
CYNTHIA FINNEMORE SIMMONDS

Dish: Dark Chocolate Custard with a Brown Sugar Spiced Pepita Garnish

Cynthia Finnemore Simonds holds degrees in Hotel Restaurant Management, History, Sociology and a M.Ed. in Curriculum and Instruction. She began cooking as soon as she could hold a whisk. An entrepreneur at 13 she created and ran a catering business that flourished for 13 years. Her three cookbooks- *Fresh Maine Salads*, *Superb Maine Soups* and *Delicious Maine Desserts*, all from Down East Books, have inspired her many students and viewers. Her next books about celebration food and teaching children to cook are in process. Cynthia has always been a strong advocate for local farms and specialty food businesses. Through her many cooking demos, television segments, classes and samplings she has consistently focused on what she believes is important: Fresh foods, prepared simply are spectacular! Her mantra: Remember to Savor Linger and Enjoy- is carried throughout her culinary adventures. Cynthia is currently in production with *Fresh to Flavorful* her own cooking show on PBS and a nationwide project featuring the myriad of stories that depict the Agri-Culture here in America.

