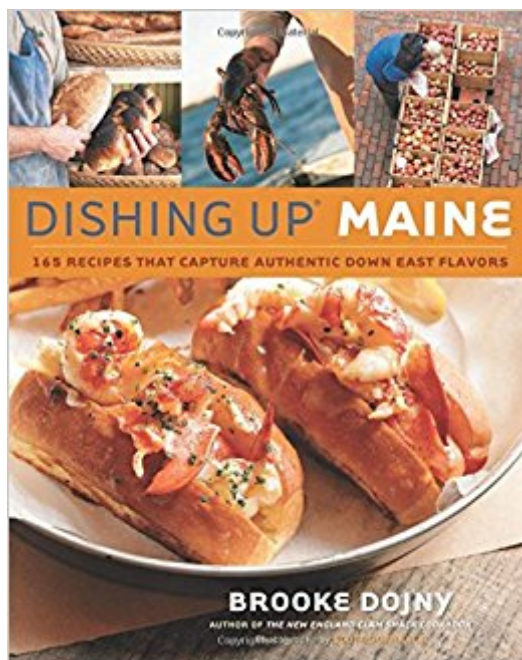


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# Dishing Up Maine: 165 Recipes That Capture Authentic Down East Flavors



## Synopsis

From the Atlantic Ocean to well-tended organic farms, Maine offers some of the best raw materials for rustic, hearty cuisine. Add the independent spirit and quiet humor of the people and it becomes apparent why chefs, fisherman, and artisans are drawn to the state. Their fierce pride, respect for the land, and lack of pretension are recognizable ingredients in the food they produce, from fresh lobster to blueberry pancakes. Dive in to the salty personality of Maine's cuisine!

## Book Information

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## Customer Reviews

Dojny (The New England Clam Shack Cookbook) "moved to Maine for the food

"Flecked with recipes from Maine's best eateries (and best home cooks) a beautifully photographed, fresh take on New England cuisine. • Daryna Tobey, Wine Enthusiast Magazine "Bingo! If a fried clam roll, a bowl of creamy lobster chowder, or a stack of wild blueberry pancakes rings your chimes, and you can't hop a jet, let Brooke Dojny Æœdich it up Æœ for you Æ authentic national treasures from the glorious state of Maine. • (Castine (ME) Patriot) "Although clearly inspired by artisanal and fresh food, Dojny doesn't hesitate to make her recipes accessible to the inexperienced cook. • (The Boston Globe) "[Brooke] Dojny... likes to say she moved to Maine for the food. Æ In her volume, she covers all the things that make the food scene there so alluring." (The Times Record, Maine) "If you don't have this book, put it on your

Christmas list. It's filled with seasonal, traditional dishes and every one I've tried has been delicious.

NOTE - This review refers to the Kindle version of *Â Dishing UpÂ Â® Maine: 165 Recipes That Capture Authentic Down East Flavors*. I have not seen the print version. *Dishing UpÂ Â® Maine: 165 Recipes That Capture Authentic Down East Flavors* features 165 recipes presented in seven chapters. While each chapter is listed in an interactive Table of Contents, individual recipes are not. Luckily, the publishers did think to include an Index that is also interactive, not as functional as a complete listing of individual recipes as part of the Table of Contents but certainly more well thought out than many I've seen. Those chapters are -1. Starters, Snacks, Sandwiches and So On2. Fresh From The Farmer's Market3. The Chowder Pot, Soup Tureen, and Other One-Pot Wonders4. Maine-Style Meat and Poultry5. Jewels of the Sea: Fin Fish and Shellfish Maine Style6. For the Breakfast Table, Bread Box, and Pantry7. Delectable DessertsI've noticed complaints from born-and-bred Mainers that *Â Dishing UpÂ Â® Maine: 165 Recipes That Capture Authentic Down East Flavors* isn't "real" Maine food, and frankly, looking through these recipes I find that I must agree that such things as Jalapeño Johnnycakes Topped with Smoked Fish, Limed Lobster and Melon Skewers, and Lobster Salad with Roasted Corn Salsa are a million miles from traditional Maine food. Growing up we spent a good chunk of every summer in Maine. Friends owned a large dairy farm mid-Maine and several cottages at the shore. We picked bushels of blueberries, baked pies, collected eggs straight from the hen and always indulged in a huge traditional clam bake on the rocks in front of our favorite cottage on Bailey's Island - all you could eat clams, lobster & corn all around. If there was melon it was watermelon, chilled in the bathtub and served in huge wedges. Corn came on the cob, not as part of a salsa and nobody had ever heard of a jalapeño o. Times have changed. Back then there was no such thing as frozen blueberries. Corn could be had just a few weeks a year and the same was true of almost everything else that you see in the produce department today. If you wanted lobster you drove to the shore and ate them there or rushed home with a bunch, if you lived within a few hours drive. Food was very, very regional - and truthfully, that was part of the delight. Today it can be hard to tell from a restaurant menu or the contents of the grocery store if you are in Vermont, Virginia or even points west. Maine has changed too. Clams aren't as easy to find as they once were. The mussels that were considered "trash" fit only for the destitute are today big business in Maine - and mighty fine eating. Maine lobsters ship all over the country and beyond. The big dairy farms have disappeared from Maine just as they have from Vermont and many of our newer residents came from

"elsewhere" - including Brooke Dojny, author of *Â Dishing UpÂfâ Â Â® Maine: 165 Recipes That Capture Authentic Down East Flavors*. These days those farmers that remain produce "artisan" produce, meat and cheeses. So, to those who would complain that these are not their mother's or grandmother's recipes, I would point out that the title says "authentic flavors" - not "traditional recipes." Still, a fair few of the recipes you'll find in *Â Dishing UpÂfâ Â Â® Maine: 165 Recipes That Capture Authentic Down East Flavors* are reasonably traditional. Leave the thyme out of Brooke's recipe for Classic Down East Haddock Chowder and you'll have exactly the same chowder our grandmothers made. Milky Maine Steamer Chowder is traditional right down to the evaporated milk, as are the Molasses-Baked Maine Yellow-Eyes and the Sedgwick Potluck-Supper Apple Pie. Okay, now I'm hungry . . . Grandma's \$0.02 - Times change and what we eat changes with the times. Authentic doesn't have to be "traditional." *Â Dishing UpÂfâ Â Â® Maine: 165 Recipes That Capture Authentic Down East Flavors* is chock full of authentic flavor, what you might call New-Maine Cuisine. Yum! Recommended

This is a lovely cookbook filled with not only Maine recipes but also information on local customs and restaurants. I am subtracting one star from the Kindle edition. This is because while the chapters are listed the individual recipes are not. There is an alphabetical index in the back but that is not as helpful as looking at a chapter titled soups and having them all listed. This is a common problem with published cookbooks that are then formatted for the Kindle. Again nice assortments of recipes, information and full color photos. I'm just not sold on Kindle cookbooks. It's just too time consuming to browse or find that certain recipe you want.

I made several of these recipes after experiencing one at a dinner party. They are really good with surprising flavor combinations. I love the crab cake recipes!! Easy to read and understand recipes. Recommend!

I was sitting in the Tasty Tart in Winthrop, ME when I picked up this book. I immediately noticed all of the interesting recipes that were attributed to the cooks and eateries in that area. Real Maine recipes are really from Maine so I had to have a copy. I can't wait to give it a ride. Besides loving the book I would recommend that if you are in the Winthrop area stop at the Tasty Tart on Main St. You will get a taste of Maine that is unique and delightful.

This one has the REAL Maine flavors. Nice cookook

My husband and I just purchased a beautiful piece of property near Blue Hill Maine. When I saw this book, I thought it would be neat to have a copy at the new house. It has since become my favorite cookbook. The recipes are uncomplicated and unpretentious - no hard to find ingredients or time consuming steps - just good down to earth wholesome foods suitable for both casual family dining as well as entertaining guests. The format makes it easy to read and (occasionally) modify amounts or ingredients to suit my family's tastes. So far everything I have made from it (and that's plenty) has been really good. In addition to lots of great recipes, the author includes good info about restaurants, traditions and lore of Maine. As my husband said, "This book is just fun to read!" My favorite recipes so far - "My Best Creamy Coleslaw" and "Paella Cleonice".

Love it! Have ordered another as a gift!

Father in law is from Maine! He loves all the recipes! He loves to cook and loves this book!

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