

Where and What In the World?

Where and what In the World

Is a blog of extraordinary destinations, food and wine, spas, product and book reviews, travel topics, etc. etc.



[NoraLyn Ltd.](#) | [Books by Hills](#) | [Success](#) | [Norm's Thoughts](#) | [Norm's Financial and Business Thoughts](#)

[Home](#) > [2010](#) > [08](#) > [Interview with Executive Chef Theda Lyden of Harraseeket Inn and Recipe for Charmoulla](#)

Home

Topics

[arts](#) (3)

[food art](#) (1)

[beauty](#) (1)

[Beverages](#) (136)

[Beverages-Non Alcoholic Recipes](#) (13)

[cocktails](#) (77)

[Drinks Alcoholic Recipes](#) (87)

[wine](#) (53)

[Wine pairings](#) (4)

[books](#) (17)

[book reviews](#) (9)

[Our Love Affairs with Food and Travel](#) (1)

[recipe books](#) (8)

[chefs](#) (83)

[chef interview](#) (18)

[chef profile](#) (18)

[Cooking Schools](#) (2)

[cooking tips](#) (3)

[Older Entries »](#)

Interview with Executive Chef Theda Lyden of Harraseeket Inn and Recipe for Charmoulla

Executive Chef Theda Lyden of the Harraseeket Inn will be cooking at the Grand Tasting on Harvest on the Harbor in Portland Main, October 21-23rd.



Theda is a graduate of Ohio University with a BFA in Art Education. She has 30 years of experience in the hospitality industry; seven of those years were cooking and managing a vegetarian restaurant with an emphasis on global cuisines using locally produced foods. Theda is entering her nineteenth year at the Harraseeket Inn and is in the position of executive chef.

In 1989 Theda established an organic farmer's market business and still has close ties to MOFGA (Maine Organic Farmers and Gardeners Association) and supporting their efforts in utilizing organic foods in a commercial environment. Theda is a functional potter and maintains a pottery studio specializing in earthenware pottery.

Let's move on to the interview:

Maralyn: Do you have a favorite recipe and/or ingredient?

Theda: My favorite recipe always contains what we have coming from the farmers or at home what I have coming out of my garden.

Right now it is charmoulla, whose origins come from Morocco. Charmoulla is a sauce/condiment that has probably has as many versions as salsa. We are currently using it on our menu as a sauce on our wood oven roasted haddock. It would be delicious on any mild fish because it has flavors that just say summer!



See why foodies love Nature's Pride® Buns



brought to you by:



[Check it out »](#)

Ads by foodbuzz

[food](#) (152)

[artisan food](#) (13)

[Baking](#) (1)

[festivals and events](#) (6)

[food catalogs](#) (1)

[food competition](#) (11)

[Food history](#) (10)

[food product review](#) (12)

[Food Quotation](#) (1)

[food trends](#) (5)

[Food Writing](#) (2)

[holiday meals](#) (1)

[menu tips](#) (2)

[Restaurant review](#) (42)

[Restaurants](#) (22)

[Healthy tips](#) (1)

[ifwtwa](#) (4)

[Interviews](#) (1)

[Lodging](#) (41)

[B and B](#) (15)

[hotels](#) (5)

[inns](#) (8)

[Resorts](#) (13)

[Product Reviews](#) (27)

[Radio Interviews](#) (7)

[blog talk radio](#) (6)

[Vacation Station Interview](#)
(1)

[recipes](#) (219)

[appetizers](#) (25)

[Bread Recipes](#) (11)

Charmoulla yield 2 cups

Ingredients:

1 Tablespoon toasted ground cumin
1-1/2 teaspoon finely chopped garlic
1-1/4 cups chopped cilantro
1/2 cup chopped flat leaf parsley
1-1/2 teaspoon sweet smoked paprika
pinch cayenne pepper
1 teaspoon kosher salt
10 Tablespoons Extra Virgin Olive Oil
1-1/2 teaspoon fresh lemon juice
3/4 teaspoon rice wine vinegar

Method:

Place all ingredients in food processor except olive oil. Add oil slowly to emulsify.

.
Maralyn: What would be your favorite utensil?

.
Theda: My chefs knife because it fits my hand perfectly.

.
Maralyn: Do you have any advice for those starting out?

.
Theda: Work in the industry first to make sure you want to make the commitment.

.
Maralyn: Do you have a favorite role in the kitchen?

.
Theda: I love to work with pastry but in a savory way.

You can learn more about Theda at:

Website: <http://www.harraseeketinn.com/>

[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. Word has come in that they are going to be featuring a huge assortment of wines for tasting.

The interesting aspect of all of the chefs is their passion. I find that the common denominator of the hundreds I've interviewed. They each have their own favorites and reasons, but the great chefs share passion.

[cheapOair.com](#)

[Luggage
Guru.com](#)

4seasons

12 Great Wines
ONLY \$69.99.
Plus 2 FREE Gifts.

ORDER NOW

[Breakfast-Brunch Recipes](#)

(6)

[candy](#) (2)

[dessert recipes](#) (34)

[Diary Products](#) (14)

[cheese](#) (11)

[dressing & sauces recipes](#)

(5)

[easy recipes](#) (24)

[eggs](#) (4)

[Ethnic Recipes](#) (10)

[fish recipes](#) (7)

[fruit recipes](#) (3)

[heathy recipes](#) (11)

[historic recipes](#) (3)

[Meat Recipes](#) (13)

[Poultry Recipes](#) (12)

[recipe tips](#) (16)

[Salad recipes](#) (14)

[sandwiches](#) (4)

[Seafood Recipes](#) (20)

[Soup Recipes](#) (10)

[vegetable recipes](#) (21)

[Spas](#) (12)

[value spas](#) (2)

[travel](#) (141)

[Cruises](#) (9)

[culture](#) (11)

[Destinations](#) (109)

[Events & Activities](#) (54)

[luxury family travel](#) (3)



[Maralyn D. Hill, President](#)

[International Food Wine & Travel Writers Association](#)

[Books By Hills](#), [Success With Writing](#), [Where & What in the World Blog](#)

Tags: [Celebrity chefs](#), [easy recipes](#), [Harraseeket](#), [Harvest on the Harbor](#), [maralyn d hill](#), [Portland Maine](#), [Theda Lyden](#), [Where and What in the World](#)

This entry was posted on Friday, August 27th, 2010 at 8:00 am and is filed under [Destinations](#), [Events & Activities](#), [chef interview](#), [chef profile](#), [chefs](#), [dressing & sauces recipes](#), [festivals and events](#), [food](#), [recipes](#), [travel](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.



[WWITW by Email](#)



SHARE



GROUPON Get the Best of Washington DC
At Rates Up To **90% OFF** [GET TODAY'S DEAL](#)

www.Groupon.com/DC

Ads by Google

Leave a Reply

Name (required)

Mail (will not be published) (required)

Website

[luxury travel](#) (5)

[media trips](#) (3)

[nature travel](#) (1)

[safe travel](#) (1)

[Travel tips](#) (5)

[vacations](#) (2)

[Value travel](#) (1)

[Uncategorized](#) (2)

[Videos](#) (35)

[Chef video](#) (23)

[food and wine video](#) (8)

[food video](#) (9)

[travel video](#) (5)

[writers](#) (1)

[writers conferences](#) (1)

[writing](#) (8)

Archives

[August 2010](#) (26)

[July 2010](#) (27)

[June 2010](#) (16)

[May 2010](#) (14)

[April 2010](#) (17)

[March 2010](#) (16)

[February 2010](#) (23)

[January 2010](#) (26)

[December 2009](#) (30)

[November 2009](#) (23)

[October 2009](#) (20)

[September 2009](#) (22)

[August 2009](#) (20)

Submit Comment

[Culinary Institute Of VA](#)

Learn How You Can Begin An Exciting Career as a Chef! Norfolk, VA.



[Cooking Recipes](#)

Expert Reviews, Bestsellers & More. Find Your Next Book at Target.

[July 2009](#) (21)
[June 2009](#) (18)
[May 2009](#) (19)
[April 2009](#) (22)
[March 2009](#) (29)
[February 2009](#) (20)
[January 2009](#) (18)
[December 2008](#) (21)
[November 2008](#) (15)
[October 2008](#) (13)
[September 2008](#) (12)
[August 2008](#) (10)
[July 2008](#) (8)
[June 2008](#) (3)
[May 2008](#) (5)
[April 2008](#) (3)
[February 2008](#) (3)
[January 2008](#) (4)
[December 2007](#) (1)
[November 2007](#) (5)
[October 2007](#) (2)



Dishing with  Carolina Chefs
with Marilyn Hill



CharlotteCountyWebsites.com

© 2010, NoraLyn Ltd., all rights reserved