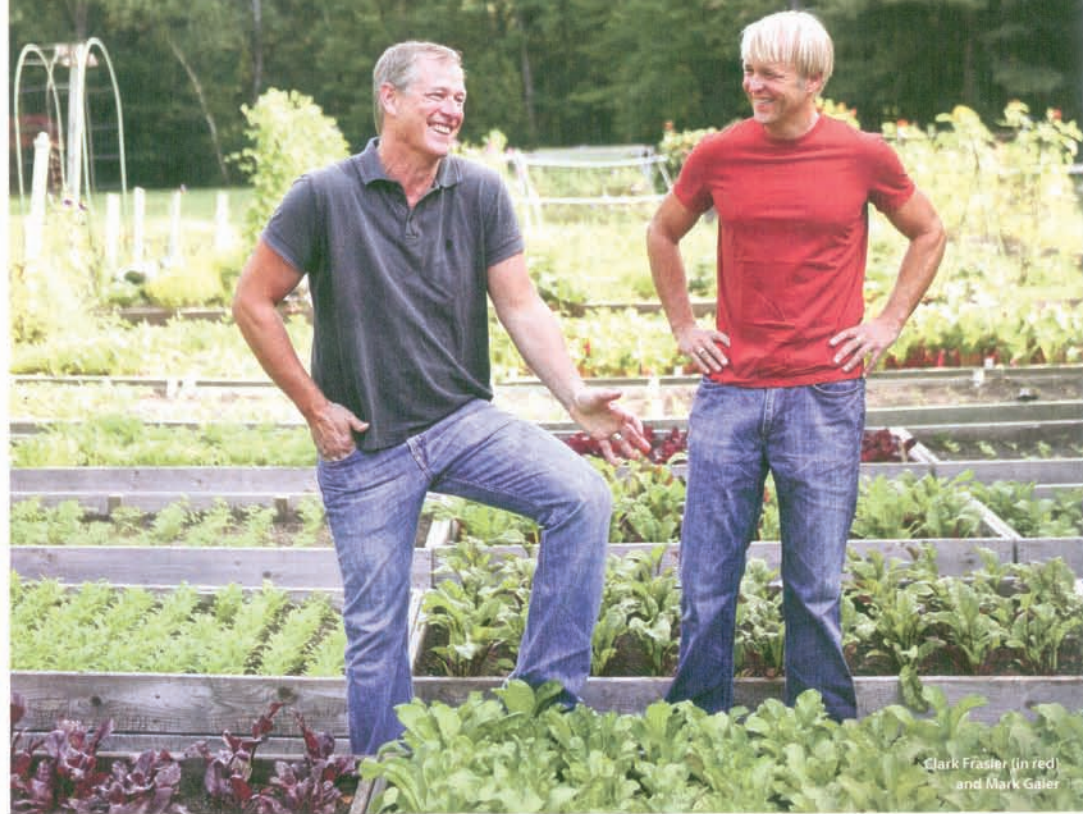


COASTAL LIVING

coastal kitchen

maine menu

Gardeners by day, chefs by night, Mark Gaier and Clark Frasier grow an edible garden for their restaurant in Ogunquit, Maine. Dig in to their favorite summer recipes



Clark Frasier (in red) and Mark Gaier

The top 10
seaside
retreats for
families pg. 1

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it's like I'm driving up to a friend's house for dinner. Though I'm just

a minute or two away from the coastal hamlet of Ogunquit, Maine, this sleepy, sprawling road is lined with family homes where backyard swing sets make way for barns and compost bins.

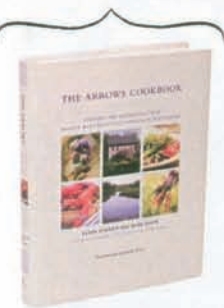
When I arrive at Arrows Restaurant, chef/owners Clark Frasier and Mark Gaier tell me they became gardeners "by necessity, not fashion," says Clark. When the duo made the cross-country move from central California to Maine to open their restaurant more than 20 years ago, they discovered they didn't have access to the fresh produce they were used to—the only way to get top-quality ingredients was to grow their own. With the exception of a few tropical necessities, like fresh lemons, the garden sustains most of their produce needs. "If we can't grow it, we don't serve it," says Clark.

Conversation turns to the vibrant heirloom tomato gazpacho, topped with luscious chunks of Maine lobster. Mark and Clark have an arrangement with lobsterman Ted Johnson, and when I find out he's headed to finish pulling up traps that might get lost with the summer squall headed our way, I beg for a field trip. While we're out on the boat, I watch as Ted flips a few females with notched tails back in the water. Justin Walker, Arrows' chef de cuisine, explains that when egg-bearing females are caught, the tail markings indicate that they should be returned to the water to continue reproducing. "Every detail is meticulously regulated by the state," Mark says. "It's a model of sustainability."

When we return to shore, I meander through the Arrows garden. Before nightfall, guests are allowed—encouraged, even—to

traipse among the raised beds; behold the vegetables, fruits, and herbs; and let their mouths water at the thought of what might appear on the plate that night.

■ Arrows Restaurant, 41 Berwick Road, Ogunquit, Maine; 207/361-1100 or arrowsrestaurant.com



FRESH RECIPES!

Learn Clark Frasier and Mark Gaier's garden philosophy and choose from 150 recipes in *The Arrows Cookbook* (Scribner).



Walk-Around-the-Garden Salad with Herb Vinaigrette

PREP: 12 minutes

Save remaining vinaigrette for up to two days in the refrigerator.

- 1/3 cup finely chopped fresh chives
- 1/3 cup finely chopped fresh tarragon
- 1/4 cup Champagne vinegar
- 1 shallot, minced
- 2 teaspoons whole-grain mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 cup extra-virgin olive oil
- 6 ounces Bibb or baby romaine lettuce
- 2 cups baby arugula
- 2 cups fresh flat-leaf parsley leaves
- 1/2 cup fresh dill sprigs

- Sliced radishes
- Sliced cucumbers
- Nasturtium blossoms
- Mixed peppercorns, crushed
- Mustard seeds
- Caraway seeds

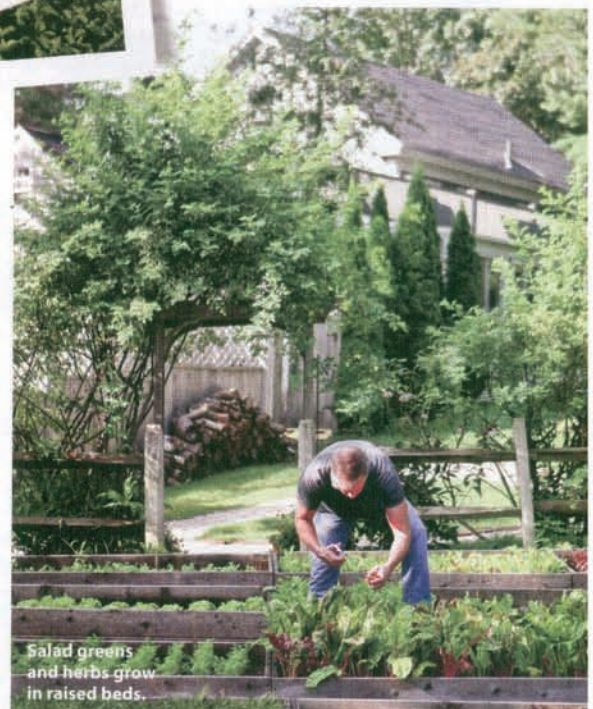
1. Combine first 7 ingredients in a bowl. Whisk in oil. Cover and chill until ready to serve.

2. Drizzle dressing evenly on each of 6 chilled plates. Arrange lettuces and remaining ingredients evenly on plates. Makes 6 servings. >



Nasturtiums brighten up summer salads.

Walk-Around-the-Garden Salad with Herb Vinaigrette



Salad greens and herbs grow in raised beds.

CHEFS' SECRET

Mark and Clark recommend growing a mix of about two-thirds heirloom tomatoes and one-third hybrid varieties.

Grilled Trout with Garden Zukes and Herb Aioli

PREP: 5 minutes

COOK: 14 minutes

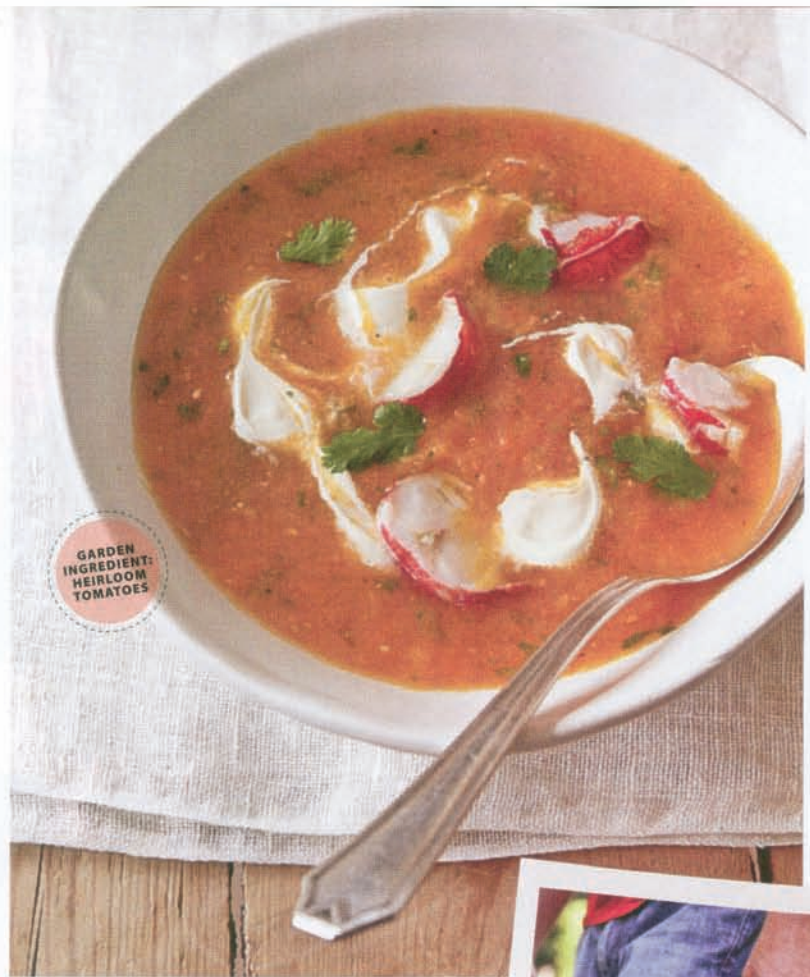
- $\frac{3}{4}$ cup aioli or mayonnaise
- $\frac{1}{4}$ cup chopped fresh flat-leaf parsley
- 1 teaspoon lemon zest
- $\frac{1}{4}$ teaspoon anchovy paste (optional)
- 3 zucchini, halved
- 6 (6-ounce) trout fillets
- 2 tablespoons olive oil

Coarse sea salt or kosher salt

Freshly ground black pepper

1. Combine first 3 ingredients and anchovy paste, if desired, in a small bowl; chill until ready to serve.

2. Brush zucchini and trout with olive oil, and sprinkle with sea salt and pepper. Grill zucchini 3 to 4 minutes on each side; cut into $\frac{1}{2}$ -inch slices. Grill fillets, skin-sides up, over hot coals 2 minutes. Turn, and grill 3 to 4 minutes. Serve fish and zucchini with herb aioli. Makes 6 servings.



GARDEN
INGREDIENT:
HEIRLOOM
TOMATOES

Heirloom Tomato Gazpacho with Lobster

PREP: 15 minutes

CHILL: 1 hour

- 8 large yellow heirloom tomatoes (about 4 pounds), peeled and seeded
- 1 orange bell pepper, quartered
- 1 red bell pepper, quartered
- 1 large or 2 small leeks, sliced
- 1 teaspoon finely chopped red jalapeño chile
- $\frac{1}{2}$ cup sherry vinegar
- $\frac{1}{4}$ cup white wine
- 1 tablespoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{3}{4}$ cup chopped fresh cilantro, divided
- 2 (1 $\frac{1}{4}$ -pound) lobsters, steamed and shelled
- $\frac{1}{2}$ cup Mexican crema, crème fraîche, or sour cream
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh lemon juice

1. Process first 9 ingredients, in batches, in a blender until smooth. Stir in $\frac{1}{2}$ cup chopped cilantro. Chill at least 1 hour or up to 1 day.

2. Slice lobster tails into medallions, and split each claw into 2 pieces by cutting across the flat side.

3. Combine crema, lime juice, and lemon juice in a small bowl.

4. Divide gazpacho among 6 bowls. Top evenly with lobster, crema mixture, and remaining $\frac{1}{4}$ cup cilantro. Makes 6 servings. >



CHEFS' SECRET

The white and pale green portions of leeks are the edible parts. The dark green tips are tough but can be added to broths and stocks for extra flavor.



MARK AND CLARK'S TOP PLANTS TO GROW

Neither chef could pick his favorite, but here are a few they love.

HEIRLOOM TOMATOES

For salads and eating raw. Also try cherry tomatoes—they're often sweeter than full-size varieties.

LEEKs

For soups; soak sliced leeks before cooking to rinse away the soil that's mounded around the stem to keep it pale.

CHIVES

For their mild onion flavor, which is great in vinaigrettes. Try garlic chives too; their flowers make beautiful garnishes.

THYME

For whole fish, meats, and spicy foods—it's a go-to all-purpose herb.

FIELD GREENS LIKE ARUGULA OR BABY ROMAINE

For spontaneous salads; they have amazing flavor when just picked.

CHERVIL

For marinades and salad dressings, thanks to a slightly spicy, mild licorice flavor.

BASIL

For pesto, vinaigrettes, or marinades, or as a zesty substitute for lettuce on your favorite BLT, basil is summer's must-have herb.

CILANTRO

For the best-tasting homemade salsa around. Needs a little TLC in hot weather, which can kill the delicate plant.



Sorbets made with (from top): honeydew, strawberry, and cantaloupe

Summer Sorbet Trio

PREP: 7 minutes

FREEZE: 3 hours, 30 minutes

STAND: 30 minutes

You can make cantaloupe, honeydew, and strawberry sorbet with this one recipe. Letting the sorbet stand in the refrigerator gives it time to soften, but you can speed up the process by breaking it up and pulsing it in a food processor fitted with a metal blade.

- 1 cup sugar
- ½ cup warm water
- 3 pounds cubed honeydew melon, cantaloupe, or sliced strawberries, chilled
- 1½ tablespoons fresh lime juice
- ¼ teaspoon salt

1. Combine sugar and water, stirring until sugar dissolves.
2. Puree sugar mixture and remaining ingredients, in 2 batches, in a blender until smooth.
3. Press fruit mixture through a fine sieve into a large bowl using a spatula or the back of a wooden spoon.
4. Pour mixture into freezer container of an ice cream maker; freeze according to manufacturer's instructions (about 30 minutes). Transfer to an airtight container, and freeze at least 3 hours or up to 1 week. Let stand in the refrigerator 30 minutes before serving. Makes 5 cups. 🍷



"IF WE CAN'T GROW IT, WE DON'T SERVE IT"

—CLARK FRASIER