



# **The Connecticut Farm Table Cookbook: 150 Homegrown Recipes from the Nutmeg State (The Farm Table Cookbook)**

*Tracey Medeiros, Christy Colasurdo*

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**From Connecticut's seafood shacks to its 4-star farmhouse restaurants?locavore recipes and more**

*The Connecticut Farm Table Cookbook* brings home cooks a stellar collection of 150 delicious recipes from the Nutmeg State's celebrated chefs and the dedicated farmers, fishers, ranchers, foragers, and cheese makers they partner with to create dynamic New American and New England fare. This is the best of regional and farm-to-table cuisine from food producers and purveyors whose commitment to sustainability and quality is evident in everything they do.

As consumers have demanded more locally grown foods, more organics, and foods with fewer additives, the locavore movement has taken hold across the U.S. Every state and region has their own unique products and their own version of healthful, wholesome, innovative cuisine. *The Connecticut Farm Table Cookbook* showcases delectable specialties that the state's growers and chefs are creating using local microgreens, heirloom lettuces, sunchokes, ramps, quail eggs, Burrata, bison, chevre, heritage-breed pork, oysters, and more. Recipes are presented clearly and are easy to follow; they utilize ingredients that are readily available no matter where you shop.

Along with mouthwatering recipes and beautiful photography you'll be treated to fascinating profiles of food producers, chefs, and restaurants. This celebration of Connecticut's healthy, sustainable food scene is a collection to savor and return to again and again.

100+ Color photos

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