire. It was full of an eclectic bunch: college kids, well-dressed ladies and families.

The meat of the menu is pasta, and the Mustard Seed kitchen pairs all manner of it well with fresh vegetables. The fettuccine carbonara, a bellwether in any restaurant, shows that Mustard Seed has its fundamentals down. And it delivers more exotic, creative stuff. The sweet-potato ravioli with gorgonzola, walnuts and a dash of balsamic vinegar is a deft marriage of sweet and savory. A shrimp-and-scallop risotto special was subtle and fresh. Mustard Seed even takes a passable stab at Asian cuisine with a couple of offerings, including its Thai peanut chicken and lettuce wrap. Then there are the desserts, churned out from Parco's Village Bakery â€” opulent concoctions of sugar and cream stacked as tall as a hatbox and as wide as a Model T steering wheel.

[Article Link](#)