



5 flavorful whole grain swaps

When Wonder Bread was “just a little slice of America” and pasta was just pasta, whole grains were something left to the crunchiest of folks with a penchant for patchouli. But these days, we care more about the nutrition and science of how whole grains treat our bodies better than their refined counterparts.

According to the U.S. Department of Agriculture, eating whole grains can reduce the risk of heart disease, promote good bowel functions and encourage a healthy nervous system. Filled with nutrients including fiber, B vitamins and more, whole grains can also help you feel fuller faster.

So why not ditch the white rice and forget the bread crumbs? Here's how to swap in more flavorful whole grains in your favorite dishes.

Fried Rice: Swap in Freekeh

Love fried rice? Whether you crave the classic pork fried rice or prefer yours loaded with veggies, shrimp or whatever, making it at home is so easy with a skillet and a few ingredients. And, while you're at it, why not give it some whole grain customization by swapping a whole grain such as freekeh for the rice? Freekeh has a smoky, earthy flavor and a nutty texture, which adds great dimension to dishes that are typically made with rice. With 6.43 grams of protein and 6.4 grams of fiber in a 1½-ounce (dry) portion, freekeh is a whole grain that cooks relatively quickly — it's ready in about 20 to 25 minutes — and can be made in bigger batches for use later.

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No James Beard gold for Maine finalists

BY KATHLEEN PIERCE
BDN STAFF

There was little love in Chicago for Maine chefs and brewers Monday night. At the annual James Beard Foundation Award ceremony held at Lyric Opera of Chicago, the four Mainers up for these career-making food awards — chefs Andrew Taylor, Mike Wiley and Brian Hill and brewer Rob Tod — walked away empty-handed.

The Windy City seemed to blow by Hill of Francine Bistro in Camden and Taylor and Wiley, the chefs behind Portland's Eventide Oyster Co. and Hugo's. The best chef Northeast winner was Zakary Pelaccio of Fish and Game in Hudson, New York.

Rob Tod, the owner of Allagash Brewing Co., made a return run in the Outstanding Wine, Beer, or Spirits Professional category, but legendary mezcal producer Ron Cooper from New Mexico took the title.

Better luck next year. Beard or no Beard, you're all winners in our book. The full list of awardees can be found at jamesbeard.org.



LINDA COAN O'KRESIK | BDN

Sarah Wilder of Wild Cow Creamery in Hampden pours ice cream base into the ice cream churn to make 1½ gallons of blueberry crumble ice cream on Monday. Sarah and her husband, Ryan Cowan, are heading into their fourth season of small-batch ice cream making.

Churning up success

Maine's small-batch ice cream makers begin scooping

BY KATHLEEN PIERCE
BDN STAFF

When students and teachers from the half dozen schools along Stevens Avenue in Portland's Deering neighborhood need an ice cream break, they don't hit Dairy Queen. Instead, those in the know file into the Black Cat Cafe. In the back of this neighborhood coffee shop, some of the latest and tastiest ice cream flavors are churned out daily.

Coffee and Donuts, Honey and Sea Salt, Cardamom and Matcha Green Tea ice creams are all the creations of cafe co-owner Jenny Siler, a small-batch maker extraordinaire.

Her hook, besides creative flavor combinations, is using honey as a sweetener and experimenting small. When we stopped in last week she was making a gallon and a half of ginger, a spicy, creamy frozen delight.

“The key is getting the texture right,” said Siler, pouring crystallized ginger into a gelato machine as her husband, Keith Dunlap, served lattes to customers a few steps away. “Sweeteners have a lot to do with it. Honey is a magic ingredient.”

Her year-old company Little Bee Honey Ice Cream creates batches for local restaurants such as Woodford F&B, and Siler drops off sample pints of Mexican Chocolate to places like Terlingua, hoping to keep the local culinary spirit strong. Her Coffee and Donut ice cream, a mashup of The Holy Donut's chocolate sea salt donuts and Speckled Ax coffee, are a Portland collaboration made in foodie heaven.

Like microbreweries, these small creameries are nimble operations that reflect a shift in the marketplace towards craft products made locally with care. Consumers with increasingly sophisticated tastes are no longer blindly grabbing tubs



KATHLEEN PIERCE | BDN

Jenny Siler, owner of Little Bee Honey Ice Cream, with her favorite flavor, ginger. She makes small batches in the back of Black Cat Cafe in Portland.

from the grocer's freezer without checking where it's made and what's in it.

And it's not just Maine's unofficial culinary capital that's experiencing an influx of small-batch ice cream makers, though. Across the state, it's catching on.

Hampden's Wild Cow Creamery, an ice cream trailer with a

supermarket shelf presence, has done so well that they are looking at nearby towns to open a brick-and-mortar store. And in Monroe, Stone Fox Farm Creamery enters its seventh year with gusto.

“Our season is just beginning and the pints are flying off the shelves,” said Stone Fox Farm
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Stonewall Kitchen: From farmers markets to \$50 million company

BY DEBORAH MCDERMOTT
PORTSMOUTH HERALD

YORK — Twenty-five years ago, specialty food purveyor Stonewall Kitchen began building its reputation by selling jams like wild Maine blueberry and roasted garlic and onion at farmers markets. Today, the company flourishes by manufacturing about 360 different foods like chipotle aioli, wasabi horseradish cream sauce, fig and walnut butter and key lime curd. Those in turn are among the 2,000 products it offers in the York store alone.

And to be a part of putting the next great creation in the hands of customers — well, it can be an awful lot of fun.

“One of the great things about this company is that we'll try a lot of things. We try a lot of interesting stuff. A lot of it sticks, some of it doesn't, and that's OK,” Chief Executive Officer John Stiker said. “We introduce roughly 20

new products in January and June, and we discontinue an equal number. We're always evolving, we're always on the lookout for the next great product.”

The company's approach — combining what founder Jonathan King once called a “casual chic” mindset with a sense of discovery and smart employees who understand the mission — has allowed it to grow from a farmers market stand to a company worth “north of \$50 million” today, Stiker said.

Now it's poised to go to the next level, since founders Jim Stott and Jonathan King sold a majority share of the company last year to Centre Partners, a private equity firm with offices in New York City and Los Angeles. Stiker, a Maine native, was tapped by the firm to come back here to head up operations.

A new 75,000-square-foot warehouse and distribution facility

has been built in Dover, New Hampshire, the first phase in a 275,000-square-foot campus expected to be built over time as demand requires. The company's 126,000-square-foot warehouse in Rochester, New Hampshire, is leased through 2020, allowing the company wiggle room as it considers its future plans.

These facilities are in addition to the 60,000-square-foot campus in York that includes its corporate offices, store, research and development space, manufacturing facility and limited warehouse and distribution space.

The SK way

But expansion will be done in the Stonewall Kitchen manner, deliberately and carefully ensuring the SK “brand” will be maintained, Stiker said. In other words, there are no Wal-Marts in the company's future.

“We're going to take it step by step
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Quickles are pickles in a hurry

How quickly can you pickle? Usually we think of pickles as a longer term process involving canners, bushels of cucumbers and green beans and onions and gallons of vinegar and lots of jars or crocks. But suppose you just want a little bit of tang on your plate or to delay the expiration of a cucumber by a couple of days or to rescue some poor little carrot before it gets limp? Apparently, quickles are the answer.

Sugar, salt and a bit of vinegar do the trick. Every bit as easy as making a salad and salad dressing, assembling quick pickles results in a jar of flavorful vegetables to add to a green salad or to
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