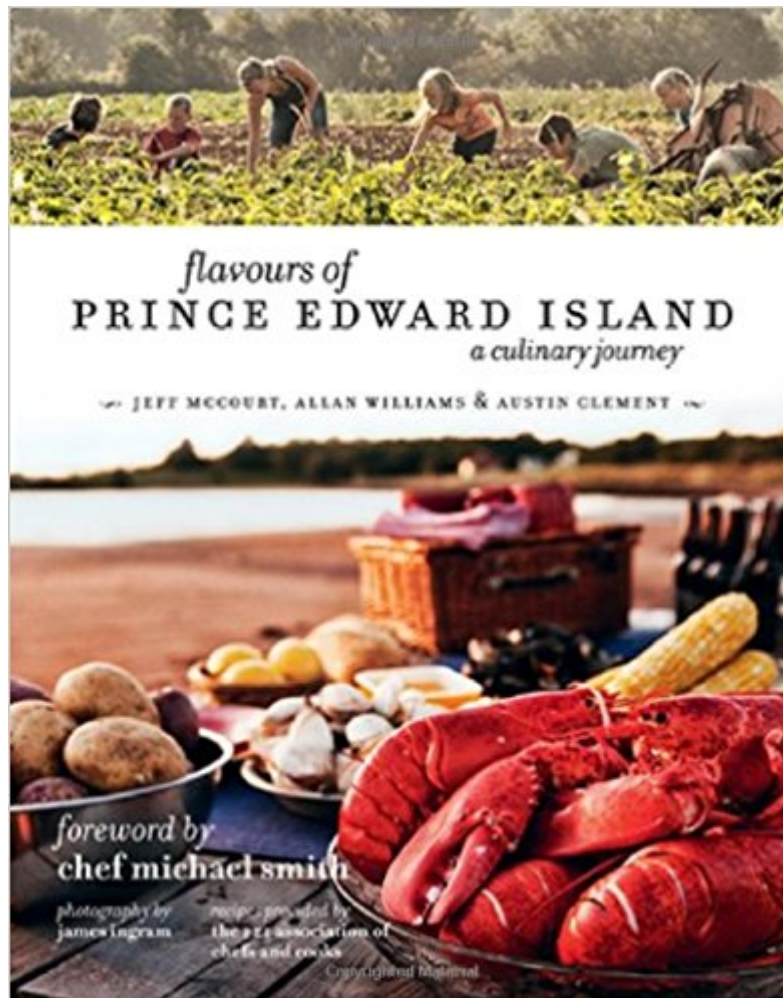




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# Flavours Of Prince Edward Island: A Culinary Journey



## Synopsis

Prince Edward Island is a chef's paradise. Its abundance of fresh, local ingredients is as inspirational as its magnificent red sands or its salt-sprayed red cliffs. Now, bring the taste of PEI home with you, with a stunning collection of recipes from PEI's top chefs, enriched by photographs and stories from the island's cooks, farmers, and fishers. From heading down to the wharf early to get your pick of the best lobsters, to taking an afternoon to forage for the elusive chanterelle, a mouthwatering dish is so often the end result of a long line of adventures the island has to offer.

## Book Information

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## Customer Reviews

Island-born Jeff McCourt is the vice president of the PEI Association of Chefs and Cooks, and a chef at Red Shores Racetrack and Casino.

We, as locals, will go down to the wharf and purchase directly from the fishers. You can't get any fresher than that. Now to enjoy lobster in the summer outside and near the water, you'll need a few more items. Most of these can be found in the pantry section of this book. Be sure to get potato salad, coleslaw, fresh rolls, drawn butter, lobster picks, bibs, lots of napkins, and, of course, some cold beverages of your choice. Then sit down and enjoy the best lobster experience of your life!

This book - with the photos and recipes - brings PEI back to me!

This cookbook is gorgeous, absolute eye candy without sacrificing the integrity of the recipes or the text. It is jam-packed with information, advice, stories and astoundingly beautiful photographs. I

successfully and happily made: Chicken, Pesto and Chanterelle Mushroom Pizza, Potato and Bacon Soup, Buttermilk Biscuits and Steamed Mussels. All were wonderful, the directions clear, the photos for each recipe stunning...The cookbook is divided into sections based on ingredient: beef, pork, mussels, clams, oysters, lobster, tuna, apples, blueberries, cranberries, gardens (backyard bounty), mushrooms, potatoes, cheese, wine and spirits. Each chapter is written by one of the chefs. It does get a little confusing because you are not always sure whose voice it is you are reading but their love of life and food on the island is clear throughout. Having Chef Michael Smith write the introduction not only brings a familiar and impressive PEI ambassador to the book, it also brings his warm and friendly voice to the we-love-PEI chorus. You will not only find images of the food but of the farmers and their families throughout. This is way more than just a cookbook, it shares fascinating information about the island, the foods grown there and the stories that illustrate life on Prince Edward Island. This book is not just for someone who loves to cook with the foods of PEI, it is a way to revisit the island over and over again.

A wonderful addition to your cookery library. The pictures are stunning; there are wonderful personal stories throughout and the recipes are quite doable. If you have ever visited PEI or want to - even better! I could easily see this as being a great wedding or corporate gift. This is not just a recipe book but a beautiful pictorial representation of Prince Edward Island, food and some of the many people who are passionate about producing the very best.

This book has amazing photography. It's a cookbook, that makes a great coffee table book. A wonderful gift or souvenir about PEI. PLUS, the recipes are tasty too!

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