



Ali Nason (center), 12, scoops cookie dough while Danielle Materson (right) and Cake Concoctions employee Brittany Ezell look on during a summer camp, which is aimed to teach children the science of baking, on Monday at Cake Concoctions in Bangor.

Camp

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Nuthi Ganesh, a 9-year-old from Brewer, participated in the program for ages 8-11.

"I like cooking, but usually I feel like when I'm helping my mom cook I would mess it up," Ganesh said. "I came here to learn how to cook and bake and have fun."

Paradis, an Old Town resident, came to Maine in 1999 to obtain her master's degree in chemical engineering from the University of Maine. She attributes



Anabelle McDougall scoops cookie dough at Cake Concoctions in Bangor.

her baking and cake decorating start to her daughter, who, at 2 years old, request-

ed what she called "an elaborate cake." Paradis has two children in the age

group she taught during her first session, but instead of baking with mom, they elected to participate in a different camp they've been attending throughout the summer.

Before she became a full-time baker and cake decorator, she taught science and chemistry as an adjunct professor at Eastern Maine Community College and Unity College, so it was important for her to bring her previous experiences to her current position in a way that would educate others.

"Nobody is doing anything like this in our area, and I think that's what makes it so unique," Paradis said.

Zucchini

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end visit, she came bearing two gigantic zucchinis from my cousin's farm in Connecticut. They were bigger than my forearms and just as long. Enormous. Gigantic.

It took me a while to decide what to do with them. Would I stuff the zucchini halves? Slice them and roast? Something else?

But then it came to me. I'd make zucchini bread — the recipe I've made for years that my family back in Connecticut adores.

Often when I make breads and muffins, they are lightly sweetened. It's what I usually prefer, especially when the breads or muffins are something I will enjoy with breakfast. But this loaf is different. It's sweet, tender and moist. Perfect for having a buttered slice but love-ly plain, too.

You see, this loaf is special. I developed it years ago, when I was just beginning to work with my cousins, producing a newsletter for their commu-

In a medium mixing bowl, sift together the flour, baking powder, cinnamon, nutmeg and salt. Set aside.

In a large mixing bowl, whisk together the olive oil, granulated sugar, light brown sugar and eggs until well combined. Stir in the zucchini and vanilla extract. Add the flour mixture, and fold in until just combined.

Pour the batter into the prepared loaf pan. Bake for 45 to 55 minutes, until a knife inserted in the center of the loaf comes out cleanly.



Cinnamon Zucchini Bread

Yields 1 loaf

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- 1½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- ½ cup olive oil
- ½ cup granulated sugar
- ¾ cup packed light brown sugar
- 2 large eggs
- 1 cup freshly grated zucchini
- ½ teaspoon vanilla extract

Preheat the oven to 350 degrees Fahrenheit. Butter and flour an 8.5-inch loaf pan. Set aside.

nity supported agriculture program at their farm. That year, there was a bumper crop of zucchini, and I had so much to experiment with. I froze some, grilled some, roasted some and then started adding it to baked goods.

Like an early version of this bread recipe. It was a hit. With a strong cinnamon flavor accented with nutmeg — a highly underutilized spice, if you ask me — it was cozy and comforting.

But the best moment was when I gave some to my cousin's husband, Jim, who loved it. He later told me the bread reminded him of his mom's zucchini bread. The flavors and spices were just right. It was among the best compliments I've ever gotten.

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.



Dirk Yeaton head chef at Pig + Poet cooks legs of lamb in his smoker.

KATHLEEN PIERCE | BDN

Yeaton

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"Taste my food, it speaks for itself," he said.

The veteran chef trained with Sam Talbot, who launched the restaurant, in New York this spring.

In May, Talbot announced he wasn't returning to the Camden hotspot. But the sizzle hasn't left the pan, and Yeaton is winning fans fast.

"Guests are saying the food is better this year," said Barry Hunter, general manager of the modernized 1901 inn. "Our chef has an amazing palate."

With history permeating the rebuffed woodwork, the inn that launched poet Edna St. Vincent Millay's career and was featured in "Peyton Place" doesn't have to offer this level of cuisine to attract crowds. But the euphoric mood of locals and vacationers gathered under the Edison chandeliers last week are

glad it does.

"The food is more accessible and people are happy. That's what's going on," said Hunter.

Yeaton who last cooked at the Adair Country Inn in New Hampshire's White Mountains, and who was the grill sergeant for Murphy-Goode winery in California, is no stranger to Maine. Years ago he owned the now-defunct Blue House Cafe in Portland, Hogzilla Catering and cooked at The Portland Club.

Moving on to create food and wine pairings for Kendall-Jackson refined his playbook.

"I believe in enhancing flavor through simplicity," said Yeaton, "but we reserve the right to shake it up a bit."

The Pig + Poet's menu has been revamped snout to tail. Yeaton brought a smoker with him and on a recent morning positioned legs of lamb on the grill. As the meat, which will be braised and tucked into a handpie with spicy tzatziki and cucumbers, slow cooked, he

surveyed a tray of pig ears, a new hot bar snack.

While the past regime was known for fried chicken, Yeaton's entree, served with smashed fingerling potatoes, smoked collard greens, a black-eyed pea puree and hot sauce is a nuanced shift.

"I don't walk in anyone's shadow," said Yeaton.

Though his motto is keep it simple, there is nothing simple about the flavor explosion in his summery dishes such as compressed watermelon salad. Served with a citrus avocado puree, strawberries and basil on fresh greens and perked with raspberry balsamic, it's like a one-stop trip to a farmers market via fork.

Pan-seared halibut paired with sunchoke-creamed basmati rice with citrus-infused beets, is an example of his "farm fresh without being precious," style. Nothing effete.

Citrus, which the chef uses liberally to coax out flavor from fish and local

vegetables, is one secret weapon in his changing menu. Another is his secret chili dust. That's sprinkled on barbecued oysters, served with lobster butter from the raw bar.

He doesn't come with handlers, a cookbook, a gazillion Twitter followers or a Food Network buzz, but Yeaton delivers the goods.



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Oliver

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tuna fish — cans are getting smaller by the minute. Pretty soon they will all be single serving size. So I decided I would mix together all the ingredients except the shrimp, then add the mix to the shrimp in a separate bowl until I thought I had a dense enough proportion of shrimp. Or you could scant the cream cheese and mayo a little bit. Or maybe you'd like the result just as it is. "Serve on your favorite crackers," Sharon said. Or scoop it up with celery or carrots. Or your finger.

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 measure-

ments. Include name, address and daytime phone number. And make sure to check out Sandy's blog at tastebuds.bangordailynews.com.

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