

THE COOKBOOK AND THE PUBLIC TELEVISION SERIES

COASTAL COOKING

with John Shields

Author and Host of Chesapeake Bay Cooking



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mpt 

**American
Public
Television**

GERTRUDE'S

COASTAL COOKING

with John Shields

Dear Colleagues,

Back by popular demand—John Shields, best-selling cookbook author, celebrity chef and host of past public television series *Chesapeake Bay Cooking With John Shields*, embarks on his latest culinary adventure—**Coastal Cooking With John Shields!** This lively new 13-part series brings the relaxed coastal lifestyles of America's scenic byways and waterways to your viewers as well as each featured regions' culinary and cultural recipes and traditions. Viewers will feast on the very best American recipes collected from professional chefs and locals alike!

In this new series, John and the gang will:

- *Introduce viewers to new friends and colorful local characters and reacquaint them with a few of America's best-known coastal chefs such as Nathalie Dupree, Tom Douglas, Charles Phan, The Too Hot Tamales—Mary Sue Milliken and Susan Feniger and more!*
- *Present viewers with familiar and extravagant foods from the traditional to the trendy!*
- *Delight viewers with new décor ideas for casual and formal entertaining!*

Coastal Cooking with John Shields travels through some of America's most beautiful coastal regions, including: the shores of the Gulf States, the California Coast, the Pacific Northwest, and the Carolinas.

Save the date—Coastal Cooking with John Shields premieres on September 10, 2005!

Check out the entertaining companion Web site to download fun recipes, take a coastal tour with John and more at: www.coastalcookingwithjohnshields.com.

Electronic press materials will be available soon at www.aptonline.org. Spice up your next pledge or local event with an appearance by John Shields! The companion cookbook, **Coastal Cooking**, is available now!

Be on the lookout for more details in your mailbox and on Connect in the coming weeks! In the meantime, please contact me at the number below with questions. Thank you for your interest and we look forward to living *la vida coastal* with you!

Janice Carey
Director, Station Relations
Maryland Public Television
11767 Owings Mills Blvd.
Owings Mills, MD 21117
410.581.4374
janicecarey@mpt.org

“Coastal life is much more than a state, it's a state of mind. Whether we live by a river, a creek, an ocean, or a bay, we're all coastal. It's our approach to life, with our friends, our celebrations, the food we eat and share. It's all about having a great time. Remember, live local, but think coastal!”

John Shields



COASTAL COOKING WITH JOHN SHIELDS FACT SHEET

Title:	Coastal Cooking With John Shields
Length:	13/30 Stereo/CC
Distributor:	American Public Television-Exchange
Producer:	Maryland Public Television
NOLA Code:	CSCK 101-113 K1 SD Base
Broadcast rights:	Unlimited Use/2 Years/September 10, 2005–September 9, 2007
Feed Dates:	Saturdays, Sept. 10, 2005–December 3, 2005 1130-1200ET/511
Host/Moderator:	John Shields
Description:	Public television host and celebrity chef, John Shields, of <i>Chesapeake Bay Cooking With John Shields</i> fame, embarks on his latest culinary odyssey— Coastal Cooking With John Shields . Broadway Books/Random House has published the companion cookbook of the same name. Coastal Cooking with John Shields is a personal, warm, and lively look at regional coastal foods—both familiar and extravagant—and the people who create them. In the course of this all new 13 part series, Shields explores the cuisine of the U.S. coastal regions: the shores of the Gulf States, New England, the Mid-Atlantic, the Pacific Northwest, and the California Coast. Viewers feast on the very best American recipes collected from professional chefs and locals alike.
National Underwriters:	Phillips Foods and Gertrude's Restaurant
Broadcast Rights:	Unlimited Use/2 years
Online:	www.coastalcookingwithjohnshields.com



COASTAL COOKING WITH JOHN SHIELDS FACT SHEET *continued*

Book/Video: Available Sept. 10, 2005

- 1) **Coastal Cooking by John Shields**—\$32.50 + \$4 s/h
- 2) VHS or DVD **Coastal Cuisine with John Shields**—Selected recipes from **Coastal Cooking and Chesapeake Bay Cooking** plus Bonus features, John Shields Interview, Text of Recipes, Photo Gallery + more—\$19.95 + \$4 s/h

On-air Offer: Available Sept. 10, 2005

- Order Online: www.mpt.org/shop
- Phone Orders: 800-873-6154
- Mail: Coastal Cooking, Maryland Public TV,
11767 Owings Mills Blvd., Owings Mills, MD, 21117

Pledge: Available Sept. 10, 2005

- Order VHS/DVD from MPT by fax 410-581-4338 to Martha Busick-ptv station price, TBA
- Pledge-Book: Order directly from Broadway Books, discount based on amount ordered. Email Debbie Elswick delswick@randomhouse.com or call 800-733-3000 x3833

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“Coastal Cooking with John Shields” Explores the Cuisine and Culture of America’s Seaside Communities

John Shields, celebrity chef, public television host, and best-selling cookbook author is sailing into new culinary adventures. After an impressive debut with *Chesapeake Bay Cooking with John Shields*, devoted fans are clamoring for more sights, stories, and delicious recipes from the popular and personable chef.

Coastal Cooking with John Shields, a national series from Maryland Public Television (MPT) and American Public Television (APT), premiering in September 2005, features great food and delightful down to earth tales from America’s distinctive coastal communities.

Coastal Cooking with John Shields is a personal, warm, and lively look at foods—both familiar and extravagant—and the people who create them. Each episode features a different coastal region and introduces special guests, including each area’s best cooks and storytellers.

In the course of this all new 13-part series, Shields explores the cuisine of U.S. coastal regions: the shores of the Gulf States, New England, the Mid-Atlantic, the Pacific Northwest, and the California Coast. Viewers feast on the very best American recipes collected from professional chefs and locals alike.

The series features guests specializing in each featured region’s culinary and cultural traditions. A sampling of scheduled guests includes some of America’s best-known coastal chefs: Nathalie Dupree of Charleston, SC; Seattle’s celebrity chef Tom Douglas; renowned San Francisco chef, Charles Phan of the Slanted Door; the Big Easy’s Susan Spicer in New Orleans; Los Angeles’ Mary Sue Milliken and Susan Feniger—The Too Hot Tamales; and Michelle Bernstein of the hot new Latin restaurant, MB, in Cancun, Mexico.

Each 30-minute episode features three informal, yet information packed recipes, as well as an easy to prepare snack. Many of the dishes are prepared with guest chefs on location and others come from Shields’ “coastal” kitchen in studio. The recipes naturally feature seafood from the coastal areas, but the series is not only about seafood. Regional coastal recipes featuring meat, poultry, game, fruits and vegetables are part of the lineup as well.



Coastal Cooking with John Shields is underwritten by Phillips Foods and Gertrude's Restaurant. Producer for MPT is Frank Batavick.

MPT is a leader in the production of broadcast programming for public television. MPT's credits include public affairs, original performance, documentary, and entertainment programs. Beyond broadcast, MPT creates instructional videos, develops training, and builds Internet sites that serve tens of thousands of students, teachers, and child-care providers annually. MPT outreach activities, especially relating to arts, culture, and history further fulfill MPT's mission to engage, enlighten, and entertain. For more information on MPT visit mpt.org.

For 44 years, American Public Television (APT) has been a prime source of programming for the nation's public television stations. APT distributes more than 10,000 hours of programming including *JFK: Breaking the News*, *Simply Ming*, *Globe Trekker*, *Rick Steves' Europe*, *Julia and Jacques Cooking at Home*, *Battlefield Britain*, *Jungle*, *America's Test Kitchen*, *Lidia's Italian-American Kitchen* and classic movies. APT is known for identifying innovative programs and developing creative distribution techniques for producers. In four decades, it has established a tradition of providing public television stations nationwide with program choices that enable them to strengthen and customize their schedules.

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PROGRAM DESCRIPTIONS

Episode 101 – California Coastal – The Monterey Bay Peninsula

The Too Hot Tamales, Susan Feniger and Mary Sue Milliken, talk about the renowned sustainable seafood outreach program at the Monterey Bay Aquarium and cook up a Minted Calamari Salad. Other recipes include: Big Sur Fennel and Roasted Beet Salad with Walnuts and Seared Scallops with Orange, Fennel and Polenta. The Kitchen Goddess gives tips on serving food in coastal shells.

Episode 102 – The Caribbean Melting Pot

Critically acclaimed Miami chef, Michelle Bernstein shares the secret for her Mojo Marinated Game Hens with Apple Stuffing. Other recipes include Haitian-Style Flounder and Cuban-Style Black Beans. The Kitchen Goddess shares tips on making the perfect Cuban mojito.

Episode 103 – Pacific Northwest

Direct from the Pacific Northwest's Whidbey Island, the owner of Penn-Cove Mussels, Ian Jeffards, opens up about his famous Marinated Mussels recipe. Other recipes include Wildwood Planked Salmon from Tillicum Village, salmon jerky and the secrets of the oyster. The Kitchen Goddess takes a look at oyster plates and gives a primer on oyster eating.

Episode 104 – Ready, Set, Party

“Paw Paw” George Davis cooks up a shrimp feed on the scenic coast of Gibson Island, Maryland. Other recipes include Gloucester Lobster Salad and Firefly Farms Goat Cheese Cheesecake. The Kitchen Goddess tells viewers how to set a perfect coastal buffet.

Episode 105 – Carolina on My Mind

The grande dame of Southern cuisine, Nathalie Dupree, shares cooking secrets including her Frogmore Stew and Biscuits. Other recipes include: Savannah She-Crab Soup and Peach Shortcake with Fluffy Cornmeal Pecan Topping. The Kitchen Goddess demonstrates how to put together a peachy floral centerpiece to accent your dinner table.

Episode 106 – Fry Babies

The ins and outs of fried foods—with some surprising tips on how fried foods can be healthier. Renowned artist, Joyce Scott, joins John to prepare some Maryland Fried Oysters Remoulade. Other recipes include Puffy Conch Fritters with Orange Dijon Sauce and Beignets. The Kitchen Goddess demonstrates beauty tricks with oil.



Episode 107 – Crabs

John covers crabs from every angle: in the shell, out of the shell, from East and West Coasts, fresh and pasteurized. Tom Douglas, master chef of the Pacific Northwest, shares the secrets of Dungeness crabs. Recipes include Miss Shirley's Eastern Shore Crab Cakes and Jo-Jo's Curried Crab Dip. The Kitchen Goddess celebrates crabs with whimsical crab related paraphernalia.

Episode 108 – Coastal Tailgate

Tailgate Kings of ESPN, Jim and Jon Feasty—The Feasty Boys—share their grilling secrets with a yummy, seafood recipe cooked in a tin foil pouch, which is be paired with South of the Border Buffalo Wings, Red Beans and Rice, and Pecan Pie Squares. The Kitchen Goddess shares tips on planning a perfect parking lot party.

Episode 109 – Asian Melting Pot

Vietnamese Chef Charles Phan of The Slanted Door in San Francisco creates his Vietnamese fish rolls. Other recipes include Big Island Chicken Long Rice and Black and White Tuna. The Kitchen Goddess gives a primer on Tiki bar drinks (hint, it's all about the umbrella).

Episode 110 – Cowboy Coastal

Peggy Smith and Sue Conley, chief-cowgirls of the Cowgirl Creamery, show us their cowpoke secrets of making cheese on the Northern California coastline. Other recipes from the Gulf Coast include Grilled Grouper and Peach Couscous, and Texas Cowboy Chili Stew. The Kitchen Goddess reveals how to make the perfect sangria.

Episode 111 – Old Cape Cod

John shares secrets from his culinary training ground—Cape Cod—when he cooks up a Squid Stew with Clem Silva of the legendary Clem and Ursie's paired with Boston Baked Brown Bread. Other recipes include Back Bay Clam Chowder and Wellfleet Cranberry Scones. The Kitchen Goddess discusses everything you always wanted to know about scones—how to eat them and what to serve with them.

Episode 112 – Down on the Bayou

What's cooking down on the Bayou? Guest Chef Susan Spicer talks about the flavors of New Orleans and cooks up some Sautéed Gulf Blackfish with Louisiana Crayfish Rice and Lemon Butter. Other recipes include: Bayou Seafood Gumbo and Bananas Foster for dessert. The Kitchen Goddess shows how-to use flambé-ware and accoutrements.

Episode 113 – Clambake 101

Clambake Master Ned Lightner of coastal Maine introduces viewers to the real deal: how to shop for, prep for and cook for a clambake. Other recipes include Bar Harbor Lobster Bisque and Cannon Beach Marion Berry Cobbler. The Kitchen Goddess shows how to bring the beach inside, using imaginative beach goods for inventive food presentation.



BIOGRAPHY

John Shields Host

Chef John Shields, Culinary Ambassador of the Chesapeake Bay, is a nationally acclaimed expert in regional American coastal cuisine. His career began informally when, at a very early age, he worked with his grandmother Gertie Cleary in a church hall kitchen. They fixed businessmen’s luncheons and parish fund-raising dinners for dozens to hundreds of guests. Grandmom was the perfect teacher.

John’s illustrious professional career began by accident. After studying at the Peabody Conservatory of Music, this Baltimore native moved to Cape Cod with aspirations of becoming a rock star, and played the piano in bars. Then one day an injured friend asked John to work his shift in the kitchen of a popular

Cape Cod inn. Little did John know that his first day, spent making 36 pie shells, would evolve into many years as a restaurant chef/owner, author, and host of national public television series.



In the 1980s, John moved to Northern California, where he joined the New American Food revolution. He was first executive chef at A La Carte, a highly regarded French restaurant in Berkeley. But he missed the food of his youth, so he opened his own restaurant, named it for his grandmother, and began to introduce San Francisco Bay area residents to the wonderful regional American fare of the Chesapeake Bay. Gertie’s Chesapeake Bay Café was located in Berkeley’s famous

“gourmet ghetto,” where soon-to-be stars such as Alice Waters, Jonathan Waxman and Jeremiah Tower were reinventing American cooking. Gertie’s quickly gained enormous popularity, and California magazine hailed it as “a shining star in the culinary constellation of Northern California restaurants.”

Nearly two decades, and many, many crab cakes, later, John made his way back to Baltimore, where he now lives and is a successful restaurateur.

John is the author of three award-winning cookbooks on the cuisine of Chesapeake Bay: *The Chesapeake Bay Cookbook* (Addison-Wesley, 1990); *The Chesapeake Bay Crab Cookbook* (Addison-Wesley, 1992); and *Chesapeake Bay Cooking with John Shields* (Broadway Books, 1998). In 1998 public television stations across the country began airing John’s series “*Chesapeake Bay Cooking*,” based on the book. For the series, John hit the road, interviewing folks around the Chesapeake region and showing how they prepared their favorite regional dishes. The series was so popular it ran for years.



John's writings have appeared in numerous national publications, including The New York Times, the Washington Post, Coastal Living, Southern Living, and Esquire. He is a frequent guest chef on radio and television, and he teaches classes in American coastal cooking at private culinary arts institutions around the country. Currently, he writes a column for the quarterly magazine, Edible Chesapeake. He is an active member of many community organizations, including the Chesapeake Bay Foundation, an environmental group dedicated to protecting the Chesapeake Bay and its surrounding wetlands. He's also active in a variety of professional organizations, including the International Association of Culinary Professionals, Chesapeake Sustainable Business Alliance, Slow Food, and the Chefs' Collaborative, which promotes sustainable agriculture through use of indigenous foods and local suppliers.

John released his new cookbook, *Coastal Cooking with John Shields*, in August of 2004. The companion television series will begin to air nationwide in September of 2005.

And by the way...he still wants to be a rock star



BIOGRAPHY

Frank Batavick Producer

Frank Batavick is a 15-year veteran of Maryland Public Television. Raised in Carroll County, Maryland and graduating from Towson University in 1990, Batavick immediately pursued his love of television.

Joining Maryland Public Television after college, Frank lent his talent to a variety of PBS series, including *Minidragons* and *Pierre Franey's Cooking In America* as well as the regional special *Maryland In The Civil War*. In 1992 he moved on to the weekly PBS series *To The Contrary*, the groundbreaking all female public affairs program produced by Maryland Public Television until 1996.

In 1996 Frank signed on as the associate producer / segment producer of *Maryland State of Mind*, a showcase program for the 13 institutions of the University System of Maryland. This program won Emmys for outstanding public affairs specials in 1997, 1998 and 1999.

In 2000 Frank was nominated for two Emmys, and won his first for his story on Towson University's film school and their students working in Hollywood. In 2001, Frank was nominated once more for his story on the archaeological work being done by the University of Maryland Baltimore County. In the spring of 2001 Frank spent a few days in the halls of the real "West Wing" and won his 2nd Emmy Award for his story on a researcher at the White House.

In 2002 he was assigned as the coordinating producer of the PBS Zoom Local/National project, in which localized MPT segments will be inserted into the national PBS children's program Zoom. An initiative of WGBH, 40 stations across the country participated. He also became the producer of the MPT *Kids* host *Bob The Vid Tech*, producing interstitials for broadcast in between PBS kids shows. In 2003 he produced a series of *Car Seat Safety* spots, winning his third Emmy Award.

In 2004 Frank produced the half hour kids special *Message In A Bottle* which covered the history of communications. The program received four regional Emmy nominations and won a Telly Award. Also that year Frank was coordinating producer on *Improving Your Memory With Dr. Barry Gordon* and as producer on *You Can Afford College*.

In 2005, after doing some work for the MPT series *Motorweek* and *Wall Street Week With Fortune*, Frank was assigned producer of the new series **Coastal Cooking with John Shields**.

Frank lives in Towson with his wife Catherine and daughters Julia and Grace.



BIOGRAPHY

Andrea Farnum Kitchen Goddess



Andrea Farnum is an acclaimed caterer, event planner and entertaining goddess extraordinaire. She began her food career in New York fifteen years ago with a successful cottage catering business called The Sweet Tomato. After moving to Baltimore in 1995, she followed with a three-year stint at The Classic Catering People, and then created her own independent corporate event and wedding planning business.

She has planned or catered such luminous events as: The 100th Episode of the television show *Homicide* for 1000 guests, The Baltimore Sun's Pulitzer Prize Winner Celebration for 400 guests (which was miraculously put together in 48 hours), and a Goldman Sachs/Johns Hopkins Symposium on Minority Achievement.

Andrea Farnum works with acclaimed chef, John Shields and is his sidekick—the Kitchen Goddess—on his PBS show, **Coastal Cooking with John Shields**. She also is owner of Full Bloom, an event and marketing company, which develops and consults for strategic events nationwide. For further information go to www.fullbloomevents.com or www.kitchengoddessonline.com.

In her spare time, she writes a bi-monthly food column for the Baltimore publication, *Smart Woman*.

She lives in Silver Spring, Maryland with her husband, Lincoln and two daughters.



PRODUCTION CREDITS

Distributed By

AMERICAN PUBLIC TELEVISION

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Produced and Presented By

MARYLAND PUBLIC TELEVISION

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SAMPLE RECIPES

COASTAL COOKING WITH JOHN SHIELDS

WHOLE ROASTED RED SNAPPER WITH “SOFRITO”

Floridians love to grill. And it doesn't take much to turn out a fantastic meal: fresh fish, a brush with oil or brightly flavored marinade and onto the grill for a quick cook and on to the table. Michelle Bernstein, a native of Miami and one of the city's top chefs, enjoys grilling snapper for family and friends. She serves it with a sofrito, which is spicy, pungent, and an ideal accent to the grilled snapper. The recipe calls for Aji Amarillo, a long, cylindrical chili with pods that have a crisp, citrus aroma. It can be found in Hispanic markets and specialty shops. Serve with black beans and rice and perhaps some fried plantain.

Serves 4

(over)

WHOLE ROASTED RED SNAPPER WITH “SOFRITO” cont.

1 whole snapper, 2–3 pounds
Olive oil for coating
Salt and pepper to taste
Sofrito (recipe follows)

Heat the grill. Preheat over to 350 degrees F

Cut out center bones of snapper, keeping head and tail intact. Brush with olive oil, season with salt and pepper, and place on hot grill. Cook for 3–4 minutes on each side. Place in ovenproof dish for 5–8 minutes to finish cooking. Fish should be cooked through, opaque and flaky. Top with sofrito and serve.



SAMPLE RECIPES

COASTAL COOKING WITH JOHN SHIELDS

SOFRITO

- | | |
|---|--|
| 2 tablespoons olive oil | Pinch of saffron |
| 1 yellow pepper, minced | 1 cup dry white wine |
| 1 red pepper, minced | 1 cup fish stock or clam juice |
| 1 red onion, minced | 1 lime |
| 1 large tomato, diced | 1 bunch cilantro, pick leaves and chop stems |
| 4 cloves garlic, minced | |
| 1/2 scotch bonnet pepper, minced (see note) | |
| 1 tablespoon aji Amarillo, minced | |
| 1 small fennel bulb, minced | |

SOFRITO cont.

In a saucepan, heat the olive oil on medium-high heat. Add all the vegetables. Cook, stirring frequently, for about 5 to 6 minutes, or until all vegetables are slightly soft and toasty. Add the wine and reduce by half. Add the stock and again reduce by half. Finish with cilantro and a squeeze of lime. Place half the sofrito in a blender and puree. Combine the pureed sofrito with the chunky sofrito and immediately serve over the fish.

Note:

Wear gloves when handling chilies and do not touch bare skin. In place of aji Amarillo, increase the Scotch bonnet pepper to 1 whole pepper and add the zest of 1/2 lemon.



Q & A WITH JOHN SHIELDS

What is the inspiration for your new cookbook and public television series?

Coastal Cooking with John Shields is actually a natural extension of my first public television series, *Chesapeake Bay Cooking with John Shields*. While producing that series and writing the companion cookbook, I consciously decided not to make a series and book of recipes solely from professional chefs and high profile restaurants, but rather a look at the real people of the Chesapeake region. Watermen and their families, farmers and longtime residents of the towns and cities that dot the Bay are the people who fashion the incredible culinary resources of the Chesapeake into a distinctive regional cuisine. I've spent countless hours with these coastal folk in their kitchens, on boats, in fields, all the while collecting recipes, history, and stories. As I've traveled through coastal cities and towns it has become apparent to me, that each coastal region of the United States have its own unique stories and history to tell through recipes and communities.

Where and when did your interest in coastal-style cooking originate?

Growing up on the shores of the Chesapeake Bay, I've always found myself drawn to the water. Maybe it's in the blood. My great-grandfather was an Irish Sea captain who made his way from the old sod to Nova Scotia and later sailed to the Chesapeake where he established our clan. My uncles had workboats and from little on I have memories of misty mornings out on the water, as we set our trotlines to lure feisty little blue crabs from the depths of the brackish bay waters.

My grandmother, Gertie Cleary, was the one who sowed the seed for my interest in cooking. She was the best! Not only a first rate cook but also a woman for all seasons. One of her great loves was gardening and I spent much time with her in the garden. Gertie's enthusiasm and excitement about the upcoming bounty was infectious, and I soon found myself stealing away to the garden after a warm summer rain just to sit and smell the fragrances coming from the garden beds—ripe tomatoes, cantaloupe, honeydews and fresh herbs. How could you not want to cook?

What type of viewer do you aim to reach with this series?

I believe the scope of **Coastal Cooking with John Shields** is accessible to a wide range of people. As a culinary tour of the entire coastal United States, it is a treasure chest of recipes for those interested in regional American cuisine. The cuisines from around the coastal United States are rich with history and lore, and those aspects are brought to life in feature stories and field pieces that are interspersed among the featured recipes.

For those who may not be as handy with a spatula, **Coastal Cooking with John Shields** is a delightful trip for the armchair traveler, around the thousands of miles of coastal America. It is an amazing opportunity for readers to get an inside look at America's varied coastal communities.



Why do you think the general public will be interested in coastal-style cooking and its origins?

I'm positive that the general audience will be tremendously receptive to a show that focuses on coastal-style cooking. In recent years there has been a renewed interest in regional American cooking. Witness the cookbooks and television series that have featured Cajun/New Orleans cuisine, Southwestern cuisine, cooking from the heartland of the U.S., New England cookery, and the new cooking traditions of California cuisine. People are fascinated with food and traditions of the people who live right here in the United States.

Coastal Cooking with John Shields is also viewer-friendly. It has a perfect balance of recipes and of travel/documentary. The recipes are creative and fun, and most are accessible to folks who are home cooks. No culinary degrees needed to prepare these dishes—just good ingredients and good company.

The television series shares the name of the cookbook. Describe the concept of the show, how each episode is structured, and what the overall focus is.

I have structured **Coastal Cooking with John Shields** as a culinary tour of America's great coastal communities, which makes it a cooking show with a travel journalism slant. The star of the show is the food of coastal America, which runs the gamut from:

Bar Harbor Lobster Bisque, Jo Jo's Curried Crab Dip, Southern Fried Oysters Remoulade, Halibut with Herbed Fennel Butter and Sweet Peas, Big Island Chicken Long Rice, to an ample serving of regional vegetable dishes, desserts and breads. Our guests in the kitchen are fishermen, innkeepers, high-profile celebrity chefs, local luminaries, cookbook authors, and perhaps your next-door neighbor. Each episode highlights a different coastal region, allowing viewers to take a peek at the community and to get a feel of how the cuisine varies between locales.

Each show features three recipes. A local expert prepares one of the recipes as I interview and assist them in the kitchen. I normally prepare the next two local recipes solo, allowing me to tell a few tales of my own to viewers.

What are your personal expectations for the series?

I feel that **Coastal Cooking with John Shields** conveys a new awareness of the coastal communities of the United States to all of the country—and to the world—bringing our food to the forefront, as well as encouraging people who have never had the pleasure of visiting these diverse coastal locations to go, visit and see for themselves the richness of community, spirit and food that we collectively possess. In the coastal communities we are visiting, I am hopeful that the people will take a renewed pride in their food and their culture. It is a way of life that too often falls by the wayside in this fast-paced age, but one hope continues to thrive for future generations. Our coastal regions are a precious resource, and one of the greatest connections we have to our natural environment is our food. How we live and how we treat our environment directly affects the quality of our lives, and so it is vital that as a community we protect our coastal regions and help sustain their future. I also see this initial series as only a beginning to our coastal explorations, and look forward to staying on the road for much more coastal cooking.



F6 WEDNESDAY, SEPTEMBER 15, 2004

THE WASHINGTON POST

ON THE BOOKSHELF

From Crawfish Etouffee to Cranberry Scones

On the Bookshelf
The Weekly Dish
Foraging

BOOK AND AUTHOR:
"Coastal Cooking with John Shields: 125 of the Best Recipes from the Atlantic, Pacific, and Gulf Coasts, and Hawaii" (Broadway Books, \$32.50).

A respected chef, cookbook author and cooking show host, Shields grew up on the shores of the Chesapeake Bay, where he caught blue crabs, cooked with his grandmother in a church hall kitchen and watched his uncles make their own fishing boats.

Recipes from the book >>>

He intended to be a musician, but a fill-in stint cooking in the restaurant of a popular Cape Cod inn made him change course—first at restaurants in northern California, and eventually back east. He now lives in Baltimore where his restaurant at the Baltimore Museum of Art, Gertrude's, is named after his grandmother.

Shields's three previous books and popular TV series focused on Chesapeake Bay cooking. For this book and its upcoming 13-part companion public television series, he went far beyond that base. Traveling to coastal areas from Maine to Washington state, the Gulf states and Hawaii, he sought out regional recipes and food lore from home cooks and professional chefs.

FORMAT: Although Shields's research led him to coves, shores and bayous—and the book does include terrific seafood recipes—it also has chapters on poultry and meat, salads, vegetables and side dishes, breads and desserts. Yes, there is gingered salmon from San Diego, and Louisiana crawfish etouffee. But there are also recipes for pork chops with caramelized peaches and bourbon from Georgia and cranberry scones from Wellfleet on outer Cape Cod.

WHO WOULD USE THIS BOOK: Anybody with an interest in food and a fondness for these coastal regions will find hours of pleasurable cooking and eating here. So will many other home cooks. The recipes suggest ingredients that are sometimes specific to the region, and occasionally Shields assumes readers already know their way around the kitchen. But the directions are not hard to follow, and the completed dishes are very good.

—Judith Weinraub

Halibut With Herbed Fennel Butter Sauce and Sweet Peas
4 servings

"When I was visiting my sister in Portland, Oregon, she brought home some fresh halibut and some very early spring peas. This is the dish that resulted, and I think that when fresh peas and delicately flavored halibut meet, it is nothing short of a Pacific Northwest culinary Nirvana.

"This recipe may appear a bit daunting, but it is not really difficult. The trick is to prepare it in stages: 1. Partially cook the peas. 2. Make a fairly basic shallot butter sauce, with lots of ingredients. 3. Cook the fish fillets in a pan. 4. Put 1, 2, and 3 together on a plate.

"I assure you it is well worth the effort for a meal that will wow your guests, and make you feel the consummate chef."

For the peas:

- 1 cup fresh peas (frozen sweet peas will also work)
- 1 tablespoon unsalted butter, at room temperature
- 1 teaspoon finely chopped fennel fronds
- 1 teaspoon fresh lemon juice
- Pinch of salt

For the fish:

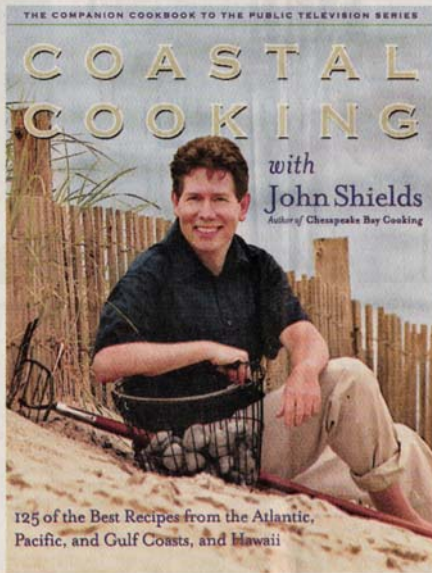
- 1/4 cup olive oil
- Four 6-ounce halibut fillets, skin on
- Kosher salt and freshly ground black pepper
- Herbed Fennel Butter Sauce (recipe follows)
- Fennel sprigs, optional garnish
- Lemon wedges, optional garnish

For the peas: Bring a pot of salted water to a boil. Add the peas and cook until bright green, about 2 minutes. Using a slotted spoon, transfer them to a bowl of ice water to stop the cooking. Save the cooking water from the peas, as you will need it later to briefly reheat them. Drain the peas and set aside.

For the fish: In a saute pan large enough to hold the fillets over medium-high heat, heat the oil. Season the halibut with salt and pepper to taste on both sides. Add the fillets, skin side up, to the pan and cook for about 3 minutes. Turn the fillets and cook until the fish is opaque throughout and flakes easily, about 3 more minutes. Remove from the heat.

For the final assembly: While the fish is cooking, reheat the water in which the peas were cooked. While the water is heating, in a large bowl, combine the butter, fennel fronds, lemon juice and salt. Drop the peas into the hot water and heat for 1 minute. Strain the peas, transfer them to the bowl and toss to coat. Set aside.

Place each fillet on a plate, spoon the herb sauce over and around the fillets and arrange the peas around the fish so that some spill into the sauce. If desired, gar-



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nish with fennel sprigs and lemon wedges.

Per serving: 685 calories, 39 gm protein, 11 gm carbohydrates, 53 gm fat, 159 mg cholesterol, 25 gm saturated fat, 489 mg sodium, 3 gm dietary fiber

Herbed Fennel Butter Sauce
4 servings

- 8 tablespoons unsalted butter, cut into small pieces
- 1 tablespoon minced garlic
- 1 tablespoon minced shallots
- 1/2 cup minced fennel bulb
- 1 teaspoon finely chopped fresh thyme
- 1 teaspoon finely chopped fresh tarragon
- 1 large tomato, cored, seeded and diced
- 1/2 cup fish stock (homemade or store-bought*)
- 1/2 cup dry white wine
- 6 tablespoons heavy whipping cream

In a small saucepan over low heat, melt 2 tablespoons of the butter and sauté the garlic, shallots, fennel, thyme and tarragon. Cook for 3 to 4 minutes, stirring often so the vegetables do not brown. Using a slotted spoon, transfer the vegetables to a small bowl; set aside.

Return the saucepan to medium heat and add the tomato, fish stock and wine. Cook until the volume is reduced by half. Strain the mixture into a bowl and clean the saucepan. Return the strained liquid to the pan along with the

cream. Reduce this mixture by half, about 5 minutes. With a whisk, add the remaining butter, a few pieces at a time, stirring constantly. Continue until all the butter is incorporated and it emulsifies. Add the reserved vegetables and stir briefly until warmed. Remove from the heat; set aside in a warm spot until ready to use.

***EDITOR'S NOTE:** Frozen fish stock is available at some seafood stores. Perfect Addition frozen fish stock is available at Chevy Chase Market, Dean & DeLuca, Rodman's locations, Snyder's in Silver Spring, Balducci's and Whole Foods Markets.

Per serving: 320 calories, 1 gm protein, 5 gm carbohydrates, 33 gm fat, 57 mg cholesterol, 20 gm saturated fat, 304 mg sodium, 1 gm dietary fiber

Edie's Gingered Salmon
4 servings

"The gingered marinade for salmon is a staple in San Diego. Edie Greenberg, food writer, cooking instructor and food guru to southern California, says 'everybody' in San Diego uses this marinade 'on everything.' I prefer using wild salmon. It costs a bit more, but tastes better and is even better for you than farm-raised salmon. Better for the environment, too."

Four 6-ounce salmon fillets
Gingered Marinade (recipe follows)

Preheat the broiler. Line the broiler pan with foil.

Place the salmon fillets in the pan. Spoon the marinade over fish and broil until nicely browned, 4 to 5 minutes per inch of thickness of fish for medium-rare. If the top of the fish seems to be cooking too quickly, place it in the oven at 350 degrees to finish cooking. Do not overcook.

Per serving: 318 calories, 35 gm protein, 5 gm carbohydrates, 17 gm fat, 94 mg cholesterol, 2 gm saturated fat, 997 mg sodium, trace dietary fiber

Gingered Marinade
Makes about 1/2 cup

"I've tried this marinade with tuna, swordfish, shark and moonfish (opah) fillets, and it is fantastic. Depending on the intensity of the ginger flavor you want, adjust the amount of time the marinade interacts with the fish: For example, for a very light taste, simply brush it on; or for a stronger flavor, pour a little of the marinade in a glass or ceramic dish and marinate the fillets for about 10 minutes on each side. I would not allow the fish to rest in the marinade for any longer than 30 minutes."

- One 1/2-inch piece of fresh ginger, peeled
- 2 tablespoons canola oil
- 3 tablespoons finely chopped scallion, green and white parts
- 1/4 cup soy sauce (not low-sodium)
- 1 tablespoon granulated sugar
- 1 teaspoon mirin (Japanese sweet cooking wine)
- 1 teaspoon toasted sesame oil

Process the ginger in a food processor until finely chopped. Heat the canola oil in a skillet and add the ginger and scallion. Cook until lightly browned, stirring with a wooden spoon. Remove from heat and cool. The mixture tends to stick to the pan but will come loose when cooled.

In a separate bowl, combine the soy sauce, sugar, mirin and sesame oil and mix well. Blend in scallion-ginger mixture. If not using immediately, transfer the mixture to a jar and refrigerate until needed.

Per 1-tablespoon serving: 51 calories, 1 gm protein, 3 gm carbohydrates, 4 gm fat, 0 mg cholesterol, trace saturated fat, 615 mg sodium, trace dietary fiber

Big Apple Clam Chowder
6 to 8 servings

"It seems Long Island, New York and Manhattan have argued for some time over just who gets credit for developing this recipe. Although some Long Islanders—who just can't let go—still refer to the chowder as Long Island Clam Chowder, the rest of the culinary world is in agreement that it is a Big Apple version. The chowder reminds me stylistically of a Maryland vegetable crab soup, with a vegetable soup base flavored with shellfish, and is totally satisfying. I realize that most people prefer a cream-based clam chowder, but I'll wholeheartedly cast my ballot for

the vegetable rendition. "Serve with soda or oyster crackers."

- 4 cups chopped clams, juice reserved
- One 2-inch piece salt pork, rind removed, or 1/2 cup bacon drippings
- 1 small onion, diced
- 1 celery stalk, diced
- 1 small green bell pepper, seeded and diced
- 1 medium carrot, diced
- 2 teaspoons minced garlic
- 2 cups stewed tomatoes or canned diced tomatoes, with their liquid
- 1/2 teaspoon oregano
- 1/2 teaspoon dried thyme
- 2 medium potatoes, peeled and diced
- Red hot pepper sauce, such as Tabasco sauce
- Salt and freshly ground black pepper

Drain the clams; reserve both the clams and their liquid. You will need about 6 cups of clam liquid reserved from the chopped clams; if there is not sufficient liquid from the clams, add enough water to the reserved amount to measure 6 cups.

In a large, heavy-bottomed saucepan over medium heat, heat the salt pork until the fat melts or heat the bacon drippings. Add the onion and saute for 5 minutes. Add the celery, bell pepper, carrot and garlic and saute until slightly softened, 8 to 10 minutes. Add the stewed tomatoes with their juices, reserved clam liquid, oregano and thyme. Cook for about 15 minutes. Add the potatoes and continue cooking, stirring occasionally, for about 30 minutes or until potatoes are just tender. Add the clams and gently simmer for 10 minutes longer. Do not overcook the clams or they will toughen. Season with hot pepper sauce, salt and pepper to taste.

Per serving (based on 8): 118 calories, 2 gm protein, 14 gm carbohydrates, 7 gm fat, 6 mg cholesterol, 2 gm saturated fat, 357 mg sodium, 2 gm dietary fiber

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