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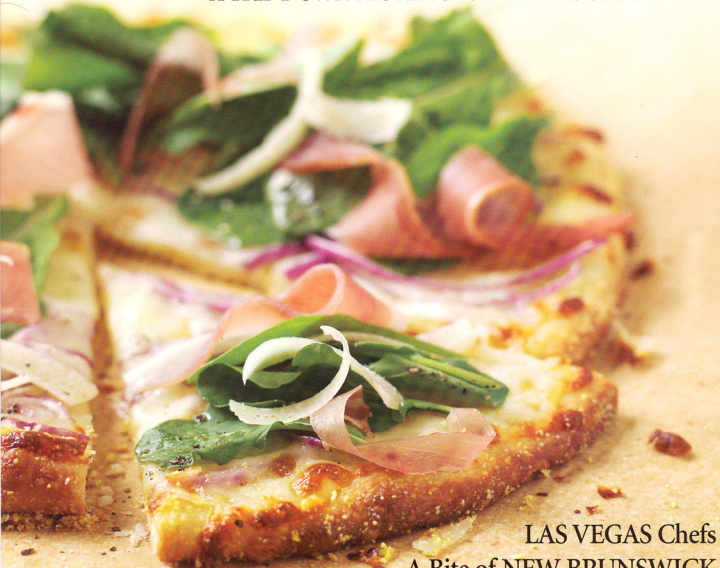
ISSUE 16

Intermezzo

Fine Interludes in Food, Wine, Home & Travel

TASTES OF ITALY

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A Taste of Atlantic Canada

BY ALEXANDER RYSER PHOTOGRAPHS BY MARYLOU CROWLEY

When I recall from memory the map of the United States, the northeastern border along Maine might as well be completely surrounded by ocean. Though I am aware that there is another country to the north, this schoolbook view forgets to see the Canadian provinces of Québec and New Brunswick. The coastline of Maine may end, but Canadian waterfront continues to the Bay of Fundy, home of the world's most dramatic ocean tides. And with the tides come all the treasures the sea hides within its waves.

The Bay of Fundy is a “cold-bed” of world-class seafood ranging from lobster, mussels, and oysters to salmon, haddock and cod. Not surprisingly, much of Atlantic Canada’s culinary heritage is based on the fruits of the sea. The Maritime Province of New Brunswick offers prime real estate from which to dip into these delectable waters. Fishermen have been tapping into this resource for quite some time, but unfortunately, fishing poles can’t sauté; fishermen only bring the catch to the docks. From here, New Brunswick’s many coastal hotels and B&Bs take over the job. And over the years, as more and more talented chefs have moved into the area, they’ve discovered not only the delicacies of the sea but also the fine produce and meats of the fertile landscape.

When the borders of North America were being drawn some 400 years ago, New Brunswick eventually emerged as the first officially recognized bilingual province in Canada. The French-speaking area is in the east, while English is spoken nearer the U.S. border. But as my culinary tour along the southern coast of New Brunswick revealed, within a people, borders can not be so easily drawn.

Inn on the Cove & Spa, Saint John

I set off on my journey from Moncton, and arrived in English-speaking Saint John at the Inn on the Cove & Spa after nightfall. In the quaint wood-paneled dining room, warmed by the fireplace, I felt instantly at home and at rest, eager for my first taste of Maritime cooking. Owners Ross and Willa Mavis opened the B&B in 1992, an aspiration they had shared since first meeting in the mid



Chef Chris Aerni of the Rossmount Inn

'80s. The two of them make a powerhouse team of hospitality, with Ross in the kitchen and Willa working the front of the house.

I was seated along a far wall of windows that overlooked the cove, and shared the dining room with an older couple who were celebrating a momentous anniversary and had been visiting annually to do so. It says much when your initial impression of a place is

based on someone’s tradition. And tradition is the operative word when describing the food. Ross is originally from British Columbia and Willa is a true Maritimer, having grown up about twenty miles from Saint John on the Kingston Peninsula. Their food reflects the use of local Canadian ingredients with a down-home flair.

I began with “McLaren’s Beach” hot-rock rolls—homemade bread kept warm



Long net stockings of mussels strung along buoyed lines are hoisted to check their progress and remove starfish that would otherwise dine on them first.

in a basket with heated sea stones from the beach. Next came a root vegetable soup seasoned with a light sprinkling of dulse. Dulse is a red seaweed with many culinary uses. Once the plant is dried, toasted and finely chopped, it can be added to dishes for a hint of the sea. Another way to enjoy dulse is simply by itself, as a snack. Maritimers munch on dulse just as others do potato chips.

The soup was followed with salmon glazed with maple cream. Another specialty of the region is maple syrup, and it pops up often as a sweetener. Maple cream is made by cooking down maple syrup. Once reduced, it is cooled and becomes a light-brown brick of maple flavor. It can then be grated into airy shavings that melt on your tongue, or whatever else they snow down upon. Ross gave the salmon a healthy coating of maple cream to create a golden-sweet crust.

In the morning, I awoke to the sun rising over the Bay of Fundy. Willa and I drove to the Saint John City Market (the longest continually operating market in North America), a pretty journey that took us by the town's many Victorian homes. At the market we met Ross, who was planning what he would be making for the guests back at the Inn. I was just happy to find some dulse and maple cream. www.innonthecove.com

The Rossmount, St. Andrews-by-the-Sea

From St. John I traveled south, to the town of St. Andrews-by-the-Sea, which is only about twenty miles from the Maine border. This picturesque town was founded by British loyalists who fled the U.S. during the Revolutionary War and is an English language stronghold.

While in St. Andrews I dined at the Rossmount, owned by Chris and Graziella Aerni. The Swiss-born couple had been living in Toronto for more than a decade and were looking to open a place on the coast, and bought the



Marina and Marc Latulippe in their homegrown organic garden.

three-story manor house with eighteen rooms. The Rossmount sits at the base of Chamcook Mountain, the highest point in the Passamaquoddy Bay area.

Inside the inn there is an air of vintage to the décor, from the carved handrail of the wooden staircase to the English-style lounge with upright piano and oversized chairs. The dining room has a more modern ambiance, with local art for sale on the walls, high-backed leather chairs and lots of mirrors—an ideally sophisticated setting for Chris' amazing creations. After an amuse-bouche of locally farmed smoked sturgeon with its own caviar, smoked salmon and cod fritter, I headed back into the kitchen to see the chef in action.

Calling out orders with his Swiss-German accent and tartan chef pants, Chris and his chef de cuisine Markian Shafrensky worked busily completing orders. Chris explained to me that the menu reflects products that are at their peak. The Rossmount has its own private organic garden and works with several local organic farmers and producers to create a substantial menu of more than twenty offerings. To fully sample the bounty, I asked to get tastings of multiple dishes rather full portions of just a few. This was definitely

the right choice.

I started with samplings from the sea: a huge scallop, flash-broiled on the half shell and flavored with a ginger-soy vinaigrette and balanced atop a bed of Hawaiian red Alaea sea salt. Next came a fresh lobster claw with half a tail met by celeriac purée, pickled celery and black truffle emincé. The freshness of the lobster was highlighted by the crispness and acidity of the pickle, and the earthy truffle fused it all together.

A lover of charcuterie, I was eager to try the rabbit confit terrine. The pâté was ground finely and served with pear chutney. What really spoke to me was the hint of star anise. The next course was a slice of seared foie gras, dusted with bee pollen, and served on a small potato rösti and spiced blueberries. Drizzled on the plate was a ribbon of Minus 8, a delectable Canadian syrupy vinegar created by pressing grapes during frigid temperatures.

Served in tandem were red wine braised short ribs and hoisin-glazed pork belly. The ribs were served with pickled milkweed pods, which was a first for me. I started winding down with two cheeses from the local cheese maker La Bergerie Aux 4 Vents. One was a nutty raw organic cow's milk cheese



CLOCKWISE FROM TOP LEFT: Fresh Malbec oysters from Shediac on the Northumberland Strait; Chef/Sommelier Chris MacAdam of the Maison Tate; Chef Marc Latulippe holds an heirloom Cinderella pumpkin.

called Tomme de Champ-Doré. The other, a raw sheep's milk cheese, was called Le Sieur de Duplessis, and was mild with a soft chalkiness. Finally, my gastronomic marathon concluded with a Canadian spin on carrot cake, made with parsnips, which intensified the flavor. What really made it Canadian was the maple syrup eau-de-vie and cinnamon-vanilla ice cream.

The Rossmount turned out to be an excellent display of European talent and Canadian products. It was evident that the Aernis are living their dream and loving every minute of it. www.rossmountinn.com

Kingsbrae Arms, St. Andrews-by-the-Sea

My home base in St. Andrews was the Kingsbrae Arms, part of the Relais & Châteaux global hotel association. Owned and operated by Americans Harry Chancey and David Oxford, the hotel boasts elegant décor from their years of antique collecting and world traveling. My room had a wonderful view of the surrounding Kingsbrae Gardens (not affiliated other than by name and, as Harry put it, "common goals of excellence") and the sea. It was pointed out to me that the distant shore in one direction was actually Maine.

Earlier that day, Kingsbrae's chef Marc Latulippe and his wife Marina had been in their own organic garden gathering produce for the day's meals, including lemon cucumber, Lollo Rosso lettuce, Canary Yellow chard, Purple Peacock beans, French fingerling potatoes and crookneck squash. The couple used to live in British Columbia, where organic produce abounds, and decided that the best way for them to have regular access to it in New Brunswick would be to grow it themselves. The result is a large home garden that supplies them and Kingsbrae with organic and heirloom varieties of vegetables. In 2006, the cou-



All throughout New Brunswick, chefs take pride in serving locally-farmed fish like salmon, sturgeon, cod, mussels, halibut and even caviar. It's a bit of a surprise to some Americans used to paying high prices for "prestigious" wild-caught fish. However, fish farming practices are improving, and in New Brunswick the trend is toward Integrated Multi-Trophic Aquaculture, meaning simply that fin fish, shellfish and marine plants are farmed together in a kind of mini-ecosystem that relies on nutrient recycling. With ocean fish populations dwindling, this kind of responsible aquaculture may be the wave of the future.



ple added a chicken coop to their backyard enterprise, and the eggs are now on the menu at Kingsbrae.

That evening I witnessed what Marc had created from his garden. I began with BeauSoleil oyster tartare, garnished with the lemon cucumber I had seen earlier in the garden. It had the appearance of a slice of lemon, complete with segments, but all the taste of cucumber.

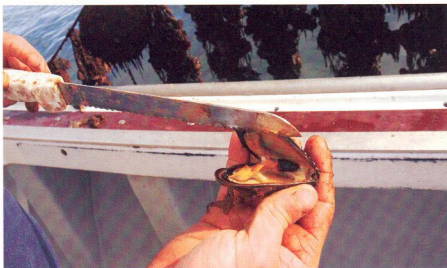
Next up was sturgeon. In 1998 New Brunswick launched its first sturgeon farm, and today one can enjoy sturgeon caviar as well as meat. Here I had a chance to try some charbroiled smoked sturgeon served with organic greens and topped with a lovely quenelle of caviar. For the main course, the chef stuffed a breast of *pintade* (guinea fowl) with mushroom duxelle and le Sieur de Duplessis (which I was familiar with from my night at the Rossmount) and served it on top of a polenta cake and roasted vegetable terrine. Dessert was a warm peach and almond *dartois* (a rectangle of puff pastry filled with pastry cream and topped with sliced seasonal fruit and a fruit glaze) served with fresh blueberries. This wonderful meal was a delicious example of one chef's dedication to the Slow Food movement.

www.kingsbrae.com

Maison Tait House, Shediac

The next day I drove the three or so hours back up the Fundy coast and entered into the French-speaking area of New Brunswick, finally arriving at the Maison Tait House in Shediac. The Tait is an historical mansion built at the beginning of the last century; after extensive remodeling the building is now a nine-suite hotel and restaurant owned by cousins Denis and Pierre Landry.

This is the cousins' second place, directly across the street from their Auberge Gabriele Inn & Restaurant. The three of us met with chef Chris MacAdam, who set aside some time to



Fresh is best; a mussel ready for the stove.

make and have lunch with us. Chris is also one of three sommeliers at the Tait; also on staff is a French oenologist (a scientist of winemaking), Nicolas Parisi.

Our lunch began with an appetizer of oysters cooked with shallots, bacon, roasted red peppers, maple and cream reduction. Chris also brought out a mason jar of bar clams in brine for us to try. We followed with a lobster and mango salad with honey-thyme truffle vinaigrette. For the main course, it was local duck breast from La Ferme du Diamant, served with a mushroom linguine, roasted beets from Denis' garden, and toasted coconut. Dessert was brandy-flambéed banana and pineapple, and a Marlborough, New Zealand Sauvignon Blanc was our wine throughout.

After eating our fill, we left Chris to work. Nicolas took me on a scenic drive through the country to La Ferme du Diamant to meet co-owner Adrien, another Frenchman. He and some friends had begun experimenting with duck and pork charcuterie as a hobby on the islands of Saint-Pierre and Miquelon, located south of Newfoundland. As their hobby expanded into a business, they brought it to New Brunswick and have today cornered the market on duck products and French-style charcuterie.

Adrien was inside the sterile white workshop where he was finishing up work for the day, alone except for a co-worker busy stuffing some chicken thighs with ground pork. He pulled out a case from the walk-in cooler and set it before me, and I felt like I was about to make a deal in a shady warehouse for jewels. And jewels they were! Packages of sliced galantines and terrines of mousse, pâté and rillettes were placed in front of me for the choosing. Now I knew why they call it Diamant. I chose a *terrine de canard à l'orange*, a pâté with a medium coarseness and flavored with orange—a very traditional French treatment. Still full from lunch, I'd be saving that for later. We went on a tour to see the heart of the farm; ducks of all ages. It is always special to see that the meat you eat comes from animals that have been very well taken care of.

It was soon time for Adrien to make deliveries of his products so it was back to the Tait House for us. While we were away, Denis had gone to gather fresh oysters. When we returned we enjoyed them with mignonette, my orange duck terrine, and bloody Caesars (a popular Canadian spinoff of a Bloody Mary that uses Clamato juice). It was a delicious sunset. www.maisontaithouse.com

Dieppe Market

One of the nicest ways to experience the French area of New Brunswick is to visit Saturday's Dieppe Market. There is a true European feel to this marketplace, with vendors showcasing meats, baked goods, cheese, produce, crafts, and more.

As I roamed the market I scanned for large gatherings of people, which always point to popular choices. There was a crowd around a grill offering bison sausages on baguettes; I couldn't resist a breakfast option like that. Next to a trio of musicians playing traditional Acadian tunes there was an absolute mob, and I headed straight over. I had finally caught up with the Rouselle family, the cheese makers whose products I had been devouring every chance I got.

The owners took a step aside from the constant queue of cheese buyers to let me try a few samples. The husband and wife team do more than make quality cheese—they are also the major retailer of cheese from Europe and abroad for this corner of New Brunswick. Outside of metropolitan centers like Montréal and Toronto there are hardly any places to purchase imported cheese other than the Rouselle's shop in Moncton and their weekend market stand.

The real treat for me was the chance to taste Brie and Pont l'Évêque that had not been altered by pasteurization (U.S. legislation prohibits raw cheese from crossing our borders). Along with these raw versions of well-known cheeses, there were plenty of others: heart shaped chèvre medallions with rose petals, tommes coated with raisin marc or flavored with violet, and organic Belgian basil cheese were just a few that I had only ever seen in reference books.



CLOCKWISE FROM TOP LEFT: Cheesemaker André Martineau of La Bergerie aux 4 Vents holds a marc-coated tomme at his shop at the Dieppe Market; Merchants fill the length of the historic Saint John City Market; Brock Tucker holds up a shortnosed sturgeon at his caviar farm.

From the Rossmount

GLAZED PORK WITH APPLE AND CILANTRO

SERVES 8

Serve this pork with the Asian-Style Sweet Potato Purée. If you can't find Granny Smith apple juice, make your own using a juicer or just add a splash of lemon juice to ordinary apple juice.

For pork

- 1 pound pork belly, cut into 8 pieces
- 1 large onion
- 1 small carrot
- 1 rib celery
- 1 clove garlic
- 1 2-inch piece fresh ginger, peeled and sliced into 4 disks
- 1 bunch cilantro roots or stems, roughly chopped
- Zest of 1 orange, in large strips
- 4 cups ginger ale
- 1 cup Granny Smith apple juice
- 1 teaspoon soy sauce
- 1½ tablespoons maple syrup
- 1 tablespoon rice wine vinegar
- 1 tablespoon sea salt
- ½ tablespoon coriander seeds
- ½ tablespoon whole black peppercorns
- 1 fresh bay leaf
- 1 cinnamon stick
- 1 whole star anise
- 1 whole clove
- 1 allspice berry

For apple salad and serving

- 2 tablespoons hoisin sauce
- 2 Granny Smith apples
- A few drops rice wine vinegar
- Fresh cilantro leaves
- Salt
- Freshly ground black pepper

1. To cook pork: Combine all ingredients in a large, heavy-bottomed pot. Bring to a slow boil over medium-high heat.
2. Lower heat and cook uncovered, about 3 hours or until pork is tender. Skim surface of liquid to remove foam and other impurities. When pork is cooked, remove from braising liquid and set aside. Strain braising liquid

through a fine-mesh sieve, reserving 2 cups and placing the rest in a large bowl. Place pork in large bowl with liquid and refrigerate until ready to use.

3. Transfer reserved 2 cups braising liquid to a medium saucepan and cook over medium heat until reduced to about ½ cup. Season with salt, pepper and rice wine vinegar, if desired.
4. When ready to serve, heat a large heavy-bottomed skillet over medium-high heat until very hot but not smoking. Add pork. Cook about 1 minute on each side to achieve a crisp exterior. Remove pan from heat and immediately add hoisin sauce. Flip pork belly gently several times to thoroughly coat and glaze.
5. Just before serving, shred apples using a mandoline or grater and toss in a bowl with rice wine vinegar and fresh cilantro leaves. Season to taste with salt and pepper.
6. Serve pork with Asian-Style Sweet Potato Purée, drizzle reduced braising juices around plate and garnish with apple salad.

ASIAN-STYLE SWEET POTATO PURÉE

SERVES 8

This rich purée is also a great accompaniment to spicy ceviche.

- 1 large sweet potato
- 1 bay leaf
- 1 ½-inch piece fresh ginger, peeled
- 1 whole clove
- 1 can coconut milk
- Salt
- 4 tablespoons unsalted butter
- Freshly ground black pepper
- Sherry vinegar to taste

1. Peel and finely dice sweet potato. Place in a medium saucepan with bay leaf, ginger and clove. Add coconut milk and some water, if necessary, to fully submerge sweet potato.
2. Add a pinch of salt and cook over medium-high heat until sweet potato is tender and beginning to fall apart, about 30 minutes.
3. Strain sweet potato, reserving cooking liquid. Discard bay leaf, ginger and clove. In a food processor or using an immersion blender, purée sweet potato, adding some

reserved cooking liquid to make a very smooth purée. Transfer to a mixing bowl.

4. Melt butter in a small saucepan over medium-high heat and cook it for a few minutes, until milk solids turn golden brown and butter takes on a hazelnut-like aroma. (This is best to do in a pan with a light-colored bottom, so you can make sure butter does not get too brown.) Add browned butter while still hot to sweet potato and mix to combine. Season purée with salt, pepper and sherry vinegar and keep warm until ready to use.

CARROT-PINK PEPPERCORN ICE CREAM

MAKES ABOUT 4 CUPS

Pink peppercorns are not true peppercorns but actually the seeds from a plant called the Baies rose. If lemon thyme is not available, use a lesser amount of ordinary thyme.

- 1 tablespoon unsalted butter
- 1 large carrot, peeled and cut into ¼-inch dice
- 1 tablespoon brown sugar
- 2 cups milk
- 2 cups cream
- Half a vanilla bean, seeds scraped out and reserved
- 10 egg yolks
- ¾ cup sugar
- 4 tablespoons corn syrup
- 1 tablespoon pink peppercorns, roughly ground
- 1 tablespoon lemon thyme leaves, roughly chopped

1. Heat butter in a small skillet over medium-high heat until bubbling. Add carrot and brown sugar. Season lightly with salt and cook over medium heat, stirring often, until soft and caramelized, about 10 minutes. Allow to cool.
2. In a medium saucepan, combine milk, cream, vanilla seeds and pod and heat over medium-high heat. Do not allow mixture to boil.
3. Whisk egg yolks, sugar and corn syrup together in a stainless steel bowl until smooth, pale and doubled in volume.
4. Temper egg mixture: add about 2 ounces

of hot milk/cream mixture to egg mixture and stir. Repeat three times.

5. Add tempered custard to hot milk/cream mixture and cook over low heat for a few minutes, until slightly thickened. Transfer custard to a bowl, cover with plastic wrap and refrigerate until cool.

6. Transfer cooled carrot mixture to a food processor and purée until smooth. When custard is fully cooled, stir in carrot purée. Force mixture through a fine-mesh sieve and into a clean bowl.

7. Add peppercorns and lemon thyme and stir to combine. Transfer mixture to an ice cream maker and process according to manufacturer's instructions. Freeze for at least an hour before using. Serve with caramel-chocolate sauce.

CARAMEL-CHOCOLATE SAUCE

MAKES 2 CUPS

- 1/2 cup sugar
- 2 cups heavy cream
- 1 ounce semisweet chocolate
- Pinch salt

1. Place sugar in a small saucepan over medium-high heat. Wait for it to turn golden brown and then gently swirl pot. Do not stir or caramel will clump.
2. When caramel is clear and amber-colored, lower heat to medium-low and slowly add cream, constantly swirling pot. Keep your hands and face away from pot as it will bubble and steam.
3. When all cream is added, add chocolate and salt. Cook sauce a few minutes, stirring until smooth.
4. Force sauce through a fine-mesh sieve and into a clean bowl. Set aside to cool until ready to use. Once cool, add a bit more cream to adjust color and consistency if desired.

From Kingsbrae Arms

DUNGENESS CRAB CAKES WITH RADISH AND WASABI AIOLI

SERVES 4

- For aioli
- 2 egg yolks

- 1 teaspoon wasabi paste
- 5 tablespoons sesame seed oil
- Scant 1 cup grapeseed, safflower or good-quality canola oil
- 1 teaspoon rice vinegar
- 2 teaspoons soy sauce
- 2 radishes, very finely diced or grated

For crab cakes

- 8 ounces fresh Dungeness crabmeat
- 2 tablespoons finely diced red pepper
- 1 teaspoon finely chopped cilantro
- 1 teaspoon finely sliced scallion
- 2 tablespoons mayonnaise
- 1 egg white
- Salt
- Freshly ground black pepper
- 1 to 2 teaspoons vegetable oil, for pan searing

1. In a medium bowl, combine egg yolk and wasabi and whisk until mixture reaches a uniform consistency, 1 to 2 minutes. Slowly pour in sesame and grapeseed oils while whisking constantly, then whisk in remaining ingredients. Refrigerate until ready to use, or up to 3 days.
2. Preheat oven to 375°F.
3. Just before serving, combine all crab cake ingredients and shape into 4 round patties.
4. Over medium-high, heat just enough oil to lightly coat bottom of an oven-proof skillet. Carefully sear crab cakes on both sides, about 20 to 40 seconds per side. Transfer skillet to oven and bake 5 minutes. Serve with radish aioli and Asian Coleslaw.

ASIAN COLESLAW

SERVES 4

This tangy coleslaw is great with most grilled meats or fish.

- 2 cups finely sliced Napa cabbage
- 1/2 cup finely sliced or shredded carrots
- 2 teaspoons finely sliced scallion
- 2 tablespoons soy sauce
- 4 tablespoons sesame seed oil
- 2 tablespoons rice vinegar

1. Combine all ingredients in a large bowl. Refrigerate for 2 hours and serve.

CHOCOLATE ESPRESSO POTS DE CRÈME

SERVES 4

Start this recipe one day before you plan to serve it.

- 2 cups half-and-half
- 1 tablespoon whole espresso beans
- 1/2 vanilla bean, seeds scraped out and reserved for another use
- 2 egg yolks
- 2 eggs
- Scant 1/2 cup sugar

1. In a small saucepan, heat half-and-half over medium-high heat to almost boiling. Add espresso beans and vanilla bean and allow to cool. Cover and refrigerate overnight.
2. Preheat oven to 325°F. In a teakettle or large saucepan, heat 2 quarts of water to a boil.
3. In a medium heatproof bowl, whisk together egg yolks, whole eggs and sugar.
4. Heat infused cream over medium high heat until almost boiling, then strain and discard espresso and vanilla beans. Slowly whisk hot cream into egg mixture.
5. Divide mixture among 4 ramekins and place ramekins in a large roasting pan. Carefully pour boiling water into roasting pan until water reaches halfway up sides of ramekins. Place in oven and bake 40 minutes, until centers slightly jiggle. Cool to just room temperature and serve with hazelnut biscotti, if desired.

HAZELNUT BISCOTTI

MAKES ABOUT 24 PIECES

Soak 1/2 cup raisins in 2 ounces of port the night before baking.

- 1 stick butter
- 3/4 cup sugar
- 2 eggs
- 2 cups flour
- 1/2 tablespoon baking powder
- 1/4 teaspoon salt
- 1/2 cup toasted chopped hazelnuts
- 1/2 cup port wine-soaked raisins (see headnote)
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon brandy

- 1/2 teaspoon fennel seeds
- Zest of one lemon, finely chopped

1. Preheat oven to 350°F.
2. In bowl of a standing mixer (or using a hand mixer), combine butter and sugar on medium-high speed until light in color and texture. With mixer running, add eggs one at a time. Turn mixer to low speed and add remaining ingredients.
3. Let dough rest for 10 minutes, then shape into an elongated loaf. Refrigerate for 10 minutes.
4. Place on a parchment paper-lined baking sheet and bake 40 minutes. Remove from oven and cool down completely.
5. Cut loaf into 1/2-inch slices. Place on their sides on parchment paper-lined baking sheet and bake until golden brown, about 15 to 20 minutes.

From Inn on the Cove

CREAM OF MUSSEL SOUP

SERVES 4

This rich, creamy soup is a meal in itself if served in a large bowl. If you plan to serve your guests another course, be sure to give them just a cup, even though they might ask for more. Find dulse flakes in health food stores, or buy sheets of dulse, toast lightly in a dry skillet over medium heat, and crumble by hand.

- 2 tablespoons butter
- 1 onion, chopped
- 2 tablespoons chopped parsley
- 1 bay leaf
- 1 teaspoon fresh marjoram leaves, chopped
- 1 tablespoon fresh thyme leaves, chopped
- 2 pounds mussels, scrubbed and debearded
- 1 1/2 cups dry white wine
- 1 cup chicken broth
- 2 egg yolks
- 2 cups heavy cream
- Salt
- Freshly ground black pepper
- Dulse flakes, to taste

1. In a large heavy-bottomed pot or Dutch

oven, melt butter over medium-high heat. Add onion, parsley, bay leaf, marjoram and thyme and sauté 5 to 10 minutes, until onion is translucent.

2. Add mussels and white wine. Cover and simmer for five minutes or longer, until all shells have opened. Discard any mussels that do not open. Strain mussels, reserving broth. When mussels are cool enough to handle, remove meat from shells and reserve.
3. Add mussel broth and chicken stock to the pot and bring to a simmer over medium-high heat.
4. In a large, heatproof bowl whisk egg yolks, slowly adding hot broth while whisking rapidly. Return mixture to pot and bring almost to a boil. Whisk in cream and adjust salt and pepper to taste. Remove from heat, add mussel meat and serve piping hot in bowls. Garnish with a sprinkling of dulse.

HIGHLAND SALMON

SERVES 4

The Scotch marinade enhances the wonderful flavor of salmon.

- 1/2 cup orange juice
- 1/3 cup Scotch whiskey
- 1/4 cup chopped scallions
- 1/8 cup maple syrup
- Zest of 1 orange, finely chopped
- 1 tablespoon grainy Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/2 tablespoon freshly ground black pepper
- 1 teaspoon salt
- 4 boneless salmon fillets
- Fresh parsley sprigs, to garnish

1. In a large bowl, combine orange juice, whiskey, scallions, maple syrup, orange zest, mustard, Worcestershire sauce, pepper and salt. Place salmon fillets in a shallow glass baking dish and cover with marinade. Refrigerate 2 to 4 hours, turning fish at least once.
2. Position oven rack 4 inches below broiler and preheat broiler.
3. Remove salmon from marinade, reserving

marinade. Broil salmon about 4 minutes on each side. Baste with marinade during last minute of cooking. Salmon should be dark on edges. Garnish with parsley and serve.

From Maison Tait House

LOBSTER AND MANGO SALAD WITH HONEY, TRUFFLE AND THYME VINAIGRETTE

SERVES 4

Chef Chris MacAdam serves this salad "deconstructed," with a thin ribbon of cucumber around the baby greens, the lobster and mango together in a separate bowl, and the dressing in a small shot glass. Try it at home for a very elegant presentation.

For lobster and mango

- 1 cup fresh cooked lobster meat
- 1 mango
- Juice of 1 Ruby Red grapefruit
- 1/4 cup cilantro leaves
- A few drops maple syrup

For vinaigrette

- 4 tablespoons white balsamic vinegar
- 6 sprigs thyme
- 2 tablespoons honey
- 1/4 cup extra virgin olive oil
- 1 teaspoon white truffle oil (optional)
- Freshly ground black pepper

For serving

- 1 cucumber, sliced
 - 2 cups mixed salad greens
1. Chop meat in large chunks and place in a large bowl.
 2. Peel and julienne mango and add to lobster. Add grapefruit juice, cilantro, maple syrup and mix.
 3. Prepare vinaigrette. In a medium bowl whisk vinegar, 2 sprigs of whole thyme, and honey. Whisk in olive oil and truffle oil (if using) and season with pepper.
 4. Arrange greens, cucumber, lobster and mango and dressing on 4 salad plates, either "deconstructed" or as a traditional salad.