



Fat Freddy's is located at 1566 S. Reynolds Rd., just south of the Ohio Turnpike in the Maumee Marketplace Shops near Dussel Drive.



Patrons of Fat Freddy's can relax in either the 300-seat dining room or the 100-seat bar area complete with built-in television screens.

MIRROR PHOTOS BY MIKE McCARTHY

Finger Lickin' Good: Fat Freddy's Offers Up A Feast Of Ribs

BY NANCY GAGNET
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Fat Freddy's brings the "Q" to you — barbecue, that is.

Located on Reynolds Road near the turnpike, Fat Freddy's Sticky-Q dishes up smokin' hot servings of chicken, pork, burgers, prime rib and championship babyback ribs.

"There are two foods people will travel for: barbecue and prime rib," explained owner Chris Frick. "And we want to be a barbecue destination for those traveling in the Midwest."

With numerous rib cook-off awards, he's made a name for himself as an expert of grilled cuisine.

Each year since 2004, his Old Hickory, Motor City and Buckeye rib recipes have taken first-place awards in the Northwest Ohio, Lima and Findlay rib competitions.

This year he plans to introduce the Kansas City-style rib at area events.

"It's a traditional, hardwood-smoked flavor with tender meat basted with a rich molasses tomato-based sauce," he said.



Maumee Mayor Tim Wagener, members of Maumee City Council and representatives of the Maumee Chamber of Commerce joined the management and staff of Fat Freddy's for the restaurant's ribbon-cutting ceremony in April.

In addition, The National Barbecue News rated Fat Freddy's one of the top barbecue destinations in the nation.

Frick said the Midwest region has a distinct style when it comes to barbecuing and credits his grandfather as the original king of the "Q."

"I learned a lot from him," he said.

With Sunday grilling based around church services, the standard cook time has traditionally been three hours.

In addition, the use of both charcoal and hardwood offers a unique barbecue fla-

vor. Also, this area has an abundance of wildlife, making grilled fare such as poultry and fish more common.

Frick, a native Toledoan who grew up in the south end, is proud of his Midwest heritage.

"Unlike so many other people, I'm proud to say I'm from Toledo," Frick said.

As for the name Fat Freddy's?

"It used to be my nickname," Frick said, explaining that he once struggled with obesity.

He prides himself on the fact that all of the restaurant's meat is top grade and none of it comes through the door pre-done.

"We cut and cook it ourselves," he said.

According to Frick, others seldom use his tenderizing process in the food service industry.

"We buy the best meat, then once it's in the door, the beef is wet aged for 42 to 49 days before cutting," he said.

Wet aging is a process that allows the beef's natural enzymes to tenderize and add

flavor to the meat, he said.

"Our beef is aged twice the industry standard of 21 days," he said.

The colorful menu resembles a newspaper rather than a traditional list of options; however, the wait staff is equipped to walk any customer through the selections.

"We have an eclectic menu, and I want everyone to come here and feel welcome," Frick said.

In addition to grilled meat, Fat Freddy's also offers a healthy choice menu, soups, salads, sandwiches, a kids' menu and plenty of sides.

Although many of the prices stay the same, there are daily food and drink specials as well as live entertainment.

"Flappy hour," or 10 wings and a pitcher of beer or soda for \$5.00, takes place every day from 3:00 to 5:00 p.m. and 10:00 p.m. to midnight.

Harold Uhde, who has known Frick for many years and helps him run the business, considers him a "genius" when it comes to creating great recipes.

"Chris is the originator of the chicken chunks in this

area," he said. "They are a great seller and the portions are huge and the quality is superb."

There's plenty of room for all as the sizeable restaurant has a seating capacity of 300 and can accommodate individual parties. It also has a lounge area that seats 100.

It also offers large party orders and will deliver on site.

In honor of dads, Father's Day specials this Sunday will include barbecued jumbo shrimp, Kansas City rib teasers, or garlic and chicken salad. Also on the menu is slow roasted prime rib, soup, salad and potato.

All entrée prices range from \$5.99 to \$21.99.

In addition to Fat Freddy's, Frick owns Mr. Beefy's in Oregon.

Fat Freddy's Sticky-Q is located at 1566 S. Reynolds Rd. in Maumee.

Carryout is available by calling (419) 794-6900.

Hours are Monday 3:00 p.m. to 2:30 a.m., and Tuesday through Sunday 11:00 a.m. to 2:30 a.m.

For more information, visit www.myfatfreddys.com.



Chris Frick of Fat Freddy's Sticky-Q cooks up his award-winning ribs at the 2006 Northwest Ohio Rib-Off. His barbecue creations include Old Hickory, Motor City, Sticky Ribs, Buckeye and Texas Tingler.

PHOTO COURTESY OF CHRIS FRICK