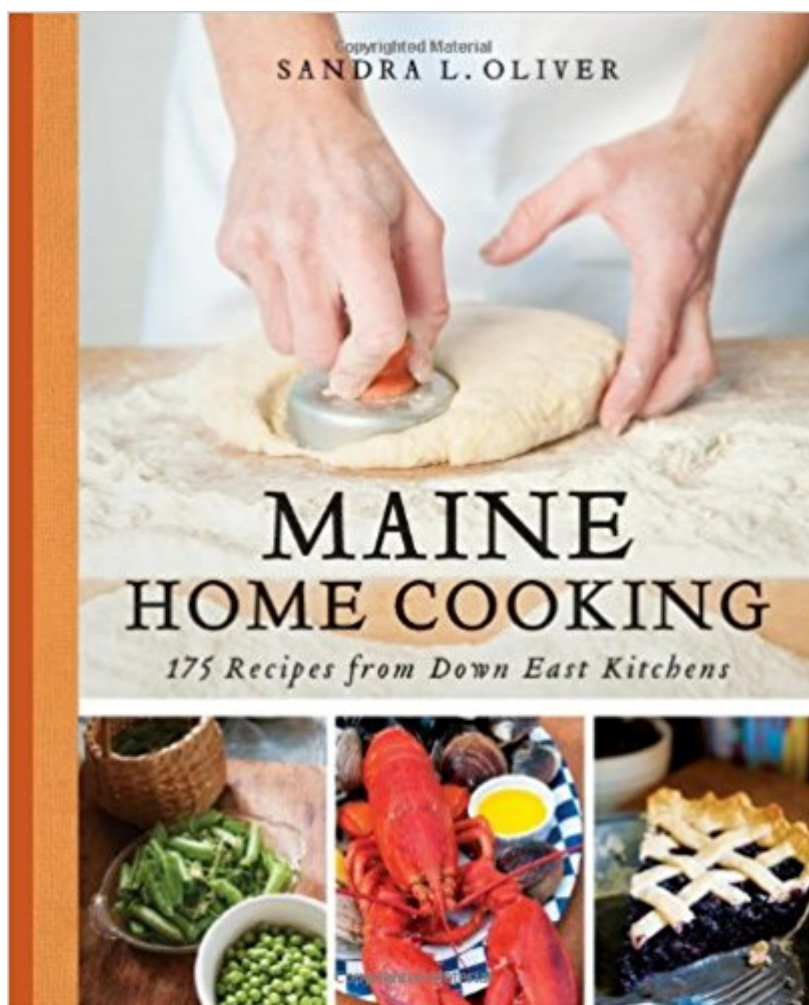


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# Maine Home Cooking: 175 Recipes From Down East Kitchens



## Synopsis

Residing on Maine's Islesboro Island, Sandra Oliver is a revered food historian with a vast knowledge of New England food history, subsistence living, and Yankee cooking. For the past five years, she has published her weekly recipes column, "Tastebuds", in the Bangor Daily News. The column has featured hundreds of recipes "from classic tried-and-true dishes to innovative uses for traditional ingredients. Collecting more than 300 recipes from her column and elsewhere, and emphasizing fresh, local ingredients, as well as the common ingredients found in most kitchens, this volume represents a new standard in home cooking.

## Book Information

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## Customer Reviews

Sandra Oliver is a pioneering food historian who began her work in 1971 at Mystic Seaport Museum, where she developed a fireplace cooking program in an 1830s house. Sandra is a freelance food writer, with her column, "Tastebuds", appearing each weekend in the Bangor Daily News, and regular columns in Maine Boats, Homes, and Harbors magazine and the Working Waterfront. She is also the author of the books, Saltwater Foodways: New Englanders and Their Foods at Sea and Ashore in the 19th Century, The Food of Colonial and Federal America and Giving Thanks: Thanksgiving History and Recipes from Pilgrims to Pumpkin Pie, which she co-authored with Kathleen Curtin. She often speaks to historical organizations and food professional groups around the country, organizes historical dinners, and conducts classes and workshops in food history and sustainable gardening and cooking. Sandy lives on Islesboro, an island in Penobscot Bay, where she gardens, preserves, cooks, and teaches sustainable lifeways.

I've spent many a summer in Maine and have had my eye on *Maine Home Cooking: 175 Recipes from Down East Kitchens* for a bit. Sandra Oliver has for many years written a recipe column for the Bangor Daily News. People from all over send in their taste memories or questions and Sandra digs up the recipe to fit the bill. Often she'll put out a request for a certain recipe, get several replies and test them to come up with one great recipe - and make no mistake, these are some great recipes! Now, let me be up front with you. Over the years I have learned that there are two kinds of cooks - those who view a recipe more as a guideline than something set in stone and those who approach a recipe as if they are performing nuclear chemistry, exactly copying the precise ingredients and even expecting the final product to look exactly like the picture in the book. There is nothing whatever wrong with either sort of cook, but if you are the "nuclear chemistry" sort then this is absolutely NOT a book for you. Only a few of the recipes have pictures (though they all have great stories from Down East) and virtually all of them have more options than not. It is probably a good thing that I have a Kindle copy rather than a hard copy. I've used mine so much that the pages would long-since be well stained - and I only bought this a few weeks ago LOL! Let me tell you about some of my most favorite recipes -

*TEST RECIPE - BLUEBERRY CAKE*

Maine is known for their wild blueberries. Every summer we picked them by the bucketful, then turned them into jam, pies and this Blueberry Cake. Long ago I misplaced the recipe that we used so often, but Sandra has hit it on the nose, just exactly as I remember. Packed with berries and topped with a streusel mix, this is a glorious cake to serve for breakfast/brunch or just as a snack or dessert. Easy as pie to make and pretty economical too, even older children and those just learning to bake will find this rewarding to make. Not blueberry season? Don't worry - you can use the cultivated ones from the grocery store or even frozen ones.

*TEST RECIPE - PUMPKIN WAFFLES*

My granddaughter is a good New England girl even though she lives in the UK these days. No food is dearer to her than pumpkin anything. Pumpkin of the canned sort is quite different than here, so one of her first food requests was pumpkin spice anything. Sandra's recipe for Pumpkin Spice Waffles filled the bill in no uncertain terms. A single batch of batter made 6 or 7 waffles, just enough for four of us. You could, if you wanted to, doll these up with some caramel sauce, toasted pecans or walnuts and a dab of whipping cream. I served them straight up with local maple syrup. There wasn't a single crumb left.

*TEST RECIPE - CURRIED SQUASH AND APPLE SOUP*

We love curry and fall is butternut squash and apple season here in Vermont, so one day for lunch I made Curried Squash and Apple Soup. The girls practically licked the bowls - seriously! I worried for a minute that the patterns would come off! Sandra gives dozens of ways to put this together. Since my granddaughter is a vegetarian, I used water and coconut milk instead of

chicken broth. Can I say O.M.G?! Seriously bowl-licking luscious! Grandma's \$0.02 - The recipes you'll find in *Maine Home Cooking: 175 Recipes from Down East Kitchens* are really good versions of the best of both old and modern New England food - the way it used to be. As long as you're not a "nuclear chemist" sort of cook, this will become a favorite book in your kitchen. I really should seriously ding it for the messed up Table of Contents/Index, but the recipes are so totally delightful I'm just going to order a hard copy! Very Highly Recommended

*Maine Home Cooking* by Sandra L. Oliver looks like an excellent cookbook but the Kindle version's table of contents is wonky. I saw the interactive table of contents once at the back of the book and then it disappeared. Not sure what's up with that but for a cookbook filled with so many delicious sounding recipes it would be helpful if the table of contents worked. You will find recipes such as: Fish and Potatoes Oyster Pie Lobster Stew Old-Fashioned Brown Bread Tourtiere Graham Rolls Key Lime Pie Eggless, Milkless, Butterless Cake There are numerous color images gracing this lovely cookbook. Recommend with caveats given.

Since my family has decreed that it is time for some of the cookbooks in this house to go my 13 year old grandson started inventorying the collection with a small hand held scanner and a computer. For the first couple of shelves I helped him and then I realized that he was doing better without me and that I was much better at rearranging the books in an order that worked for me. During the rummaging around (shelves in four rooms and, as it turns out, about 500 books plus a lot of ephemera such as the late lamented King Arthur Baking Sheet, the little Maine newsletter that I loved and Simple Cooking) I found my somewhat buried copy of Sandy Oliver's wonderful cookbook. I'd forgotten about it and I'd also forgotten how wonderful it is. I just ordered several used copies to sell in my used book shop and also ordered a copy for a friend who is in the slammer -- currently cooking is his "job" in the camp section -- and who loves Maine more than almost anything. Alas he won't be able to get many if not most of the ingredients (last year he was running the gardens which he decided not to do this year as the prison administration was so unhelpful about getting in basic equipment such as irrigation hoses although they ordered brand new John Deere tractors, and in signing up inmates who might actually have some gardening experience. But that is a long story and has nothing to do with this cookbook except that I hope he can use it to make some stuff such as bread, soups, salads, or casseroles. My only complaints are, I see by reading other reviews, echoing others: why are the side bars and the comments printed in colors which offer almost no contrast and which are almost impossible to read. The other grumble is the size of the

font for the page numbers. Some of us with aging eyes are having problems with both these editorial/publishing errors. Other than that, it is a wonderful collection and I don't mind the somewhat idiosyncratic index or the lack of captions on the photos. Sandy is a brilliant food historian and writer and I'm really happy to have resurrected the cookbook. It will not be one of the many that may leave the premises!

Wonderful book. Fun to read. It became available as a Kindle daily deal while I was spending a month in Maine so it was even better. My only complaint was the author mentioned in her introduction that she was not going to put her recipes in categories or chapters as do other cookbooks, because she wanted it to read well. But not to worry, because she was including a complete, easy to follow index. Unfortunately, the Kindle edition does not have it. So bookmark your chosen recipes, or you will be reading it twice!

My father was born in maine. He's 74 years old and we were unable to truly replicate the recipes he grew up with. This book steps in and he's back eating brown bread at his mothers table with his brothers and sisters. You truly learn how to cook like a natural born Mainah!

I bought this on a recent trip to Maine and it is now one of my kitchen "bibles". Highly recommend. Simple recipes, easy to prepare. Have also given several as gifts.

Love those seafood recipes! Very authentic and comforting. I love all kinds of chowders, stews and rolls. Don' miss this book of you do too!

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