



# **Dishing Up® Maine: 165 Recipes That Capture Authentic Down East Flavors**

*Brooke Dojny*

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From the Atlantic Ocean to well-tended organic farms, Maine offers some of the best raw materials for rustic, hearty cuisine. Add the independent spirit and quiet humor of the people and it becomes apparent why chefs, fisherman, and artisans are drawn to the state. Their fierce pride, respect for the land, and lack of pretension are recognizable ingredients in the food they produce, from fresh lobster to blueberry pancakes. Dive in to the salty personality of Maine's cuisine!

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