



**Maine Coastal Cooking and the Accomplished
Cook, or The Whole Art and Mystery of Cookery,
fitted for all Degrees and Qualities: Down East
Recipes dating from 1664**

Ruth Wiggin, Gertrude Hooper

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Good cooks are many along the coast of Maine. The editors of this book selected two of the best to bring together these recipes. Countless good cooks along the shore have contributed their favorite recipes to these two foods experts. Some of the recipes date back a century or more. Many have been handed down through the generations of Maine coast families with no one knowing actually how far back in history they date. The final 24 pages take one back to 1664 in what is now Massachusetts, and even back to England. The recipes contained there are taken from "The Accomplished Cook: or the Art and Mystery of Cookery." This rare and valuable cookbook, perhaps one of the first to be printed, was loaned by Mr. Ralph W. Bartlett of Bremen, Maine, whose forebears came into possession of it upwards of 300 years ago.

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