



January/February 2015

Maine's Resource For Essential Living

# Essential Living Maine

**The Beginning of the End**  
Bernie Siegel, MD

**Change This...and Increase Energy,  
Lose Fat and Prevent Disease**  
Dr. Rudy Mueller, DC IFMCP

**Can Acupuncture Help You  
Lose Weight?**  
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**Are You a Sugar Burner  
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Daryl Conant, M.Ed

**The Kennebunkport Inn...  
Elegant, Stylish and  
the Perfect Location**

# Hot in Winter: Kennebunkport Offseason Events Offer Something for Everyone

We're letting the cat out of the bag this winter: Kennebunkport is the place to be. Sure, summer on Maine's southern coast is idyllic, but in the winter guests get to experience the destination from a local's perspective: from gallery receptions and world-class cuisine to holiday celebrations and demonstrations of athleticism, Kennebunkport, Maine debuts a wide-ranging event lineup this winter, drawing fun-seeking travelers of all ages. Cold weather happenings include:

Paint the Town Red for Valentine's Day. February 1 through 28, 2015.

Businesses and residences throughout the Kennebunks. Residents and visitors will be seeing red with lobster-centric Red Plate Specials at restaurants, romantic "Five Shades of Red" packages at local hotels, "Red Tag" sales at neighborhood boutiques and more. The "love-ly" happenings begin on January 31, when the community flips the switch to reveal a rose-colored town covered in red, twinkling lights.

Winterfest. February 7, 2015. Various locations around the Kennebunks. Winterfest, a carnival-style occasion complete with sledding, snowman building and cocoa for the kids at White Columns, a chowder cook-off, talent show and ice sculptures, promises fun for the whole family in a real-life winter wonderland setting. Highlights will include a skating party at the brand new Waterhouse Center and an Ice Bar at popular downtown restaurant, One Dock.

# The Kennebunkport Inn...

## Elegant, Stylish and the Perfect Location



**K**ennebunkport is one of those places you'll never forget and you can't wait to experience again. Here in Connecticut, we think of Maine as being quite a distance, but it's actually just 90 miles north of Boston. The area is a wonderful little corner of Maine where lobstermen still rule the sea, where hospitality takes on a new meaning as hotel and shop owners greet their visitors like long-lost friends, and where the nostalgia and charm of this seaside community take us back to simpler times.

I couldn't think of a more perfect place to stay than the Kennebunkport Inn, right in the heart of Dock Square and steps to all of the shopping and dining to your heart's content. Built in the late 1890's, the Inn was once a tea merchant's mansion and still has the feel of being welcomed into someone's lovely home as you walk through the large oak doors. Our room was a beautiful blend of nautical colors and the Cuddledown pillow top king size bed was one I could stay in forever! The shower was amazing with Speakman dual massage showerheads and marble bath appointments. But you have to leave your room to check out the One Dock restaurant which offers a tantalizing menu of tapas selections, signature martinis and unique wines.

Don't miss happy hour at the cozy Pub which is a local hot spot for nightly entertainment, featuring live local music. In summer months, lunch outdoors on the Patio or sip sunset cocktails on the sun terrace, overlooking the Kennebunk River and offering an outdoor fireplace for cozying up after dark.

The small plate selections at One Dock are excellent and perfectly sized. We tried the bruschetta, with apple, acorn squash, pancetta, and curry aioli and the scallops with mustard spaetzle, corn, and confit carrot. Don't miss the fish flautas with sour cream and guacamolio and the sweet and spicy Brussels sprouts were a delicious new take on an old favorite. The cocktails are phenomenal and made with fresh, local ingredients. Being huge bourbon fans, we tried the Beach Rose with Blanton's bourbon, vanilla beet syrup, citrus, soda and the KPI Old Fashioned with Blanton's bourbon, black walnut bitters,

maple simple syrup, and muddled fruit. Both were amazing! I'd also recommend the Scarlett O'hara with Blanton's bourbon, apple/sage shrub, and soda. If you're not familiar with shrub – it's made from sweetened vinegar-based syrup, also known as drinking vinegar. Drinking vinegar is often infused with fruit juice, herbs and spices for use in mixed drinks. The acidity of the shrub makes it well suited as an apéritif or used as an alternative to bitters in cocktails. It's definitely worth a try and a great place in Portland, ME to buy your own shrub is Vena's Fizz House.

Our second night we dined at David's KPT in the beautiful Boathouse waterfront hotel. Acclaimed Portland chef, David Turin, opened David's KPT in the spring of 2013, offering the creative, contemporary cuisine he's known for. For starters, we had the baked goat cheese with a hazelnut-herb crust and grilled vegetables, frizzled leeks, drizzled with vanilla honey and fig vinegar...to die for! For dinner we had the Maine sea salt & pepper crusted Filet Mignon with Avocado "Green Goddess," heirloom tomato and panzanella salad; and the Pepper crusted sushi rare tuna with sesame-peanut-soba noodles, Szechwan citrus sauce and sesame asparagus. Absolutely delicious!

Kennebunkport is a place where everyone greets you with a smile. Be sure to make it a place you'll visit soon. Locals and visitors alike enjoy chowder contests, musical acts, sidewalk art shows and plenty of activities throughout the year. You can enjoy all of this during your wonderful, relaxing stay at The Kennebunkport Inn.

### Don't miss some of these great events coming up!

**Paint the Town Red for Valentine's Day.** February 1 through 28, 2015. Businesses and residences throughout the Kennebunks. Residents and visitors will be seeing red with lobster-centric Red Plate Specials at restaurants, romantic "Five Shades of Red" packages at local hotels, "Red Tag" sales at neighborhood boutiques and more.



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**Maine Restaurant Week.** March 1 - 14, 2015. Various participating restaurants throughout Maine. Maine Restaurant Week returns in March for the 6th year with delicious, budget-conscious meals at restaurants across the state. In addition to discounted prix-fixe meals, culinary events will highlight the local chefs, bakers, cooks and mixologists who have turned Maine into a culinary destination.

*The Kennebunkport Inn, One Dock Square, Kennebunkport, Maine. For more information, call 800.248.2621 or visit [www.kennebunkportinn.com](http://www.kennebunkportinn.com).*

