

Dishing Up Vermont - Tracey Medeiros

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The sharp tang of cheddar cheese and the earthy sweetness of maple syrup are Vermont's signature flavors. But they're just the tip of the iceberg. Dairy farms support cheese production that goes far beyond classic cheddars. Farmers coax an impressive variety and quantity of produce from land that's buried under snow for many months of the year. Game animals, rabbits, and traditional livestock thrive on small family farms committed to using sustainable, organic methods. Taking advantage of this wonderful food are innovative chefs trained to bring out the best in their ingredients, B&B owners who take pride in their robust country breakfasts, and the farmers themselves who love sharing the recipes that make their products shine. Dishing Up Vermont, a collection of recipes from a broad range of cooks dedicated to sustaining and enriching local culinary traditions, celebrates the classic tastes of the Green Mountain state with fresh interpretations of everything from blueberry pancakes sweetened with maple syrup to a savory tart made with onions, apples, and Grafton Cheddar. This insider's view of Vermont cooking is rounded out with profiles of the people and places that make the state's food scene so exciting. Here are classically trained chefs, home bakers, farmers, winemakers, comfort-food cooks, beekeepers, orchard and sugar-shack owners, and craft brewers who keep Vermont traditions alive while developing vibrant new flavor combinations that respect the integrity of the raw ingredients. Author: Medeiros, Tracey
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