

# THE MARTHA'S VINEYARD COOKBOOK

100 Recipes from the Island's Restaurants,  
Farmers, Fishermen & Food Artisans



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# Peach Poppy Seed Muffins

LITTLE ROCK FARM, VINEYARD HAVEN

Starting a weekend at the farmers market is a cherished ritual from June to October. The first stop for many is the Little Rock farmstand for a pint of summer gazpacho made with the ripest tomatoes, diamonds of sticky baklava, or the farm's famous muffins. In 1974, Debbie Koines, then twenty-one years old, began selling fruit pies with her childhood best friend at the Grange Hall (the original site of the market), always selling out of her inventory within the first hour. When Debbie met her husband, Peter, a few years later while working at The Black Dog Tavern, they established Little Rock Farm and expanded their offerings. "Inspiration comes from all around," says Peter. "Traveling, visiting farms and markets where different ingredients are available, and, of course, childhood memories. My family's recipes are a huge influence on my menus. But also the diversity of our island community: the original inhabitants, the European colonizers, the various waves of immigrants. I have strived to reflect these influences when crafting our menus."

Today, their children, Olivia and Nicholas, help run the market stand. "Being a member of the farmers market for over thirty years and watching it evolve has been very rewarding," continues Peter. "It's all about the relationships. Whether our customers return year after year or are first-time visitors, recent washashores, or locals, we know the market is an integral part of their Vineyard experience." These peach poppy seed muffins were their first signature creation and their popularity hasn't waned all these years later.

**MAKES 12 MUFFINS**

1 stick (8 tablespoons) unsalted butter, at room temperature	1 cup whole milk
1 cup granulated sugar	1 teaspoon vanilla extract
½ teaspoon kosher salt	2 medium ripe peaches, peeled, pitted, and diced
2 large eggs, lightly beaten	2 tablespoons poppy seeds
2 cups all-purpose flour	Sanding sugar for finishing
2 teaspoons baking powder	

Preheat the oven to 400°F. Line a standard 12-cup muffin pan with paper baking cups.

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter, sugar, and salt on medium speed until light and fluffy, 3 to 5 minutes. (Alternatively, you can mix the entire batter by hand.) With the mixer running, add the eggs one at a time, then mix on medium speed until thoroughly incorporated. Add the flour, baking powder, and ⅔ cup milk and mix on low speed until smooth, about 2 minutes. Add the remaining ⅓ cup milk and vanilla and mix for 1 additional minute, until combined. With a silicone spatula, fold in the peaches and poppy seeds.

Scoop the batter into the prepared muffin tins, filling them almost to the top. Sprinkle sanding sugar on top. Bake until the muffins are golden brown and a toothpick inserted comes out clean, 15 to 20 minutes. Remove the muffins from the tin and let cool on a wire rack.





# Crab Cakes

## with Hollandaise

THE BLACK DOG TAVERN, VINEYARD HAVEN

It's five p.m. on a bone-chilling February night. You're seated by the window of The Black Dog Tavern with a piping-hot mug of chowder, or perhaps a plate of crab cakes. The fireplace is toasty, the wooden floors creak with happy diners, and you can't imagine being anywhere else. That's how captain Robert Douglas must have felt shortly after opening Martha's Vineyard's first year-round restaurant on New Year's Day 1971. He named the beachfront tavern after his good girl, soon to be spotted on T-shirts and bumper stickers all over the world. The tavern is often the first port of call for those stepping off the ferry, seeking solace in the menu of restorative breakfasts, hearty sandwiches, and day-to-night comfort food—like these crab cakes. These can be served over a toasted English muffin, topped with poached eggs, and slathered with hollandaise, as shown here, stuffed into a sandwich, or served simply with a leafy salad. This is one dish that the Black Dog crew can't take off the menu or there'd be a mutiny.

**MAKES 8 CAKES; SERVES 4**

### Crab Cakes

⅓ cup mayonnaise

1½ tablespoons  
Dijon mustard

1 tablespoon  
lemon juice

¼ cup minced  
red onion

¼ cup minced green  
bell pepper, patted dry

¼ cup minced red bell  
pepper, patted dry

1¼ pounds lump  
crabmeat, picked  
through for  
shells, drained

1 cup panko  
breadcrumbs

Kosher salt and  
coarsely ground  
black pepper

2 tablespoons  
unsalted butter

2 tablespoons canola  
or peanut oil

4 English muffins,  
split and toasted

8 poached eggs

### Hollandaise

2 egg yolks

1 tablespoon fresh  
lemon juice

1 stick (8 tablespoons)  
unsalted butter, melted

Hot sauce

Kosher salt

**Make the crab cakes:** In a medium bowl, combine the mayonnaise, mustard, and lemon juice. Stir in the onion and bell peppers. Fold in the crab, being careful not to break up the meat. Gently stir in the panko. Season with salt and pepper.

Form the mixture into 8 cakes about 3 inches in diameter and 1½ inches thick. Place on a baking sheet, cover with plastic wrap, and refrigerate for 1 hour.

Preheat the oven to 200°F. Heat 1 tablespoon of the butter and 1 tablespoon of the oil in a cast-iron skillet large enough to hold 4 of the crab cakes and set over medium heat. Drop a pinch of crab mixture into the skillet. If it sizzles immediately, the butter and oil are hot enough.

Cook 4 cakes, turning once, until golden brown, 3 to 4 minutes per side. Transfer the cakes to a baking sheet and keep warm in the oven. Add the remaining 1 tablespoon butter and remaining 1 tablespoon oil to the skillet and cook the remaining crab cakes as above.

Place the English muffins cut sides up on 4 individual serving plates. Top each half with a crab cake. Place a poached egg on top of each.

**Make the hollandaise:** In a blender or food processor, blend the yolks and lemon juice until combined. With the motor running, add the melted butter in a thin stream through the feed tube. The sauce will emulsify and thicken. Season with hot sauce and salt. Drizzle the sauce over the eggs.





# Mac & Cheese Fritters

TOWN BAR, EDGARTOWN

Martha's Vineyard is a sports town. Not surprising when Boston is just a ferry hop and then some away. The place to watch a game is Town, with its central bar and cool retro decor. Whip up a batch of their bestselling bar snack at home: crispy on the outside and ooey and gooey on the inside (thanks, Velveeta), these fritters are a game-day favorite. The recipe scales up or down, but these fritters disappear fast, so make sure you have enough to go around. Serve with a spicy sauce, like sriracha aioli.

## MAKES TWENTY-FOUR (3-INCH) FRITTERS

1 pound Velveeta, cubed	10 ounces dried small pasta shells
1¼ cups heavy cream	1 cup all-purpose flour, plus more as needed
6 tablespoons unsalted butter	2 large eggs, beaten
3 cloves garlic, minced	1½ cups panko breadcrumbs
Kosher salt and freshly ground black pepper	3 cups neutral oil for frying

Place the Velveeta, cream, butter, and garlic in a large skillet over medium-low heat. Cook, stirring frequently with a wooden spoon, until the cheese and butter have melted. Season with salt and pepper.

Meanwhile, bring a large pot of salted water to a boil and cook the pasta until soft, about 8 minutes. Drain. Transfer the pasta to a large baking sheet. Pour the cheese sauce over the pasta and mix thoroughly with a silicone spatula until evenly combined. Taste and adjust seasoning. Chill in the refrigerator until firm, at least 4 hours or overnight.

Line a large baking sheet with parchment paper. Place 3 shallow dishes side by side, one with the flour, one with the beaten eggs, and the last with the panko. Using a cookie scoop, pull off a golf ball-size portion of mac and cheese and roll into a ball. Dredge in the flour, then shake off any excess. Dredge in the egg, then the panko. Set on the prepared baking sheet. Repeat with remaining mac and cheese. Refrigerate the fritters for 30 minutes so they hold their shape when frying.

Line a baking sheet or platter with paper towels. In a heavy pot with high sides or a deep fryer, bring the oil to 350°F to 365°F (a cube of bread dropped in the oil turns golden brown in about 15 seconds). Fry the balls in batches until golden brown, 3 to 5 minutes, turning occasionally so they fry evenly on all sides. Drain on the paper towels, and serve hot.







# Fish & Chips

THE NEWES FROM AMERICA, EDGARTOWN

One of the oldest pubs in the country is tucked away in the heart of Edgartown. Opened in 1742, The Neues from America is a British pub with deep New England roots. You can just picture the whaling captains of yore cooling off with frosty ales after months away at sea. It has all the hallmarks of a classic tavern: a roaring fireplace, flowing beers, and a menu of hearty chowders, pies, and fish and chips. The addition of local Offshore Amber Ale makes the batter light and crispy. The pub fries its chips, but this oven-baked home version delivers irresistibly crunchy wedges without the fuss. Pass the malt vinegar.

## SERVES 4

### Chips

4 medium russet potatoes  
¼ cup olive oil  
½ teaspoon kosher salt  
½ teaspoon freshly ground black pepper

### Batter

1 cup all-purpose flour  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 teaspoon kosher salt  
2 teaspoons paprika  
1 teaspoon baking powder  
1 cup beer, such as Offshore Amber Ale

### Fish

4 (7-ounce) cod loin fillets  
1 cup all-purpose flour  
2 teaspoons kosher salt, plus more for finishing  
1 tablespoon white pepper  
1 tablespoon paprika  
1 tablespoon garlic powder  
1 tablespoon onion powder  
Vegetable oil for frying

**Make the chips:** Preheat the oven to 450°F. Line a large baking sheet with parchment paper. Cut each potato into 8 wedges. Place the wedges in a large bowl of cold water. Soak for 30 minutes, then drain and thoroughly pat dry with kitchen towels. Put the potato wedges on the prepared baking sheet and toss with the oil, salt, and pepper. Roast, turning once, until crisp on the outside, 30 to 35 minutes.

**Make the batter:** While the potatoes are roasting, whisk the flour with the garlic and onion powders, salt, paprika, and baking powder in a large bowl. Add the beer in a thin stream, whisking constantly. Whisk until smooth, then add ½ cup water and whisk again. Set aside.

**Make the fish:** Pat the cod dry with paper towels. Whisk the flour with the 2 teaspoons salt, pepper, paprika, and garlic and onion powders in a shallow dish.

Line a baking sheet with paper towels and set aside. Fill a deep, wide pot with 5 inches oil and heat to 385°F (a cube of bread dropped into the oil will brown in 10 seconds).

Dredge a piece of cod in the seasoned flour, then dip it into the beer batter, coating thoroughly. Add the fish to the oil, dragging it in a back-and-forth motion as you slide it in to help prevent it from sticking to the bottom of the pot. Repeat with remaining fish, working in batches to avoid crowding the pot. When the fish turns golden brown, 6 to 8 minutes, remove with a strainer and drain briefly on the paper towels. Season with salt while hot. Serve fish and chips piping hot.