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New England Travel

NIGHT SHIFT BREWING

The Everett brewery specializes in small batch creations.



THE LOBSTER POOL
Lobster rolls are a big draw at this Rockport restaurant.

PHOTOS BY NECEE REGIS FOR THE BOSTON GLOBE

Seafood & beer

A MATCH MADE IN SUMMER

BY NECEE REGIS | GLOBE CORRESPONDENT

Some things are meant to go together, like salt and pepper, and cream and sugar. And when it's summer in New England, it's hard to beat the pairing of fresh local seafood with micro-brewed beer. On a recent day we tasted our way through breweries, clam shacks, and lobster joints north of Boston.

CAPE ANN BREWING CO.

For a brew with a view, nothing beats Cape Ann Brewing Co.'s location overlooking Gloucester harbor. This family-owned business makes more than 30 types of beer a year, including always-available and seasonal brews, and offers a dozen on tap at any time. Pub fare is available inside or out at communal beer-hall style tables.

"Beer is basically made from four ingredients: malted barley, water, hops, and yeast," said Jeremy Goldberg, who owns the business with his father. On a tour of the facility, he handed out sandwich bags with dry ingredients for visitors to smell.

Goldberg was bit by the brewing bug after having a "midlife crisis at 28." Ditching Wall Street to work on a

friend's documentary, "American Beer," he toured 38 craft and independent breweries in 40 days before opening his own brewery, in 2004.

All the draft beers in his collection are made on premises, including the signature Fisherman's Brew, an American amber lager. Recent specialty brews offered bold flavor twists to traditional tastes, such as Fisherman's Dead-Eye DIPA ("the mother of all hoppy beers"), Fisherman's Tea Party (with smoky tea notes), and Fisherman's Rockporter (medium-bodied porter with distinctive chocolate and caramel flavors).

Goldberg is getting ready to open a new off-site brewery exclusively for

canned beers. "We are very proudly and excitedly bringing brewing back to Gloucester," he said.

Cape Ann Brewing Co., 11 Rogers St., Gloucester, 978-282-7399, www.CapeAnnBrewing.com. Beer on tap \$4.50-\$5.50. Free tours Mon-Fri 11 a.m.-5 p.m. on request; weekends, call ahead to schedule.

J.T. FARNHAM'S

Originally opened in 1944, J.T. Farnham's operated as a simple fried seafood shack for 50 years until Terry Cellucci and her husband Joe took the helm.

"We took over 20 years ago and added grilled fish, haddock, salads,

and homemade chowders," said Cellucci.

Located next to the Essex River, you can dine inside in rustic style or outside at picnic tables with views of the tidal Eben Creek. In addition to all manner of fried seafood and sides — clams, strips, oysters, calamari, scallops, onion rings, French fries — this seafood shack offers lobster rolls, homemade crab cakes, hot dogs, and burgers. Popular sides include the house-made Mediterranean pasta salad with fresh cucumber, onion, and feta, and no-mayo coleslaw with pineapple, vinegar, and celery seed.

Farnham's is also known for its

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SECRET OF THE WEEK | WATERTOWN

The Stanley brothers' cars gained steam here



Twin brothers Francis E. and Freelan O. Stanley, the inventors of the Stanley Steamer, proved the potential of their new contraption at the world's first auto show in Cambridge in 1898 by setting a speed record of 127 miles per hour — a record that still stands in that size and weight class.

Flush with their success, the Stanleys rented a converted bicycle shop in Watertown, where they filled orders before selling to "Cosmopolitan" publisher John Brisley Walker. The factory where Stanley Steamers were built still stands, at 44 Hunt St.

Get in on the secret. Visit My-SecretBoston.com.

HAPPY MENOCAL FOR THE BOSTON GLOBE

A summer of sipping, snacking

► **TOUR**
Continued from Page M7

four types of homemade chowders, including standard New England clam, Manhattan spicy-scallop, Nana's haddock, and a rich seafood chowder filled with clam, haddock, shrimp, scallops, and lobster. Even with all these extra tasty offerings, fried seafood is what most attracts the crowds from March through late November.

"Our most popular item is fried clams. Followed by scallops and haddock," said Cellucci.

J. T. Farnham's, 88 Eastern Ave., Essex, 978-768-6643, \$3.95-\$32.95

SALEM BEER WORKS

Zandy Zeiser studied music in college before getting hooked on craft beer. He is now a brewer for Salem Beer Works, one of five spin-off breweries of Boston Beer Works, founded in 1992. Each location has its own nanobrewery, creating over 55 styles a year that they share among locations.

"We're more seasonal than other beer works. People come in around Halloween for our pumpkin works ale. In the summer, it's for watermelon ale," said Zeiser.

The stylish interior of Salem Beer works draws crowds for its full menu of fresh foods (there's no microwave in the kitchen) as well as a changing roster of 16 brews on tap. A recent tasting included Baker's Island Blonde (Bavarian lager), Salem Amber Hefe (super cloudy brew with clove and banana flavors), and Custom House I.P.A., (hoppy and crisp ale).

Although the Salem location has only four fermenters, a tour of sorts (more like a beer-making lecture) can be arranged by calling in advance. Kids of all ages enjoy locally made root beers from Boylan's and Virgil's.

Salem Beer Works, 278 Derby St., Salem, 978-745-2337, www.beerworks.net, Beer on tap \$4.50-\$8

LOBSTER POOL RESTAURANT

For no-frills dining with spectacular views, lobster-lovers flock to the family-owned Lobster Pool Restaurant overlooking Ipswich Bay in Rockport. Open from April through the end of October, owner Myalysa Tedesco estimates they serve more than 100 lobsters and 160 lobster rolls on an average summer Sunday.

It's strictly self-service here: order at the counter and then find a seat indoors, or dine al fresco at picnic tables. Patrons often arrive with their own chairs and picnic blankets to enjoy the sunset on the lawn near the bay. Known for their "lobstahs," as Tedesco pronounces it, other popular items include a lazy lobster pie (lobster meat baked with butter and Ritz cracker crumble), seafood quesadillas, homemade fishcakes, as well as grilled and fried fresh seafood. The Lobster Pool doesn't serve alcohol but you can bring your own.

April Hobbs and her husband Bob — cleverly disguised as a local in a Red Sox shirt — were visiting from Cincinnati and enjoying the fisherman's plate, a fiesta of fried clams, shrimp, haddock, sole, and scallops.

"My dad lived in the area long ago," said Hobbs. "He always said, 'For the best seafood at the best price, go to places that look like a shack.' And he was right!"

Lobster Pool Restaurant, 329 Granite St., Rockport, 978-546-7808, LobsterPoolRestaurant.com, \$3.95-\$32.95



PHOTOS BY NECEE REGIS FOR THE BOSTON GLOBE



Seafood is the main attraction at J. T. Farnham's (top) and Woodman's of Essex (bottom), while Cape Ann Brewing Co. produces 30 types of beer a year.

NIGHT SHIFT BREWING

Started in 2012 by three friends who love making beer, Night Shift Brewing has already expanded from its 90-square foot taproom to a spacious microbrewery in Everett. Specializing in small batch creations made with wild yeast and ingredients from as many local sources as possible, including spices, chocolate, and wild Maine blueberries, Night Shift brews, ferments, and bottles everything in-house.

"Wild yeast can provide funky or citrusy flavors that you don't always find in a beer," said Michael Oxton, one of the founders.

The newly opened, 2,500-square foot taproom is party-ready with high ceilings, cement floors, pale pine picnic tables, and fanciful brightly colored lights. Sit at the long bar and sample the changing brews available on tap.

A recent tasting included Simple Sour (Berliner Weisse-style sour ale), En Garde (malty and tart biere de garde with sweet honey finish), Art #21 (barrel-aged dark saison fermented with blueberries and wine must), and their most popular brew, Viva Habanera (rye ale brewed with agave nectar, aged on habanera peppers).

Open every day except Sunday, Night Shift offers visitors free potato chips and pretzels, and — even better — allows you to bring in your own food. When the food trucks arrive on Friday and Saturday nights, the brewery gets packed.

"The transition has been wild — but fun," said Oxton.

Night Shift Brewing, 87 Santilli Hwy, Everett, 617-294-4233, NightShiftBrewing.com, Free tours Fri-Sat on odd hours. Beer on tap \$2.50-\$7

WOODMAN'S OF ESSEX

Celebrating its 100th year in the same location, Woodman's of Essex serves a selection of seafood and shellfish including fried clams, New England lobsters, steamed clams, shrimp, and scallops. From its humble beginnings, when Laurence "Chubby" Woodman first opened his concession stand for business, to today's expanded self-service restaurant, function hall, and grounds large enough to accommodate tour buses and weddings, Woodman's has been synonymous with its most popular item, fried clams.

"My grandfather was given the distinction in 1916 as the inventor of the fried clam," said Steve Woodman.

Open year round, visitors also stop by for creamy — and very clammy — clam chowder and Nana Bessie's Famous Clamcakes. The batter on fried items (except onion rings and clamcakes) is one hundred-percent corn flour, meaning most everything is gluten free. Woodman's features a raw bar in summer months, as well as serving up scoops of Gifford's of Maine ice cream. Beers on tap include local brews from Ipswich Ale and Newburyport Greenhead I.P.A.

Woodman's of Essex, 121 Main St., Essex, 978-768-6057, www.woodmans.com \$2.95-\$39.95

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In search of New England's best lobster roll? This guide's for you

By **Jim Baumer**
GLOBE CORRESPONDENT

There are a myriad of opinions about what makes the list of New England's most iconic foods. Your geography — whether you are hugging the craggy coastline, or hundreds of miles inland — also factors in. People in Greenwich, Conn., might pick something different than Mainers tucked up along the Canadian border.

Rarely, however, is there disagreement over whether lobster makes the list.

And then, of course, there's that special variation, the lobster roll — which Sally Lerman, author of "Lobster Rolls of New England: Seeking Sweet Summer Delight" writes, "might be the finest food ever assembled."

And yet, anyone who has sampled more than three or four lobster rolls from different purveyors knows that not all lobster rolls are created equal. Complicating the matter, lobster rolls vary depending on whether you're in

Boothbay Harbor, Maine, or Narragansett, R.I.

If you have an inquiring mind and a penchant for lobster rolls, you could spend a good chunk of your summer crisscrossing New England, trying to find the best one. Or, you could just let Lerman do the heavy lifting for you and pick one of her 40 places to enjoy a fantastic traditional lobster roll, sampling the best of the best.

Lerman, a lobster blogger and nutritionist, has very specific criteria for judging the region's top lobster rolls.

The meat must be fresh, never frozen or a combination of frozen and fresh. The standard bread for the roll in New England is almost always a split-top hot dog roll. Lerman prefers it grilled, with salted butter, so the outside is crisp, similar to a perfect grilled cheese. She likes her lobster meat lightly dressed, with just enough mayonnaise to hold it together. She says salt, pepper, and lemon enhance the taste. Lettuce, especially shredded, is a no-no, because it can't



BOOK REVIEW

LOBSTER ROLLS OF NEW ENGLAND
Seeking Sweet Summer Delight
By Sally Lerman
History, 192 pp., \$16.99

be picked off (which is what she does with it).

Lerman says that what pointed her down the lobster roll path was her disappointment that "so few lobster roll reviews listed useful, objective statements." In "Lobster Rolls of New England," she sets out to provide as much detail as possible so readers won't end up being surprised.

As her research accumulated, she launched a blog, Lobster Gal, back in January 2012. Lerman's ongoing efforts, numbering more than 255 reviews, are culled into this readable guidebook. Jane Shauck's photographs enhance the book's visual appeal. You'll also find recipes for some of the lobster roll's best complements and learn about the restaurants, shacks, and chefs, as well as some lobster roll history.

Whether you read it front to back, or jump around as I was inclined to do, you'll likely be impressed with Lerman's thoroughness.

Of course, she visits the better-known places, such as Red's Eats in

Wiscasset, Maine, along with her personal favorite, The Clam Shack in Kennebunkport.

But along the way, she also introduces us to more off-the-radar places, like Eastwind Lobster & Restaurant in Buzzards Bay, which she discovered while attempting to find another Cape Cod lobster roll haunt.

Ah, yes, The Clam Shack, home of what Lerman considers the Holy Grail of lobster rolls. She writes, "If I get to choose my last meal on earth, this lobster roll would be it," along with her mother's lemon meringue pie.

She likes that the meat, bread, and butter (you can choose to have drawn butter, along with mayo) "are superior to most," but she says it's the way the ingredients are combined that makes The Clam Shack's lobster roll shine.

You have to get "every element in every bite or you aren't experiencing it correctly."

Jim Baumer can be reached at jim.baumer@gmail.com.