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Interview with Chef Joe Boudreau of Havana South



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We are getting closer to Harvest on the Harbor in Portland, ME. Another well know chef who will be cooking for the Grand Tasting on the Harbor and Savory Samplings at the Marketplace is Joe Boudreau Of Havana South.

Working with restauranteurs Michael Boland and Cassady Pappas, Chef Joe Boudreau is bringing a new fresh approach to Latin inspired food to Portland. With his 16 years of experience this Newbury College graduate is a veteran of the Portland food scene. Joe's willingness to experiment combined with a veteran staff allows him to create dishes that are both compelling and enduring. Michael Boland, Cassady Pappas and Chef Boudreau has been at the forefront of the "Green" restaurant industry by using organic/ locally grown ingredients and working closely with Maine's fishermen and farmers.

Let's learn a little more about Joe.

Maralyn: What is your favorite recipe and why?

Joe: Pate's and terrines are my favorite things to cook because they are so versatile. You can serve them for any meal and for any course. It is a dish that utilizes everything you have and there is no waste. Any extra meat, fruit or vegetables can be turned into a terrine or pate.

Maralyn: What is your favorite spice to work with when cooking and why?

Joe: Salt is one of the most important seasonings. It is utilized in everything from savory to sweet. It enhances the flavors of food; it is a preservative that has been used for thousands of years to provide preserved food for

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the winters and lean times.

Maralyn: What is your favorite cooking utensil and why?

Joe: My 6" utility knife is the most used tool that I have in my collection. I have had it for almost 10 years and use it every day. You can use it to cut meat, fish or veggies with it. It is small enough to do intricate work but big enough to break down the biggest cuts of meat.

Maralyn: Do you have any tips for those desiring to become a chef?

Joe: Patience is something that will greatly help you in this career. Even when you feel like you get to the top and have a vast knowledge of food and techniques, there are always other people to learn from, even if you have more years experience. Always be willing to not only teach your staff but learn from them as well.

Maralyn: Which do you prefer, the hot line, pastry, appetizers, etc.?

Joe: Hot line by far, particular the grill. This station takes a long time to master and it's not just knowing the grill itself. It's knowing the characteristics of every type of meat, fish or vegetable.

Thank you Joe for your time. You can find out more about Chef Joe at Havana's website. I look forward to meeting and tasting his food.

Website: http://www.havanamaine.com/about_us_havanasouth.html

Restaurant [Facebook Page](#)

If you want to check out more details for Harvest on the Harbor go to <http://www.harvestontheharbor.com/>. Norm and I hope to meet you there.



[Maralyn D. Hill, President International Food Wine & Travel Writers Association](#)
[Books By Hills Success With Writing Where & What in the World Blog](#)
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Member: Society of Professional Journalists "Success" was Indie Finalist in the Writing and Publishing category of the 2009 Next Generation Indie Book Awards

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