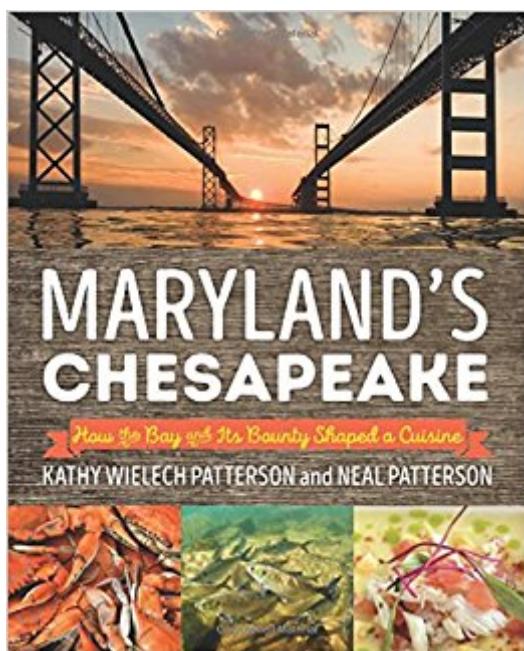


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# Maryland's Chesapeake: How The Bay And Its Bounty Shaped A Cuisine



## Synopsis

The culinary heritage of most regions in the US is often determined by the ethnic cuisine of those who settled there, whether it be the Cajun/Creole food of Louisiana or the Italian-inspired fare of the Northeast. For Maryland, the food that defines the state is less about the ethnicity of the population than the bounty which springs forth from the Chesapeake Bay. The Native Americans, British, Germans, and Poles were all influenced by the variety of fish, oysters, clams, crabs, and terrapins that could be harvested from the largest estuary in North America. In addition to seafood, other dishes associated with the region were developed because of the unique lifestyle created by living along the water. The Smith Island cake, for example, was created as a sturdy dessert that fishermen could take aboard ship during their long days fishing the Chesapeake. Also, the wealthy landowners who first arrived in Maryland, seeking elegant dishes for their lavish dinner parties, concocted ingenious uses for the chickens, squirrels, muskrats, and produce available on the fertile lands along the Bay. The book is not just about the past, however. The recent trend of sustainability and eating local has brought about a grassroots effort to preserve the delicate nature of the Chesapeake Bay. Modern techniques such as oyster farming and fishing invasive species to protect the indigenous flora and fauna will be explored. Of course, recipes will be presented to not only illustrate classic dishes that developed over time, but also modern versions created by some of Maryland's top chefs.

## Book Information

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## Customer Reviews

Kathy Wielech Patterson has written everything from auction catalogs to fine jewelry appraisals to reports on social welfare issues. It wasn't until she started the food blog, Minxeats.com, that she realized she most loved writing about food. In addition to blogging, Kathy has also written for Baltimore Magazine and Food Republic. Neal Patterson, for many years a writer in the financial industry, is primarily a fiction writer. He's contributed to the anthologies *The Dead Walk!* and *Hey Kids, Comics!*, and the website, *Channel 37: Serial Science Fiction from the Distant Reaches of UHF*. He's also the author of *The Codename: Carla Casebook*, published in 2014. Together, the Pattersons are known as the Baltimore Dining Duo and have written for local magazines *Discover Baltimore* and *Towson Life*. They are the authors of *Food Lovers' Guide to Baltimore* and *Baltimore Chef's Table*.

I always look forward to the Pattersons' books. They deliver delicious recipes with clear instructions and mouthwatering photographs. This one is no exception, but it is so much more. The recipes illuminate the larger text, a history of the Chesapeake and its culinary resources. The story of the Bay, as Marylanders refer to it, is fascinating. The Pattersons take us from the formation of the estuary, through early man, the Native Americans, colonialization and up to modern day, all from the perspective of Maryland agriculture. As a native, I learned so much about a history I thought I knew. The witty text puts you in the mood to cook and the recipes don't disappoint. There is a good mix of innovative, with lots of traditional favorites. I certainly appreciate the inclusion of a recipe for my grandmother's specialty, Black Walnut Cake. There's even a shoutout to my favorite acquired taste, hominy. Yay! The book is a must have for hungry locals and homesick native borns. I learned a lot and I will be doing a lot of cooking using the book.

A beautifully written and photographed history of the Chesapeake Bay and its influence on the agriculture and cuisine touched by its waters. The writing is fast-paced, witty, and full of details not known to this native of the Land of Pleasant Living. Lots of recipes from the authors as well as renowned chefs from around the region, ranging from the basics to the gourmet, and including not only the region's bounteous seafood, but the fruits of local farms. The accompanying photos beautifully illustrate and illuminate the text and the recipes. A must-have addition to the library of any foodie, as well as anyone who enjoys the bounty of our beloved Bay.

This book has much to recommend it. It is full of beautiful photos, lots of history and information about the bay and its inhabitants (marine and otherwise) and recipes which are made using the

bounty of the United States' largest estuary. Did you know pearls don't come from oysters?

Never have I had such a handy guide to the history, culture and food of the Chesapeake. Eminently readable, and lush with language and passion for its subject, the Patterson's have struck gold with this gem of a book. This follows after their earlier reads of the foods of Baltimore, the chefs and restaurants that make it. Great fun! Highly recommended.

Excellent, insightful window into the importance of and contributions made by the Chesapeake Bay - from an historical, ecological, and culinary viewpoint. Beautiful photography and excellent recipes [ranging from the simple and earthy to the elegant] from esteemed local chefs. I am now purchasing a copy for my adventurous cooking son who loves the bay. Thank you, Kathy and Neal! A labor of love.

A beautiful and sumptuous (and delicious) publication, not to be read on an empty stomach. The Pattersons explore a region and a culture through local recipes, histories, and their own insightful observations accompanied by gorgeous photography. Makes an exceptional gift - buy one for yourself and another for a friend!

Gave as a gift.

Within the glossy pages here you'll find a concisely and wittily written wealth of information on the history of the fabled Chesapeake Bay and its legendary seafood. The recipes included feature updated twists on classics along with a full rundown of the basics. They are ambitious and sophisticated, yet clear, straightforward instructions make them accessible to anyone who loves to cook (and eat!) Lots of options, from simple family dinners to impressive company fare. All this and desserts, too! Beautiful photographs and breezy text make you want to try every recipe, it all looks that appealing. This book will be a valued addition to your cookbook collection. It is to mine.

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