



SANDY OLIVER

Real Maine Baked Beans.

Oliver

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for hours. I usually wait until the outdoor temperature is going to dip into the teens or lower to bake beans, which I do in my wood-burning cook stove, where without much effort the temperature stays at about 250 as long as I keep it stoked for warmth in the kitchen.

I am blessed with two bean pots, both with good lids. A smaller one holds 1 pound of beans very nicely, and a larger one is suitable for 2 pounds plus a little bit. That larger pot came from Owls Head, and I bought it at an antique shop when I was 14 and on a family vacation to Maine. I have no idea why I wanted that pot. I certainly did not bake beans when I was that age, nor did I have an inkling that I would come to live in Maine nearly 20 years hence. The shop owner told me that an old lady used to bring that pot full of beans to suppers in town. I wish I knew who she was. I love and honor her pot.

Here then is the recipe for baked beans. Two pounds of beans produces about a gallon baked. I end up spooning some into quart containers to freeze for another day as homemade fast food. Don't forget the brown bread, the ham or hot dogs, and some pickles.

Looking for: Blueberry Bangbelly. From Deb, by email, came this question: "My husband has mentioned often about a recipe his grandmother, from 'The County' used to make that was called Blueberry Bangbelly." Deb reports she has explored family recipes, local versions, even checked out Brownie Schrumph for this recipe which sounds a lot like a

Real Maine Baked Beans

2 pounds of yellow eye (or other large dried) beans
½ pound salt pork
½ cup molasses
¼ cup sugar
2 teaspoons dry mustard
½ teaspoon pepper
Pinch of salt
1 medium onion

Soak the beans overnight in water enough to cover generously.

Next day, boil the beans until the skins peel back when you blow upon a spoonful.

Preheat an oven to 250 (to bake for eight hours) or 300 (to bake for six hours).

Put the beans together with the salt pork, molasses, sugar, mustard, salt and pepper and onion in a bean pot and add enough water to barely cover the beans.

Put the pot into the oven and bake for six to eight hours, checking from time to time and adding water if beans on top look dry.

Remove the lid for the last hour or so.

cobbler, or slump. Nothing quite matches what her husband remembers "as a biscuit-type crust with blueberry filling baked in an oblong pan, aka 'Blueberry Bangbelly.'" We'd love to hear from you if you have a recipe.

Send queries or answers to Sandy Oliver, 1061 Main Road, Islesboro 04848. Email sandyoliver47@gmail.com. For recipes, tell us where they came from, list ingredients, specify number of servings and do not abbreviate measurements. Include name, address and daytime phone number. And make sure to check out Sandy's blog at tastebuds.bangordailynews.com.

Asian Lobster And Crab Wonton Filling

Yields 80 wontons

8 ounces lobster meat
8 ounces crab meat
½ cup onion, finely diced
½ cup celery, finely diced
½ cup carrot, finely diced
1 cup Napa cabbage, finely diced
2 tablespoons soy sauce
2 tablespoons cilantro, finely chopped
2 tablespoons oyster sauce
1 tablespoon fish sauce
1 teaspoon cayenne pepper, optional
80 wonton wrappers

Combine all ingredients — except wrappers — in a bowl

and stir together.

Place a rounded teaspoon in the center of a wonton wrapper. Moisten all sides with a mixture of cornstarch and water.

Fold like a triangle, making sure no mixture is on the outside of the wonton.

Bring the two largest sides of the triangle together — it should look like the "Flying Nuns" habit.

Add to boiling wonton soup (recipe below) and cook for 3 to 4 minutes.

Adapted from Sheri Fistal



KATHLEEN PIERCE | BDN

Sheri Fistal teaches students to make lobster and crab-filled wonton soup during a class from the "From Scratch: Your Maine Kitchen" series.

Scratch

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toward locally produced and processed foods, it will make a significant difference in supporting our own local food economy," Savoie said.

Informed consumers are the best consumers.

And those exiting Saturday's class left with full bellies, recipes and a list of Asian markets to find ingredients to try this at home. The demo appealed to Elizabeth Patten, a nutritionist from Freeport.

"I am glad we are partici-

pating," the locavore said. "Asian food is clean."

Adapting Maine lobster to the Chinese staple opens doors to more than boiled and baked-stuffed dishes.

"There is so much you can do with lobster," Fistal said. And wontons. Many restaurants feature pork or chicken wonton soup, but vegetarians can "put in anything green," Fistal said.

"Cooking With Maine Beer" is from 10 a.m. to noon Saturday, March 19, and costs \$40. To register, call 781-6099 or visit umaine.edu/cumberland/programs/from-scratch-your-maine-kitchen.

Wonton Soup Stock

Yields about 8 cups

3 pounds chicken pieces (backs, necks or wings)
10 cups cold water
3 slices fresh ginger
1 tablespoon Chinese rice wine or dry sherry
Salt to taste
Black pepper, to taste, optional

Rinse the chicken pieces under cold running water.

Place in large pot with 10 cups of water or enough to cover.

Add the ginger, green onion, rice wine or sherry. Bring to a boil over medium heat, occasionally skimming off the foam that rises to the top.

Add salt to taste and black pepper if desired.

Cover, reduce the heat and simmer for 2 hours. Strain the broth and use as called for in recipes.

Caron

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them all. Using a mandoline, I started slicing them into thin rounds for casseroles. Some had onions. Some had big amounts of garlic. Others were cheesier.

I won't tell you how many casseroles it took to get to the right flavors, but after much testing, retesting and tasting, this is the one to try. It's a savory Rosemary Garlic Parmesan Sweet Potato Casserole — one that everyone who's tasted has enjoyed.

Before you back away from the sweet potatoes or cringe at the use of cheese, hear me out.

Forget what you know about sweet potatoes, sweet potato casseroles and casseroles in general. There are no marshmallows here. And this vegetarian dish isn't heavy, filled with cream of whatever soup or laden with fatty ingredients.

No, this casserole is simple. Thinly sliced sweet potatoes are layered with garlic, rosemary, parsley, salt, pepper and parmesan cheese. A touch of vegetable stock adds moistness to it. And then it bakes, with those layers of flavor come together in a tender, her-

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bed casserole that would be lovely with a pork roast, a roast chicken or even just with a runny egg on top.

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, BAM and Bull Moose in Bangor. For more delicious recipes, check out Maine Course at mainecourse.bangordailynews.com.

Rosemary Garlic Parmesan Sweet Potato Casserole

Serves 4

Butter
1 tbsp minced rosemary
1 tbsp minced parsley
1 clove garlic, minced
1 lb sweet potatoes, peeled and sliced into 1/8-inch rounds
salt and pepper, to taste
1/4 cup parmesan cheese
1/3 cup vegetable broth

Preheat the oven to 375 degrees. Grease a round casserole dish with butter.

In a small bowl, stir together the rosemary, parsley and garlic.

Layer the sweet potato slices, slightly overlapping, in a single layer in the dish. Top with about 1/4 of the herb and garlic mixture. Season lightly

with a small pinch of salt and pepper, and then layer with another slightly overlapping layer of sweet potatoes. Season with salt and pepper, and then about 1 tablespoon of the parmesan. Repeat, until you reach the last layer of potatoes. Pour over the vegetable broth, mostly around the sides and center, and then top with remaining parmesan and herb and garlic mixture. If desired, sprinkle with additional parmesan.

Bake for 30-35 minutes, until browned and bubbling at the edges.

Remove from the oven and let cool for at least 10 minutes before serving.

Enjoy.

Coffee

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Tandem Coffee Roasters in Portland will roast all the beans, and those who come in for a cup of coffee can expect nothing less than the freshest Michaud can offer.

"Our beans will be no more than a couple weeks out from being roasted when they're served — they'll be very fresh," Michaud said.

West Market Square Artisan Coffeehouse will use milk from Siberia Farms in Hermon and tea from Tea Maine in Winterport. There will also be treats to satisfy, like pastries from local bakers and some light lunch items.

Michaud is focused on creating a comfortable and unimimidating atmosphere for patrons to feel welcome.

"I don't want people to think that this is some kind of speciality coffeehouse where they won't know what to order — no, all of us working there will be happy to share information with you," she said. Michaud is creating a place for anyone — those who might want a quick cup of coffee on the go, or those who want an experience.

Inside, patrons can expect an eclectic atmosphere with items from local antique shops, such as a vintage red leather couch and chandelier Michaud picked up right in Bangor.

"I'll be setting up little vignettes, if you will, for people to congregate," she said.

Michaud wants people to come in and feel comfortable. She wants them to sit down a read a book, or meet with friends — all over a cup of coffee.



SHELBY HARTIN | BDN

Cheryl Michaud, owner of West Market Square Artisan Coffeehouse, stands outside the location of her business in West Market Square in Bangor on Tuesday. The coffee shop is set to open in late March.

"I see it as a little bit of a 'Cheers' environment, but with coffee," Michaud said. "It's about coffee and community."

Her son, whom she shared her dream with years ago, has helped her out along the way. He lives in Chicago now and has a background in graphic design, but there was something he remembered about West Market Square when he was designing Michaud's logo: a sculpture that once stood in the square, "Continuity of Community."

The steam swirling from the cup of coffee in the

logo he created incorporates an artistic rendering of that sculpture, which now sits on the Bangor Waterfront.

"He remembered this," Michaud said, pointing to her son's design, which adorns her business cards and will feature in a sign that will display her business name.

She remembers that conversation four years ago between the two of them, and specifically his words: "You're offering an experience."

"That's my mantra," she said.



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