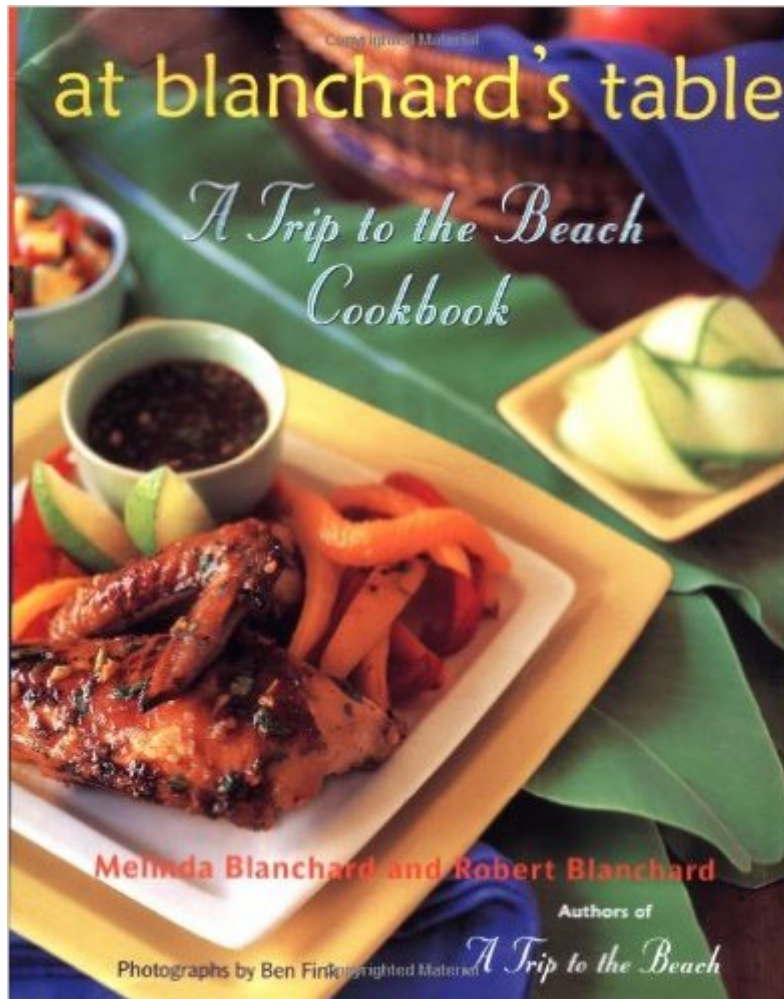


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# At Blanchard's Table: A Trip To The Beach Cookbook



## Synopsis

The next best thing to actually living on an island paradise is being able to bring a bit of paradise home. Bob and Melinda Blanchard shared their own "paradise found" in their book *A Trip to the Beach*, the true story of the couple's adventures as they escaped civilization to open a restaurant on the Caribbean island of Anguilla. Now in *At Blanchard's Table*, the couple extends the celebrated warmth and hospitality of their acclaimed restaurant, and its delicious menu, to our homes. The happy result is a cookbook that's as much a pleasure to read as it is enjoyable to follow. Writing with the same humor and charm that made their first book such a success, Bob and Melinda share recipes drawn from their New England roots, their early years in the gourmet food business, and their life in the Caribbean. *At Blanchard's Table* is a delectable collection of more than 160 recipes perfect for get-togethers of family and friends, illustrated with glorious photographs that reveal how lucky they are to have homes in both Vermont and Anguilla. Although the Blanchards' restaurant gets rave reviews for the food, Melinda was never trained formally as a chef, so her recipes are for true homemade meals that are appealing and easy.

Caribbean-influenced dishes like Calypso Chicken with Lime, Grilled Lobster Anguilla Style, and Jamaican Jerk Shrimp are complemented by New England "inspired fare such as Vermont Cheddar Soup, Balsamic-Glazed Veal Chops, and Vermont Picnic Ham Baked in Dark Beer. Sections include Casual Starters, Soups, Salads and Dressings, Seafood, Meat, Pasta, Vegetables and Sides, Desserts, and Drinks. Throughout the book, there are dozens of mini-recipes that allow people in a hurry to toss together just a couple of ingredients for a quick and tasty dish. The Blanchards also offer expert cooking tips, as well as more delightful stories about some of their favorite Anguillians. With simple, eclectic, and flavorful recipes along with sound cooking advice, charming anecdotes, and the same warmth that made people fall in love with *A Trip to the Beach*, *At Blanchard's Table* is truly a pleasure to cook from and nearly as enchanting as an actual trip to the beach.

## Book Information

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## Customer Reviews

I bought this book because I've been looking for alternative ways to cook fish and shellfish besides boring citrus marinades. I'd eaten at Caribbean restaurants before and knew that this was the cuisine to do it. So far, every dish that I've made in this cookbook has not disappointed me, and I've become so addicted to the pureed sweet potatoes that I make it at least once a week. (Hint: once they're cooked, puree the potatoes with an electric mixer, most of the fibrous bits will wind around the beaters and your potatoes will be smooth and creamy!) Upon first reading it, I thought the recipes seemed sort of boring, but believe me, they are more than the sum of their parts. Aside from the above mentioned pureed sweet potatoes, my other favorites include the roasted red and yellow peppers with rosemary and lemon juice, the spice-rub swordfish steaks with balsamic reduction sauce, and the jerk shrimp. All of these recipes are incredibly easy to make, and if you're pressed for time, each chapter starts off with "in a hurry" meals that you can prepare quickly. Who says cooking has to be so time intensive and complicated? A true gem!

To have the skill to bake and cook well is a joy. To know the people who cook and bake so well they have written several cookbooks is even more wonderful. The Blanchards have been an "Upper Valley" treasure for years. They first started out with Blanchard and Blanchard Salad Dressings, and were the first to mix herbs and unusual ingredients into delicious salad dressings. Mel and Robert Blanchard live in Norwich, Vermont and have a restaurant in Anguilla. Mel is not an educated chef, but a born and bred true cook. Her recipes are simple and so good. Cheddar Cheese soup, cheese and onion bake (tastes like the topping on french onion soup, and is used as a side dish for their New England Thanksgiving on Anguilla) One of the most delicious and unusual recipes is Vermont Picnic Ham with dark beer. Scrambled eggs with herb cheese and chives, surrounded by roasted small tomatoes is mouth watering. Pair that with peach, coconut breakfast bread and you have the makings of a scrumptious brunch. The Blanchards use simple ingredients because much of what they make must be flown into Anguilla. They use the fruits and vegetables native to Anguilla. At the

heart of their cooking continues the use of herbs, fresh and dried. Each recipe is unusual and can be made at any time. None of the ingredients are seasonal or that unusual. Their particular blending of the herbs and other ingredients, however, give their cooking 5 star quality. I recommend this cookbook for anyone, and it will be under the Christmas tree of many of my friends and family. Can't wait to get back to that ham. prisrob

The cover picture of Life at the Beach drew me to it-- reminding me of childhood days in Hawaii and adult vacations in the Carribean. I found the book delightful reading and my husband and I began planning a future trip to Anguilla. Imagine my thrill in seeing that the Blanchard's published this wonderful cookbook. I immediately bought one for a gift and one for me. It has become a household favorite!! First-- it is a TRULY user-friendly cookbook and cooking guide. It has quickly become my most-used cookbook. Many chef-written cookbooks on my shelf (and there are many) sit there because recipes are too involved for our lifestyle (too many steps and ingredients). The Blanchard's cookbook combines all the concepts one would want in a cooking guide--fabulous, fresh and creative tastes; beautiful and tantalizing pictures; clear, simple directions with manageable and available ingredients; AND tips for success from the chef. One of the real benefits of the book is the "In a Hurry" section at the beginning of EVERY chapter-- it lists quick, yet delicious ideas for weeknight dinners-- and include ingredients I usually have on hand. I really appreciated their care in writing each recipe with the "home cook" in mind -- they clearly want to share their joy of food with everyone-- whether or not you make it to Anguilla! Second, I really enjoyed seeing the pictures of all the "family" members at the restaurant. After reading all about them in Life at the Beach, it was fun to "see" them. Now, I can't wait to meet them all in person! Do yourself a favor-- buy BOTH these books-- you'll be taking a little trip to paradise each time you open them!

We have dined at Blanchards in Anguilla several times and it is by far our favorite restaurant in the Caribbean. How thrilling to find out we could re-create our favorite dishes at home with this wonderful cookbook. It is by far my favorite!Recipes to try: Cracked Coconut dessert, Orzo Pasta with Chili-Lime Vinaigrette, Blanchard's Hummus, Skewers with Avocado Lime Dip, and Ginger Shrimp with Dipping Sauce, just to name a few. They are all wonderful and so simple to make with a short list of common ingredients. You won't be disappointed!

Like many who love to create great meals, I have a stash of cook books and recipes. At Banchard's Table has become my very favorite for can't-fail-delicious meals. Not only are the recipes easy, the

taste is incredible, and a bit unexpected. The Grilled Fillet Mignon of Tuna is personal favorite. Whether you're entertaining guests or cooking for your family, you will not be disappointed.

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