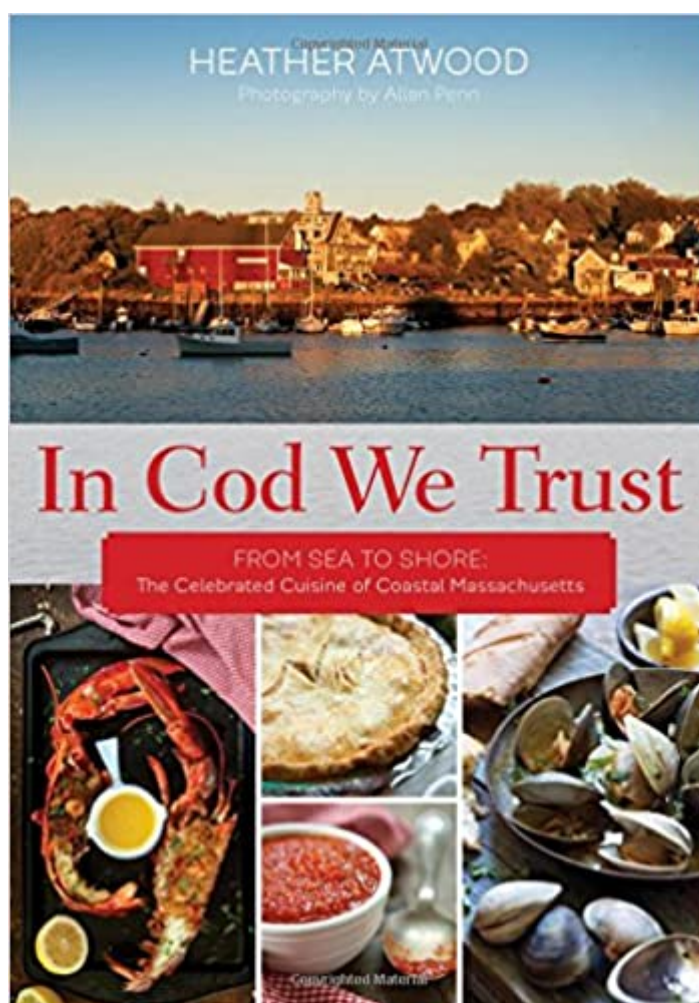


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# In Cod We Trust: From Sea To Shore, The Celebrated Cuisine Of Coastal Massachusetts



## Synopsis

The Massachusetts seacoast is as varied as the coast of France. Built on whaling oil and hauls of cod, fishing villages from New Bedford to Rockport emerged as distinctively different cultures — “different accents, different customs, different recipes” — “like strewn pearls along the tidal marshes and granite promontories that make up the Massachusetts shore. When people think of dock-side dining in Massachusetts they imagine buttery toasted lobster rolls, steaming bowls of creamy fish chowder, and alabaster-white slabs of baked cod piled with bread crumbs, but its rich and varied cuisine reflects all who have come to call these seaports home. Cultures — “including, Sicilian, Portuguese, Finnish, and Irish — “that fished and worked the granite quarries there a century ago were so tightly bound that generations have stayed and continue to leave their culinary mark on coastline. Their culinary influence shows in the sweet smells coming from the bakeries and restaurants. It’s a cuisine almost frozen in time, but ever reflecting the Atlantic Ocean. In *Cod We Trust* features over 175 recipes that celebrate the area’s unique place in the culinary world, and is a photographic journey for both people who love the area and those who hope to visit one day.

## Book Information

Hardcover: 320 pages

Publisher: Globe Pequot Press (July 15, 2015)

Language: English

ISBN-10: 1493004034

ISBN-13: 978-1493004034

Product Dimensions: 7.8 x 0.9 x 9.4 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 5.0 out of 5 stars 11 customer reviews

Best Sellers Rank: #820,195 in Books (See Top 100 in Books) #134 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > New England

## Customer Reviews

*In Cod We Trust* is one of the few cookbooks on Massachusetts coastal cuisines. Massachusetts coast recipes are uniquely delicious. If you like fish and/or seafood recipes, you’ll love this book. If you’ve never liked seafood, you may fall in love with it after tasting some of these recipes. The tantalizing photographs make it even more attractive. (The Washington BookReview)"Food writer Heather Atwood has produced a gem of a regional cookbook featuring the many cuisines of coastal

Massachusetts. This book is a delicious and fascinating mélange." (Wicked Local, MarbleHead.com) •

Sure, there's chowder and baked beans in this book, but don't open the cover if you're looking for 'Ye Olde New England.' Heather Atwood doesn't just get what is great about what's happening with New England food ways—she is a guiding beacon shining her light on the beauty and traditions of this quirky part of the world. She has managed to codify her delicious and respectful enthusiasm into a collection of inspired recipes and thoughtful stories that celebrate talents and traditions. I'm talking about fluke from Martha's Vineyard, scallops from Nantucket, and shrimp from Maine. There's quince and cranberry jelly, strawberry shortcake, as well as instructions for Joe Frogger's and Hog's Back Son of a Seacook—no explanation: you'll have to buy the book to find out! • Annie B. Copps, food writer, chef, and culinary instructor (and proud New Englander)

My first rule for a 4-star cookbook review is that the recipes have to be real, authentic, and appropriate for the book, that is to say it is a useful book for my limited shelfspace. The fifth star is reserved for books that are also fun to read, that will inspire me during the long winter nights. In Cod We Trust does all that within my favorite locavore area. It's a beautiful book, and functional too. The writing is that sort of inspiration that makes you start writing a shopping list. You assemble these recipes in your mind, and the creative juices start flowing. Better, if you live in New England it makes you think of planning day-trips to these places, with new foodie eyes. Atwood has done a great service with this book...she has cut my winter short by at least 15 long, cold nights!

This arrived today and I spent most of the day on my back porch reading it. What a beautiful and enjoyable book. Since I have lived in 3 of the towns Heather Atwood features in her book--Gloucester, Salem, and Marblehead--I was delighted to see so much history and photography of places I love. And the recipes! Oh my! Some I am familiar with--Joe Froggers, Anadama Bread, Mudiga Steak, etc.--and some are completely new to me. The photographs of the food are just luscious. I was especially happy to read her essays on some of my favorite institutions--Rosalie's Restaurant in Marblehead was a favorite when I lived there. Whether or not you are a cook, this book is a must-have for anyone who loves coastal Massachusetts. I'm sure I'll be spending more afternoons blissfully lost in it.

Heather Atwood, Cape Ann Food Writer, has written a marvelous, delicious book about cooking and food of the Massachusetts coast. *In Cod We Trust* is a colorful, mouth-watering trip along the Massachusetts coastline, from Buzzards Bay to Newburyport, pointing out spots and people all along the coast who have a part in the rich mélange of Portuguese, Sicilian, Finnish and old Yankee cooking that one may find here. Heather has researched her subject well. She obviously spent time with Finns in Lanesville and Cape Cod, Portuguese and Azoreans in New Bedford and Gloucester, Italians and Sicilians in Gloucester, and plain old Yankees up and down the coast. She pulled out old recipes, and talked to people who prepare, sell or just eat food, and learned the back stories to some dishes. The title of the book is about Cod, and cod, or bacalhau, baccal, bacalao, is a fish that everyone along this coast can relate to, and can connect to their home country. Heather's intensive investigation has brought up the last remaining dairy in Westport, Shy Brothers Farms, turning to a cheese product they now make, as huge dairy companies gobble up small producers. She points out Russell Orchards in Ipswich, the last of a dozen apple orchards along Argilla Road, and then offers a recipe from an old Ipswich cook book for Argilla Road Apple Pie. This is first a cookbook, but it's also a fascinating food history. Of course, there's a segment on clams, from the clambakes that Agawam and Wampanoag tribes have been throwing for celebrations for many centuries, to the discovery of how good fried clams are, starting with Chubby and Bessie of Woodman's in Essex. There are many recipes, and many tales that relate how the Portuguese brought their food here. Those Portuguese are mostly those from the Azores, now an autonomous part of Portugal two thirds of the way from New Bedford to Lisbon, and there are also Cape Verdeans, from a former Portuguese colony off the coast of northwestern Africa. Heather includes mouth-watering recipes like Clams Bulhão Pato, Hake Molho de Vilão, Sopa do Espirito Santo, a soup with beef, a shin bone, and chourico; and Cacoila, a spicy pork stew. On Martha's Vineyard Heather drew a recipe for Cranberry Crumble from Gladys Widdis, an elder with the Wampanoag Tribe. Also included is a Spring Garlic Soup from Martha's Vineyard. I remember having garlic soup in Lisbon—it's a meal that stays with you, and everyone around you. From Nantucket Heather offers Fresh Corn and Coconut Soup, and from an 1874 cook book, Nantucket Corn Pudding, which she calls "the Cinderella of corn puddings." Heather's time with Finns who live near her home in Folly Cove, Rockport, and more Finns on Cape Cod, produced several recipes like Kropsua, Baked Pancakes, from Lanesville, Rice Pudding, from Rockport's Spiran Lodge, and *Lanttulaatikko*, a rutabaga casserole. Heather draws upon a rich acquaintance with Gloucester as she tells about Lobsterman Geno Mondello and his quiet hospitality on

Gloucester harbor. She offers his recipe for Cod Cakes with a homemade béchamel sauce. Of course there have to be lobster recipes, and she offers Mortillaro's Baked Stuffed Lobster, which, with a photo by Allan Penn, looks fantastic. Heather returns home to Rockport to tell about lobster rolls, chicken salad in a jar, a Rockport version of Vietnamese pickles, and Anadama, a Rockport original bread, made with molasses. Perhaps in the next edition she could tell more about the Anadama lady, Melissa Smith, and her fabled pies that she always sold at events in Millbrook Meadow. She might even include the story of the time the pigs at Nugent's piggery got loose and invaded the Anadama bakery. It's a wonderful sweep of delightful eating over the centuries, and a book that tells you how much people from all over the world have brought to the table here.

I have been a collector of cookbooks for 5 decades, reading each like a novel with the expectation that I will be well entertained by a good story, well-developed characters, delightfully descriptive language and when appropriate, excellent illustrations. In *Cod We Trust* did not disappoint in any way at all. This is a beautifully photographed, thoroughly researched and all together delicious culinary journey across coastal Massachusetts. Although that's an area I know well, I felt as if I was on a food tour of the most interesting, culturally and historically significant areas that can boast interesting local dishes. There is a lovely diversity represented in the recipes from the simplest Apple Scrapple to the more complex Pork and Clam Stew. The instructions for preparing each dish are succinct, easy to follow and manage whether or not you are an experienced cook. Next up on my to-do list, Hog's Back Son of a Seacock. As the author says, "an easy weeknight dinner, as delicious as it is fun to say".

This is a lot more than a cookbook, it's a gifted writer's insight into our region. In the best tradition of local historians like Barbara Erkkila, Heather Atwood delivers! This book is not only a resource in the kitchen for making food for real people (you know what I mean: the is not one of those cookbooks with recipes only a photographer would love), but is also a visual treasure that you would be proud to display on a coffee table or in a guest room. It would also make a great gift to your host on Cape Ann as it contains many gems of local color that not even long-term locals know about.

A great seafood recipe book with something for everyone.

This gem is beautifully illustrated, it s a delightful travelogue along the coast of Massachusetts and

the bonus are the ethnic recipes from the communities which contributed their finest recipes. The few that I have tried have been delightful. It's like discovering new foods while cooking at home.

Living on Cape Ann, this book is a treasure. I've been learning fascinating history about my own little town! Descriptions of other areas along the coast of Massachusetts make me want to visit there, too. I've already made a couple of the recipes and they were spot on.

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