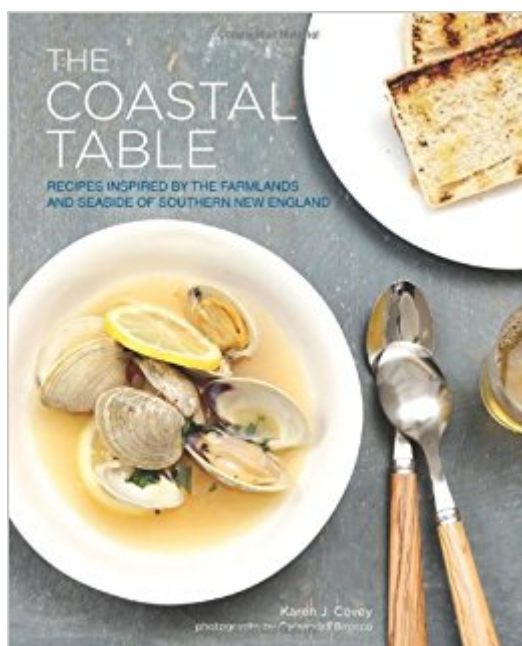


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# The Coastal Table: Recipes Inspired By The Farmlands And Seaside Of Southern New England



## Synopsis

"When Karen Covey moved to the South Coast of Massachusetts, she found an exceptional community of farmers, winemakers, chefs, cheesemakers, and fishermen thriving upon the region's unique coastal geography, quietly producing some of the best food in the Northeast. Until recently, though, few outside the culinary world have discovered the breadth and caliber of ingredients available from the coastline of Southern New England. That's about to change. Using her adopted region as inspiration, Covey captures seaside living in New England at its freshest and most innovative. With more than 120 recipes, including several from some of the area's most notable chefs, this book shows us how to savor the spectacular food and flavors coming from the region. The Coastal Table is filled with ideas for casual beach days, sophisticated outdoor entertaining, and simple, everyday meals that celebrate the epicurean heritage of this remarkable coastal region. This is the book for the home cook who yearns for the seaside and its flavors all year round. "

## Book Information

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## Customer Reviews

"With over 120 recipes that bring out the best of New England's tradition, you can find a dish you crave." - WBSM Radio  
"Karen Covey, food writer, cooking instructor, Gourmet Recipes for One blogger, has written a fresh, simply beautiful cookbook that bows to the fresh, simple beauty of the Massachusetts southern coast, a region shyly flourishing with seafood, dairy, agriculture, and, lucky them, even vineyards." - Heather Atwood, syndicated food columnist for The Gloucester Times  
"More than 120 recipes are between the covers of the book published by Union Park Press in Boston and beautifully illustrated with photos by Cassandra Birocco, the author, and others ... There's a wealth of great recipes for entertaining in her cookbook ... " - Joanna Weeks,

SouthCoastToday.com      "New Englanders have long known that the South Coast of Massachusetts and Rhode Island is one of America's best hidden gems for food lovers. Now Karen Covey is sharing our secret with the rest of the world, bringing this bountiful community to light in the pages of her beautiful book. Her love for her adopted home is palpable and her recipes reflect the sensibility of the place: vibrant but unfussy, grounded in the land and its bounty, elegantly simple. I'll be cooking from this book through every season." - Amy Traverso, Yankee Magazine      "The lip-smacking cocktail recipes, picnic ideas and delicious suggestions to help usher in the fall will keep you full of inspiration from beginning to end." - Eleanor Duke, Edible Rhody "...one of the year's most visually stunning cookbooks and a lovely homage to local food.." ---Gail Ciampa, Food Editor at The Providence Journal

"Karen Covey works as a freelance food writer, cooking instructor and designer from her home studio on The South Coast of Massachusetts. She is also the creator of the Mattapoisett Library's Kids Cooking Club. She grew up in the restaurant business where she first learned about food and the importance of sourcing ingredients. Today her cooking is inspired by the local ingredients of the coast. Her work has appeared in edible South Shore, the Boston Globe Sunday Magazine and Whole Foods Market magazine, as well as in other online and international publications. She is also the creator of Gourmet Recipe for One, a website devoted to healthy eating for one. "

Growing up catholic in New Bedford Mass; every Friday was "Fish Day! And fish was easy to come by in this old whaling city. This is a beautiful book, with many recipes that remind me of childhood. Clam bakes, lobster, and Portuguese Soup with Portuguese sausage. It also contains modern day recipes using fresh ingredients from local farms. Don't misunderstand though, this is not a fish cook book. There are egg recipes, drink recipes, breads, spreads and salads. The photography is just beautiful. Each could be featured during a month of a New England calendar. It is also written very well. I found myself drawn to the stories about the farms and the chefs, whose recipes are featured. I am making my way through the recipes. Have enjoyed many of them so far. Next on my list I will try the rosemary grilled flank steak!

I have had the good fortune to live in Southeastern Massachusetts for almost 30 years and truly appreciate the abundance of wonderful ingredients available in this area. The Coastal Table by Karen Covey captures the beauty of the area, tells the stories of the local merchants that grow, produce and sell the ingredients you that you will use to create delicious meals that are guaranteed

to make you love cooking. The recipes are fresh, creative and easy to make and Karen's clear love of food will have you think twice before making a dinner reservation! Purchase this book... It will be your "Go To" cook book from the moment you turn the first page. Enjoy!!! Q Cronin

I love to cook but often don't feel inspired. Inspiration, a simply process and simple fresh ingredients are an absolute necessity for me. I find myself reading this cookbook because I enjoy the way it was put together, the care taken with the recipes, the conversation that the author is having with the cook and the beautiful photography. I have grown up and have lived in this area all my life and I found out things from this cookbook that never knew. I love to learn, be inspired and then from that cook. Thanks Karen for a jewel of a cookbook. Don't be surprised friends if you get this has your holiday gift!

Hopefully, I will get around to actually trying some of the recipes in this beautiful book, but right now I am curling up with a glass of wine and reading it like a novel! This cookbook is so full of wonderful stories and photography, its like reading a travel book with great recipes of the region- makes me glad I live here, on the coast of Massachusetts. This would make a great gift for anyone -- simple recipes with inspiring stories! Great combination.

Even if you aren't from the farm coast of southern New England, this cookbook has good, simple recipes with fresh ingredients that will transport you to that area. Beautifully photographed with interesting stories and tid-bits from the author, along with chef recipes from local chefs make this cookbook a must have. Next up on my list to try from the book is "cranberry applesauce".

Wonderful book. Recipes are excellent. Illustrations are well done.

Beautiful book and scrumptious recipes. I am particular about my cookbook collection. This one is a gem.

South Coast recipes inspired by the fishing and farming in the area. Beautiful photos of the South Coast towns such as Mattapoisett. Makes a wonderful gift.

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