



Hudson Valley Chef's Table: Extraordinary Recipes From Westchester To Columbia County

Julia Sexton

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Thousands of years before Hendrik Hudson sailed his Half Moon up to modern day Albany in 1609, the glaciers that once blanketed the Hudson Valley retreated to the Arctic. What the ice left in its wake was a soil so rich that, in global satellite images taken today, the trench of its path still shows up as a jet black streak. Lured by this soil's fertility came the family farmers of the Hudson Valley, who, over time, learned to glean the finest products that the land could provide.

Today the Hudson Valley is an area rich in history and art, antiques and architecture, charming towns, and farms that produce bountiful local produce. America's history comes alive here as does its beauty. Naturally, Hudson Valley restaurants boast outstanding chefs with a deep and growing commitment to supporting local agriculture. Hudson Valley farmers and artisans fill out the menus with sustainable raised produce, meats, poultry, eggs, cheese, wine and other fine foods. It's creative cuisine at its best

With over 80 recipes for the home cook from the state's most celebrated eateries and showcasing full-color photos featuring mouth-watering dishes, famous chefs, and lots of local flavor, *Hudson Valley Chef's Table* is a feast for the eyes as well as the palate. The delicious dishes featured here are personal histories—stories of people and place. Each recipe, chef profile, and photo tells its part of the story and magic of the Hudson Valley.

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