

CAPE BASEBALL | LOCAL HISTORY MEETS NEW ART | CONTEMPORARY LIVING

CAPE COD **VIEW**

Lifestyles of the Cape & Islands

A close-up photograph of a white plate filled with fresh seafood. The main focus is a large, bright red lobster, with its claws and legs visible. Beside the lobster are several pieces of boiled potatoes, some topped with a white sauce and green herbs. A whole ear of yellow corn on the cob is also on the plate. In the background, there are several clams, some open and some closed. The plate is set on a dark wooden surface.

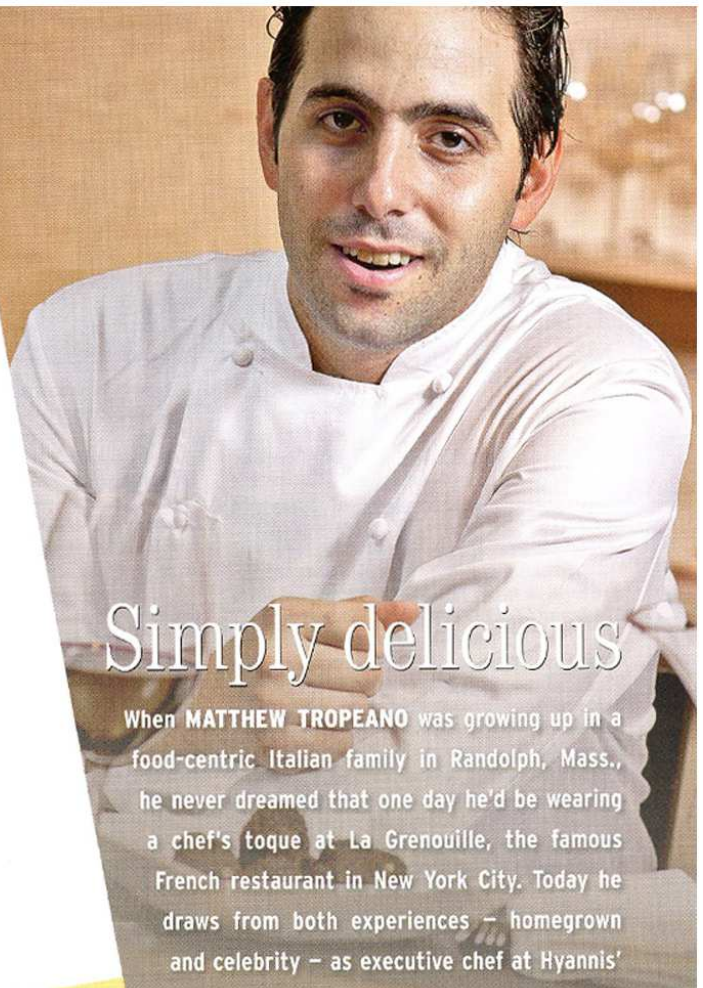
**SUMMER
SIZZLES**

Island original

Vineyard Haven's **SCOTTISH BAKEHOUSE** serves more than shortbread and scones. Here, patrons can quell their cravings for everything from grilled cheese to coconut tofu – the Bakehouse feeds vegans, vegetarians, “localvores,” “bacontarians” and everyone in between, as its website boasts. Opening in the '60s with mostly Scottish food, the eatery now offers Island-raised meat, and veggies from local farms, including its own. – EMILY HERRINGTON



Jim Preston/Cape Cod Media Group



Simply delicious

When **MATTHEW TROPEANO** was growing up in a food-centric Italian family in Randolph, Mass., he never dreamed that one day he'd be wearing a chef's toque at La Grenouille, the famous French restaurant in New York City. Today he draws from both experiences – homegrown and celebrity – as executive chef at Hyannis' **PAIN D'AVIGNON** since March (508-778-8588; www.paindavignon.com). “I hold myself to the same high standards no matter where I'm cooking,” says Tropeano, 34, adding that Pain d'Avignon uses “high-quality ingredients comparable to New York's.” How will he put his stamp on the popular café-boulangerie, beloved by aficionados of Mediterranean-influenced cuisine? “Polishing, training and teaching the kitchen and wait staff,” says Tropeano. “Customers are already noticing a refinement.” A simple roast chicken is reputed to be the hardest dish to get just right. Tropeano's version, which uses just three ingredients, blows people away on a regular basis. “Sometimes,” says the chef, “it's not what you add that matters, it's what you take away.”

Photo Courtesy of Pain d'Avignon

Better butter

Anyone can pop a stick of butter in the microwave for a minute, but if you want the sine qua non of melted butter for your lobster, it's going to take a little more effort. **CHATHAM BARS INN** executive chef **ANTHONY COLE** shared his method for making drawn butter, which, he says “is just the pure butter fat and has a clean flavor and presents well.”

In a heavy saucepan, melt one pound of butter over medium heat, skimming off any foam that rises to the surface. Heat the butter briefly, taking care not to allow it to brown, then pour it into a measuring cup or other glass container. The white milk solids should sink to the bottom, as the drawn butter comes to the top. Allow the butter to cool, then cover and refrigerate overnight.

When ready to use, place the container of chilled butter in a bowl filled with warm tap water, just until the butter is ready to slide out of its container. Invert the container into a plate or bowl, and the watery milk solids will drain away. Reheat the drawn butter and serve.. Yields about 1-1/2 cups drawn butter.

–JRR

– JRR