

NEW ENGLAND'S NEWSPAPER OF THE YEAR

CAPE COD TIMES

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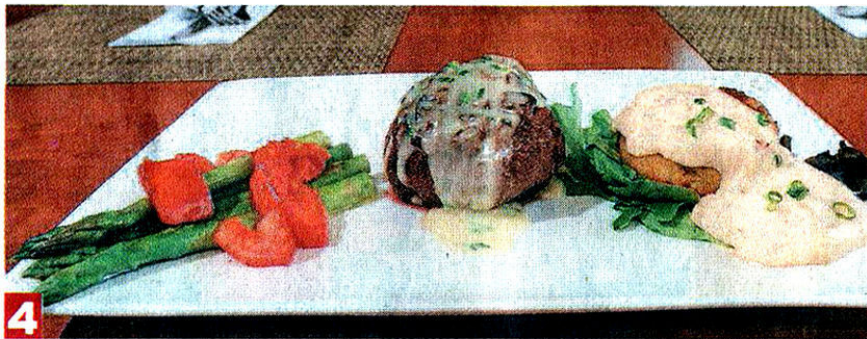
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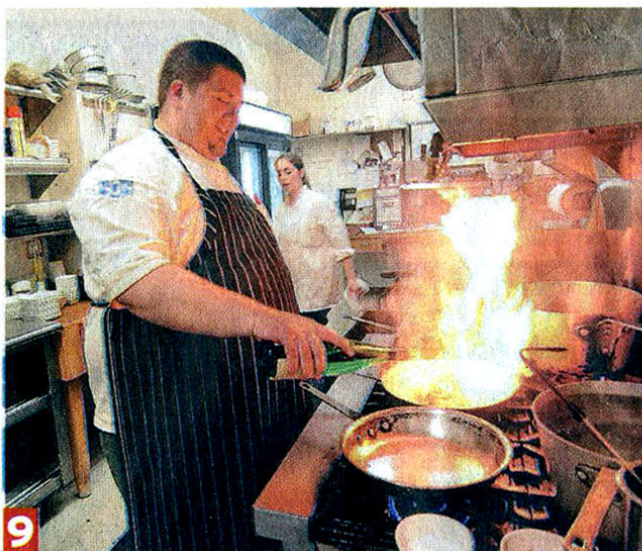
FOOD

Where chefs go out to eat on the Cape and Islands



LOCAL FAVES

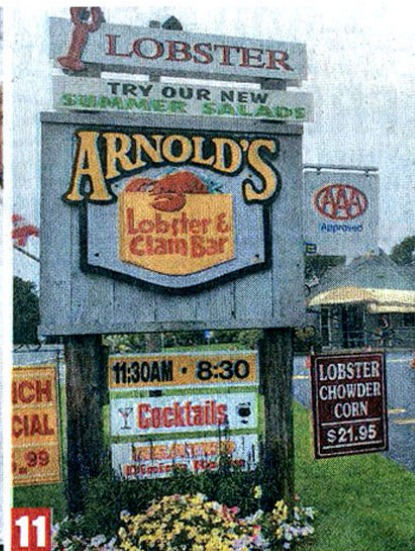




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10



11

Fish 'n Chips



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13

STAFF PHOTOS BY RON SCHLOERB (1, 3, 4, 7, 9, 10, 13), MERRILL CASSIDY (2, 11) AND PAUL BLACKMORE (5, 12). PHOTO BY JENNIFER LONGLEY (8).

1. The bar at the Brewster Fish House on Route 6A draws a crowd.

2. Mac Hay of Mac's Shack in Wellfleet holds up two of his specialties.

3. A tilapia burrito is one of the temptations at The Corner Store in Chatham.

4. A Black Angus filet mignon tempts diners at The Marshside in East Dennis.

5. Sprout Farm in Mashpee is the source of these perfectly formed carrots.

6. Twenty-eight Atlantic in Harwich is one of restaurateur Bill Brodsky's favorites.

7. A double dragon roll is just one type of sushi on the menu at Inaho in Yarmouthport.

8. American Seasons is just two blocks off Nantucket's cobblestoned downtown.

9. Pain D'Avignon in Hyannis (chef Toby T. Hill is shown) is on the list of Jody Adams' favorites.

10. TV chef Ming Tsai says the "Ice Cream Smuggler's hot fudge sundae can't be beat." It's located in Dennis.

11. Arnold's Lobster & Clam Bar in Eastham is a favorite of visitors and locals alike.

12. Sir Cricket's Fish 'n Chips in Orleans is a favorite stop of restaurateur Bill Brodsky.

13. The kitchen of Cape Sea Grille in Harwich Port (chef Doug Ramler is shown) hums with activity.

By SARAH SHEMKUS
CONTRIBUTING WRITER

When chef Jody Adams goes to work at her four-star Cambridge restaurant, Rialto, she oversees the creation of dishes such as octopus terrine and lavender panna cotta with chartreuse mint syrup. But when she and her family head to Cape Cod – they rent a house in Barnstable every summer – Adams likes to keep her cooking simple and local.

"I like to eat whatever I can find on a bike," she said.

When notable chefs and food personalities like Adams come to Cape Cod and the Islands, they certainly don't leave their culinary sensibilities home. So when award-winning, Zagat-rated, cookbook-writing culinary professionals hit the Cape, where, and what, do they like to eat?

The answers range from homemade salads to seared foie gras (with some pad thai and lobster rolls thrown in for good

measure).

Rather than eating in restaurants, Adams prefers to prepare meals using whatever fresh, seasonal ingredients she can find, she said.

"I like to eat really good food," she said. "I would rather cook very simple, very fresh food."

Bluefish, striped bass, clams (often steamed and tossed with fresh pasta), mussels and corn are all staples on her Cape Cod menus. She frequents Cape Abilities Farm in Dennis and enjoys buying produce from the kind of roadside stands that sell tomatoes and cucumbers on the honor system.

On the rare occasions when she does dine out, Adams has a few regular favorites: the French-style PB Boulangerie in Wellfleet, the Marshside in East Dennis, and Pain D'Avignon and Bangkok Kitchen in Hyannis. Adams values good food and a relaxed atmosphere, she said.

"If you can go in your flip flops and your bathing suit under whatever it is you're wearing, that makes me happy," she said.

Like Adams, chef and food writer Annie Copps enjoys cooking with local ingredients when she visits the Cape: vegetables from Sprout Farm in Mashpee and Coonamessett Farm in East Falmouth, shellfish from Cotuit Oyster Co., and fish caught by her fellow travelers.

"To get it right out of the water like that – oh my god, it's the best," said Copps, formerly the food editor at "Yankee" magazine and currently the chef on the cruise ship Oceania Marina. "We try to make the best of what's in season, and there's such an embarrassment of riches on the Cape."

When in Provincetown, Copps likes to eat at the Lobster Pot and at Ten Tables, the Outer Cape outpost of the popular Jamaica Plain restaurant.

Andy Husbands, chef and owner of Tremont 647 and Sister Sorel in Boston, also enjoys dining out on the far end of the Cape. As Husbands heads out Route 6, he always makes a stop at Arnold's Lobster and Clam Bar in Eastham for a lobster

see CHEFS, page 2

Chefs: Everyone has his or her spot

from C1

roll, a Cape Cod tradition for him. He is also fond of a pair of Wellfleet restaurants: Sol ("really cool, creative, New England cuisines with an Asian flair") and Mac's Shack ("serene and beautiful and calm and delicious").

For Ming Tsai – cookbook author, television personality and owner of Blue Ginger in Wellesley – eating on the Cape is all about seafood. He suggests the Brewster Fish House for dinner and Inaho in Yarmouthport for sushi. For more casual meals, "Sesuit Harbor Café in East Dennis is the perfect setting to eat fried clams and lobster," Tsai said.

After dinner, Tsai's favorite dessert choice is one he once recommended on the Food Network show "The Best Thing I Ever Ate."

"I'll say it to my grave: The Ice Cream Smuggler's hot fudge sundae can't be beat," he said.

Restaurateur Bill Brodsky, owner of the soon-to-open City Landing in Boston, used to be part of the culinary scene on Cape Cod as executive chef for the Wequassett Resort and Golf Club in Harwich. When he got to the Cape, he said, he was delighted to discover that the region's food scene was more than clam shacks and ice cream parlors.

"I was completely happy to see that there is a food movement on the Cape," said Brodsky.

Now, when he visits the Cape, Brodsky's first stop is his former employer, where the restaurants – 28 Atlantic, Thoreau's and the Outer Bar and Grille – still serve "ridiculously awesome" food, he said. Second, he hits "wherever Toby Hill is cooking," referring to the former Pain D'Avignon chef, who is now chef and co-owner at 586 Bistro in Hyannis.

Among Brodsky's other favorite stops are the Five Bays Bistro in Osterville and the Cape Sea Grille in Harwich Port. For more casual fare, Brodsky picks up a burrito at the Corner Store in Brewster or seafood at Sir Cricket's Fish 'n Chips in Orleans.

"Their fried scallops and their fish and chips - it's what a fried fish experience should be," he



RON SCHLOERB/CAPE COD TIMES

Steve DeLeonardis has turned The Corner Store in Chatham into a funky, happening sandwich-Panini-burrito-type place. It's a fun eatery that can appeal to all generations of families. Here he mans the steamer to moisten the burrito wraps and melt the cheese before adding other ingredients ordered by a customer.

said.

Nantucket is also a popular destination for culinary professionals.

Husbands is excited about the island's new restaurant Cru; the view from the eatery is stunning, he said, and the food "delicious and timeless." He is also a regular diner at Latin American restaurant Corazon del Mar.

"I am a big fan of big flavors

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as well as tequila – they have both," he said.

When Matt Jennings, owner of La Laiterie Bistro and Farmstead gourmet shop in Providence, is on Nantucket, he likes to pick up "a big, fat sandwich on homemade bread" at Something Natural to bring with him on fishing expeditions. At night, he enjoys cocktails at the Boarding House and fresh pasta at Ventuno (what he calls his "contemporary, island Italian fix").

Garrett Harker, owner of renowned Boston restaurants Island Creek Oyster Bar and Eastern Standard, as well as the newly opened Hawthorne Bar, names American Seasons as one of his favorites, calling it "a must-do any time I'm on the island."

The food, he said, "is not only beautiful to look at but you can tell the passion (chef Michael laScola) and his team put into every dish."

"Their personal dedication to making sure every diner is engaged on every level never fails to leave me wanting more," he said.