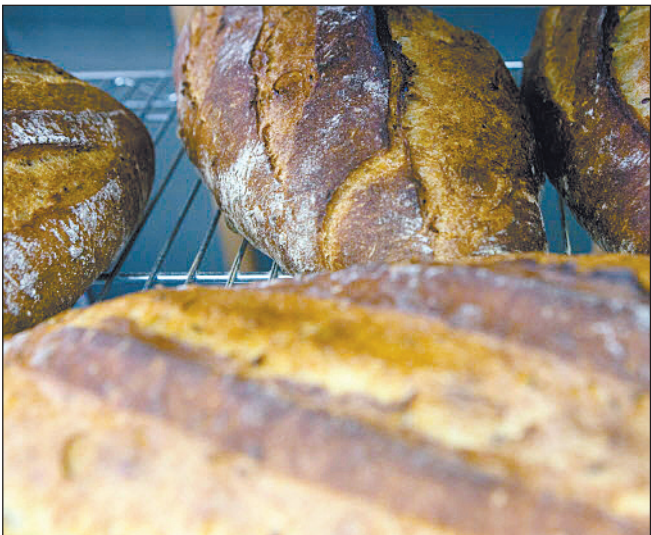


“Every single day, someone new walks in and says, ‘This is amazing! Where did you get this bread?’” It is a perfect pairing for just about everything I sell.”

COURTNEY MILLER SANDERS, DAILY SOUP



ASHLEY L. CONTI | BDN

Fresh loaves of bread sit to cool at Universal Bread Bakers in Waterville on Friday. The bakery has won many fans with its dense, delicious and crusty loaves. Baker Adrian Sulea says that in Europe, good bread is not a special occasion luxury but a tradition and an everyday staple that feeds both the belly and the soul.

## Bread

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These days, he leaves home early in the mornings to mix the dough one more time and give it another four hours to develop before he pops the loaves into the European-made oven. In the small, simple kitchen on Temple Street, Sulea dons his apron and pristine white New Balance sneakers and gets to work, using his hands to shape the dough into baguettes, boules and batards.

“It’s nice to wake up in the morning and look forward to the work,” he said. “A lot of bakeries use machines. That kind of takes the poetry out of it. I don’t think I’ll ever do that. How do you make adjustments if you don’t touch the dough?”

Although there aren’t a lot of ingredients, he is choosy about his producers. He uses flours from King Arthur Flour from Vermont and P&H Milling Group from Canada, which

have no bleach or added chemicals, but are still able to provide him the large quantities of flour he requires. Because his recipes have no sugar and no additives, he said that having good flour is critical. In some commercially made American loaves, there is “so much junk” added that it hardly tastes like bread, Sulea said. That’s not the case with his.

“Basically there is nowhere to hide,” he said of his breads. “You either get it right or you don’t.”

So far, his customers seem to think he is getting it right. Courtney Miller Sanders, who owns Daily Soup in Belfast, incorporates Universal Bread into her menu every day.

“Every single day, someone new walks in and says, ‘This is amazing! Where did you get this bread?’” she said. “It is a perfect pairing for just about everything I sell.”

Universal Bread Bakers is open from 10 a.m. to 5:30 p.m. Tuesday through Saturday, at 19 Temple St. in Waterville.

## Lunch

Continued from Page C1

“In the glory days of the past, Top of the East would host the ‘Top Brass’ luncheon club,” said general manager Jeffery Burrell. “We are looking for ways to showcase this space and turn it back into a venue to be enjoyed more than just in the evening. We think lunch service will allow us to better share this wonderful asset.”

When OCHO, also owned by OTTO, relocates from Congress Street to a larger location in Longfellow Square in April, the expanded burrito menu will be another diverse option for midday noshing. Though OCHO only opened in August, the creative burrito concept was so well received that the owners needed more space.

It takes over the roomy restaurant where Petite Jacqueline stood for years.

“We will have 45 seats, plus seasonal patio,” confirmed OTTO’s director of marketing and communications Eric Shepherd by email. “We’re planning on a full bar, with fresh-squeezed juices, and will have authentic lunch and dinner options



TROY R. BENNETT | BDN

Pulled pork sandwiches with Brussels sprout slaw are on the menu at Hero, a new sandwich and rotisserie chicken joint off Monument Square in Portland on Monday.

in addition to what we already serve at the original OCHO takeout location.”

And down the road at Union at The Press Hotel, chef Josh Berry just kicked off a multicourse lunch series on Saturdays called Culinary Conversations. The three-course, \$65 experience with wine takes ladies who lunch to the next level.

Last week the chef carried on a friendly, personal

discourse as he prepared grilled local clams and squid-ink pasta a few inches away. Seated at the chef’s bar, guests had a front-row seat as a high-end lunch came together.

He fielded questions and shared cooking tips as he whipped together the astonishing spread.

“This is a one-off menu that is special for guests,” said Berry. The first install-

ment sold out fast.

Back at Hero, the Portland work crowd is smacking their lips over the chef-driven takeout fare. “There is a huge demand for lunch,” said Brody, who has a degree from the Culinary Institute of America and has cooked hither and yon. With a captive audience from the nearby courthouse, bankers and lawyers, he said, “We have regulars already.”

## Bananas

Continued from Page C1

In my head, I ran through the things I could make with them: four batches of Banana Chocolate Chip Pancakes. A loaf of banana bread, and a batch of those pancakes. Smoothies. Banana berry applesauce.

But as I dug through my recipes for banana bread, I remembered a recipe I made a few months ago. It was a banana cake that I’d found in an old community cookbook from a school I attended as a child. The recipe produced a moist, dense cake with big banana flavor, and we really liked it. But I wanted something lighter, so I took that recipe and adjusted it, using baking powder instead of baking soda for a lighter cake

that’s still moist and banana-y.

And then I added more: A layer of rich, sweet milk chocolate spread on top of the cake. It’s somewhere between a ganache and a frosting, and glazes the top of the airy banana cake just right. This is perfect for serving to guests — you know, in case you’re doing that this weekend. Chocolate and banana? They are always a good pair.

What’s your favorite way to use overripe bananas?

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](http://mainecourse.bangordailynews.com).



SARAH WALKER CARON | BDN

Chocolate Covered Banana Cake.

## Oliver

Continued from Page C1

to the baking pan. While the recipe calls for apricot jam, you could fill with marmalade, peach jam — like I did — or whatever you’ve got.

Then another rising, in time to eat lunch, heat the oven and about 40 minutes of baking. (I think my oven runs a little bit hot. Next time, I’ll check them after a half-hour.) A sprinkle of confectioner’s sugar, and they were ready. What a treat. Fortunately, there was company here for the weekend to help eat them up; otherwise, I might have trouble squeezing into my office chair.

P.S. My apologies for omitting last week the oven temperature needed for Irish Pound Cake. Preheat your oven to 325 degrees. A few of you got in touch and told me you baked it at 350, and it came out just fine — only more quickly.

Send queries or answers to



SANDY OLIVER

Buchteln.

Sandy Oliver, 1061 Main Road, Islesboro 04848. Email [sandyoliver47@gmail.com](mailto: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](http://tastebuds.bangordailynews.com).

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