

Vermont cookbook author to visit Quechee General Store

By Tom Ayres
Senior Staff Writer

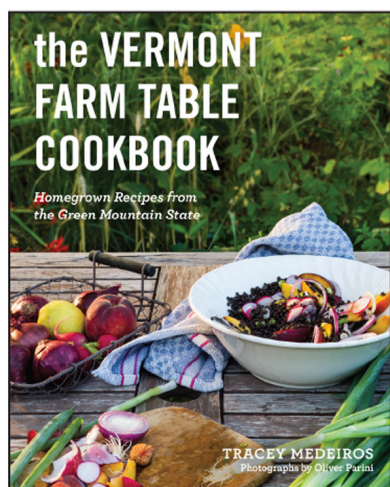
Celebrated Vermont food writer, author, and cooking instructor Tracey Medeiros has just published a new, 10th-anniversary edition of her critically acclaimed work, “The Vermont Farm Table Cookbook.”

Medeiros is amidst a book and cooking demonstration tour that will bring her to the Quechee General Store this Saturday, July 1, from 1-4 p.m. The event is free and open to the public and will feature Me-

deiros for a book-signing and salad-making demo based on one of the more than 120 recipes she has collected from Vermont restaurants, food producers, and farmers

“I’ve dedicated my life to writing about food. How can I not support and love these folks who supply me with the ingredients needed to enable me to do what I do?”

— author Tracey Medeiros



Tracey Medeiros has published a new, 10th-anniversary edition of her critically acclaimed work, “The Vermont Farm Table Cookbook.”

Courtesy of Countryman Press/W.W. Norton & Company

deiros over the course of the past several years. “The Vermont Farm Table Cookbook: 10th Anniversary Edition” also features Medeiros’ introductory essays about each of the food-related businesses that contributed recipes and ingredients to the newly revised cookbook featuring Green Mountain State-centric culinary delights.

Medeiros was traveling from her home in Essex Junction to the Burlington Food and Wine Festival last weekend when she reached out via cell phone to talk about the new edition of her cookbook and her avid commitment to the sustainable food movement in Vermont.

“I have around 65 of the same contributors

that were featured in the first edition of the cookbook and the new edition has two dozen new recipes. All the profiles have been updated and if an establishment had a new chef since the first edition, I gave them the opportunity to submit a new recipe if they liked,” Medeiros offered. “The book

has farmers, chefs, and food producers. They all contributed recipes, so if you were a farmer, you contributed a recipe that best showcases what you grow. If you were a food producer, you contributed a recipe utilizing your products, and if you were a chef, you contributed a favorite recipe or two.”

Medeiros’ other cookbooks published in the decade since the inaugural edition of “The Vermont Farm Table Cookbook” include “Dishing Up Vermont,” “The Vermont Non-GMO Cookbook,” “The Art of Cooking with Cannabis” and “The Connecticut Farm Table Cookbook.” Given her culinary and editorial slant towards all things Vermont — a state where she has resided with her family for the past 17 years — Medeiros is particularly impassioned about Vermont food purveyors and foodways.

“These folks just work so tirelessly and they’re so passionate about what they do,” the cookbook author, recipe tester, and culinary arts instructor noted. “Year after year, they never know what they are going to yield,” Medeiros added, speaking of the state’s farmers and, by extension, its food producers. “I’ve dedicated my life to writing about food. How can I not support and love these folks who supply me with



Tracey Medeiros, a celebrated cookbook author from Essex Junction, will take part in a book-signing and cooking demo for her latest work at the Quechee General Store, this Saturday afternoon, July 1. Photo Provided

the ingredients needed to enable me to do what I do? It’s just inspiring to live in this state — such a foodie state — and to foster these wonderful relationships with these folks.”

IF YOU GO

Cooking Demo & Book Signing
Featuring Tracey Medeiros, Author of “The Vermont Farm Table Cookbook: 10th Anniversary Edition”
Saturday, July 1 from 1-4 p.m.
Quechee General Store
5573 Woodstock Road
Quechee
Free and open to the public

Medeiros painstakingly tests all the recipes in her cookbooks, including the new edition of her Vermont farm-to-table offering. “Because of often-tight deadlines

and the other information that has to be pulled together for this book — the profiles and such — I don’t personally test all the recipes myself, but I hire other recipe testers to test many of them. I edit the recipes so that they all have the same voice, style, and format.

“It’s important to me to have these recipes accessible to both amateur and expert cooks because to continue to thrive and grow the farms and businesses within the farm-to-table movement, education is critical,” Medeiros continued. “There’s that education component in both the profiles and the recipes. In a sense, the cookbook also acts as a travel guide,” she concluded.

Upper Valley area food purveyors whose profiles and recipes are included in “The Vermont Farm Table Cookbook: 10th Anniversary Edition” include the King Arthur Baking Company (“Currant Scones”) and “Nan’s Caraway Seed Biscuits”), the Woodstock Farmers’ Market (“Bow Thai Pasta Salad,” and “Wheat Berry Salad with Fresh Herbs”), Twin Farms (“Fall Root Vegetable Salad and Champagne Honey Vinaigrette”), Roma’s Butchery (“La Picante Sausage”), Simon Pearce (“Warm Apple Crisp with Hazelnut Crumble”), Cloudland Farm (“Chicken Breasts Stuffed with Chevre and Sauteed Ramps Served

with Pickled Ramps and Rhubarb Gastrique”), Thistle Hill Farm (“Tarentaise Bread Pudding” and “Alpen Macaroni”), and Vermont Spirits Distilling Company (“Vermont Spirited Apple Ice Cream”).