



Oil and Vinegar Coleslaw.

SARAH WALKER CARON | BDN

Perfect slaw for summer days

Hot dogs with crispy, perhaps even slightly charred, skin. The rich aroma of juicy burgers cooking on the grill. The sizzle of sausages cooking. These are among the textures, smells and sounds of summer barbecues.

This past weekend, they were aplenty. As I walked down a road in Southwest Harbor, I caught the pleasant whiff of grills at work. In my mind, I matched the scents to imagined foods — hamburgers, hot dogs, clams and perhaps barbecue chicken?

And with these grilled foods — real or imagined — comes the other foods of summer. The veggies and fruits that ripen now and are served alongside whatever's coming off the grill.

Sweet corn, the silks and husk just removed, cooked to perfect tenderness. Sweet peas plucked from their shells. Cool cucumbers with thin skins, perfect for slicing. Sweet strawberries, red to the core, with juice to run down your chin.

And, of course, summer salads — potato salads, pasta and macaroni salads, and, of course, slaws.

A cabbage, the last few carrots, some peppery radishes, some fresh parsley ... these are the things that come together to make this coleslaw. But this isn't your typical cloyingly sweet coleslaw with the



SARAH WALKER CARON
MAINE COURSE

Oil and Vinegar Coleslaw

Serves 6-8

Recipe

- 4 cups shredded cabbage
- 1 cup shredded fresh carrots
- ¼ cup thinly sliced and halved radishes
- ¼ cup chopped fresh parsley
- Dressing
 - ½ cup red wine vinegar
 - 2 tbsp olive oil
 - 1 tbsp honey
 - 1 tsp salt
 - ½ tsp ground black pepper

Add the cabbage, carrots, radishes and parsley to a large mixing bowl. Stir well to combine.

In a small mixing bowl, whisk together the vinegar, olive oil, honey, salt and pepper. Pour over the vegetables and toss well to combine.

Enjoy immediately, or chill until ready to serve.

creamy white dressing. No. This is a slaw made with an olive oil and vinegar dressing, seasoned simply with honey, salt and pepper.

Start by preparing the vegetables. Remove the core from the cabbage — I used about half a cabbage to shred for this slaw — and then shred it. I did so by cutting it into thin slices and then halving them. But

a food processor would make quick work of it too.

Then the carrots are shredded. I used a hand grater (be careful of your fingertips if you do too!), to create big shreds to mix in. You could also use that food processor for this — or one of those electric salad grating tools, if you have one. I loved ours when I was in high school.

These days, I find I opt for the simplest method though: by hand. There's less to clean up, and it really doesn't take that long.

Finally, chop the fresh parsley. It has a mild but slightly bitter taste that's a nice contrast to the dressing you make.

And about that dressing — you whisk together a tangy red wine vinegar, a warm extra virgin olive oil, a touch of sweet honey and some salt and pepper. It's simple but perfect for this oil and vinegar version of coleslaw.

Then, mix it all together, and it's a flavorful slaw perfect for summer barbecues. Or let it chill for a bit, and the flavors get even better.

And summer is served.

Sarah Walker Caron is the senior features editor for the Bangor Daily News and author of "Grains as Mains: Modern Recipes Using Ancient Grains," available at bookstores everywhere including The Briar Patch and Bull Moose in Bangor. For more delicious recipes, check out Maine Course at mainecourse.bangordailynews.com.

A cool Thai-style pizza for hot nights

Now that summer here has finally gotten around to being genuinely warm, we might actually welcome cold food for supper. Here is a cold pizza, loaded with vegetables and made zippy with a Thai-style peanut sauce. No cheese in sight.

I first ate this pizza at a party I attended, loved it, forgot it, then saw it in a picture somewhere, and thought I ought to try it out.

It is up to you whether you make your own crust. There are plenty of options with pre-baked ones or dough ready to line a pan and bake at home. Once the pizza dough is baked you can assemble the pizza any time.



SANDY OLIVER
TASTE BUDS

Thai-Style Cold Vegetable Pizza

- ⅓ cup of smooth peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons honey
- 1 teaspoon fresh ginger, minced, or dried powdered to taste
- 2 cloves garlic, peeled
- 1 thin, 12-inch pre-baked pizza crust
- ½ large red pepper, diced finely
- 1 large carrot, peeled and shredded coarsely
- 1 cup fresh bean sprouts
- 2-3 scallions white and green parts, thinly sliced
- Fresh cilantro, finely chopped or shredded
- Chopped peanuts

Mix the peanut butter, soy sauce, rice vinegar, honey and ginger together and add pureed garlic. Spread evenly over the pizza crust.

Sprinkle evenly the red pepper, shredded carrots, and bean sprouts.

Top with sliced scallions, cilantro and chopped peanuts.

Serve with hot sauce, if desired.

The sauce is very similar to the one used for chicken satay, or Pad Thai, or one I use for plain pasta. If you already have a favorite peanut sauce recipe, by all means use it.

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Make a better burger

BY BETHANY JEAN CLEMENT
THE SEATTLE TIMES

In these United States of America, the hamburger is close to an unalienable right. That the burger should be made with 100 percent beef and the bigger the better are truths many hold to be self-evident, especially fast-food advertising agencies.

Can less be more, my fellow Americans? Can we unshackle ourselves from the chains, pull ourselves up by our own burger-bootstraps and make them our own enlightened, forward-thinking way?

We could make them more rarely, for less impact on God's would-be-green earth. (And medium-rare, to actually taste them.)

We could make them with good meat — good, meaning both high-quality and humanely raised.

And we could make them with less meat, substituting some mushrooms for added sustainability, nutrition and tastiness.

It's a controversial proposal, no doubt. But a 2014 joint study by the Culinary Institute of America and UC Davis, published in the Journal of Food Science, found that blending finely chopped mushrooms into ground meat enhances both flavor and nutrition. Nothing convinces Americans more than science, right? So the good people at the James Beard Foundation embarked upon the

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New international theme brings flair to Bangor's Epic Buffet

BY SHELBY HARTIN
BDN STAFF

BANGOR — At the Epic Buffet at Hollywood Casino on Thursday evening, aromas from around the world filled the dining space. Employees and their families sat down to a special meal of a variety of foods — crunchy egg rolls, flavorful suckling pig, savory garlic beef skewers and more. Diners got a special sneak peak of the new theme for the buffet Thursday, June 30, before it opened to the public July 1.

Hollywood Casino's Epic Buffet just received a makeover. The new Epic Buffet World Table features a spread of international options, including choices from Italy, Asia, Mexico and more.

The buffet's facelift was spearheaded by executive chef Matthew Laman, who moved to Bangor from Pennsylvania last year. Laman wanted to bring a taste of the world to the Queen City and tailored the buffet offerings based on his previous work.

"I trained under a Swiss chef, I worked for a Sicilian restaurant company, I've worked with French chefs, south of the border chefs, I've worked with chefs out in Arizona and chefs in Florida, chefs from Austria — so [people from] all around the world," Laman said.

"My background is very versatile ... so I thought I would bring some of my favorites from around the world and around the country."

Roasted corn and black bean



SHELBY HARTIN | BDN

Grilled flatbread pizza is pictured at Hollywood Casino's Epic Buffet, which just received a makeover. The new Epic Buffet World Table features a spread of worldly options, including choices from Italy, Asia, Mexico and more.

burritos and mojo and tomato-braised cod from Mexico are featured in one section. Braised pork ribs and meatballs in tomato sauce from Italy occupy another. Mandarin sweet and sour tempu-

ra pork and curried-vegetable pad thai can be found in the Asian area of the buffet and even home-style Cajun and southwestern favorites from the U.S., among

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