



# **The Coastal Table: Recipes Inspired by the Farmlands and Seaside of Southern New England**

*Karen Covey*

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"When Karen Covey moved to the South Coast of Massachusetts, she found an exceptional community of farmers, winemakers, chefs, cheesemakers, and fishermen thriving upon the region's unique coastal geography, quietly producing some of the best food in the Northeast. Until recently, though, few outside the culinary world have discovered the breadth and caliber of ingredients available from the coastline of Southern New England. That's about to change. Using her adopted region as inspiration, Covey captures seaside living in New England at its freshest and most innovative. With more than 120 recipes, including several from some of the area's most notable chefs, this book shows us how to savor the spectacular food and flavors coming from the region. The Coastal Table is filled with ideas for casual beach days, sophisticated outdoor entertaining, and simple, everyday meals that celebrate the epicurean heritage of this remarkable coastal region. This is the book for the home cook who yearns for the seaside and its flavors all year round."

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