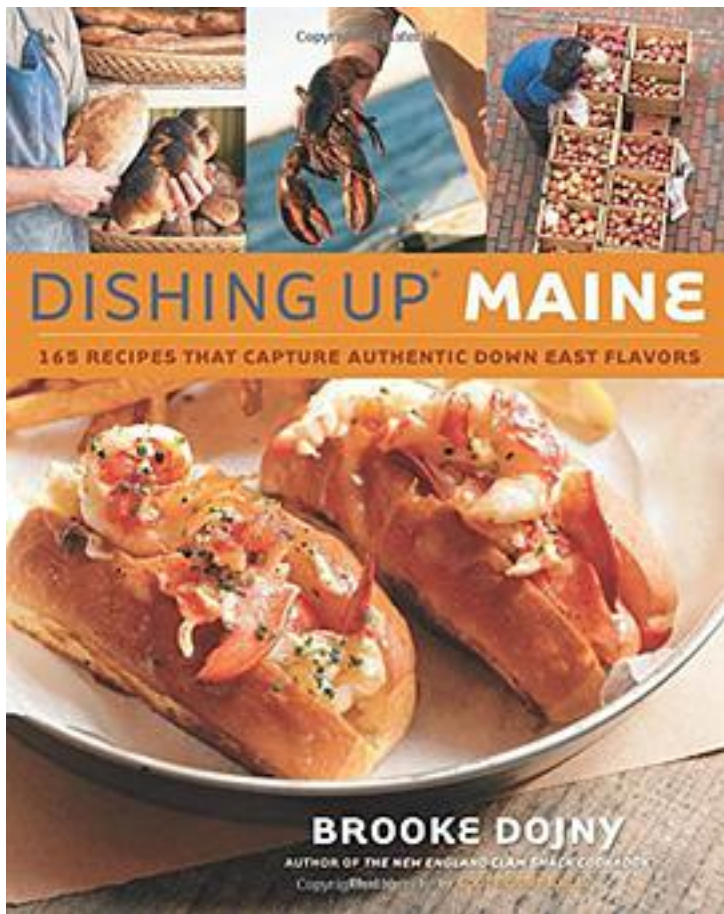


# Dishing Up Maine



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From the Atlantic Ocean to well-tended organic farms, Maine's landscape offers some of the country's best raw materials for rustic, hearty cuisine. To the natural bounty, add the independent spirit and quiet humor of the people, and it's apparent why chefs, farmers, fishermen, and artisans are drawn to the state. Their fierce pride, respect for

the land, and lack of pretension are recognizable ingredients in all the food they produce. Food writer Brooke Dojny counts herself among those who love the cooking of Maine -- the flavors, the oddities, the quirks, the people, the lore, and the language. Join her on a delicious journey through the foodways of one of our most diverse culinary regions, where tried and-true flavors and innovative creations live comfortably together on home dinner plates and restaurant menus. In Maine, where the craggy coastline is so much a part of the state's image, there's no getting away from seafood. Both shellfish and fin-fish are enjoyed year-round. Lobster stews, salads, and pies; steamed mussels and fried clams; oven-roasted cod and seared halibut are just a few of the traditional fish dishes, so simple to make at home, that are represented here. Dojny's love for the local produce finds its way into warming soups, bright side dishes, and entrees that pair native produce with fish and meats. And yes, Maine's growing season is short, but the people are resourceful. Pickled and preserved vegetables, along with salted and smoked fish and dried beans nourish throughout the winter months. Dojny's tribute to the food of her adopted home boasts 165 recipes in all, including a few dozen from some of Maine's most accomplished chefs, and a sweet nod to those famous wild blueberries, in pancakes, muffins, pies, scones, and other baked goods. Local stories and food lore, historical facts and literary quotes, and a traveler's guide to hidden road food gems make this the ultimate food-lover's guide to the salty personality of Maine cuisine.

作者介绍:

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评论

我想搬家去哪里大概不会是为了当地的特产和食物，我需要更多的理由。

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