Get your smile ready to radiate confidence this fall!

Portland & Central Maine Dental Health Care & Implant Centers

Entrust your smile to our highly trained dentists where you will receive nothing short of the finest, most modern, comprehensive, compassionate and convenient dental care the profession has to offer. And that’s just the beginning...

For a whole new dental experience call for an appointment where you are not just a patient, but a guest.

- Regular healthy smile checkups
- Full array of family/general dentistry, including root canals and extractions
- Cosmetic dentistry including Invisalign® tooth whitening, veneers, crowns and bridges
- Dental implants (surgical and prosthetic services) for a fixed solution for missing teeth
- iCAT Platinum CT Scans available
- Emergency care

Entrust Your Smile to our Highly Trained Dentists

Peter M. Davis, DMD, MAGD
Diplomate of the International Congress of Oral Implantologists

Michelle R. Verrier-Davis, DMD, MAGD
Diplomate of the International Congress of Oral Implantologists

Donald W. Verrier, DDS, FAGD

Dheeraj Pamidimukkala, DMD, FAGD

Michael Y. Zhang, DMD

Joanna M. Fox, DMD

Fall Special!
Get 10% off Invisalign

Open evenings throughout the fall!

Portland
207.797.5000
315 Auburn Street

Lewiston
207.783.8800
488 Sabattus Street

Scan me with your smartphone!
Gift certificates are available for any of our services and are a great gift!

www.portlandmainedental.com
Bragging Rights

When it comes to boasting about how well we eat here, it’s easy to get carried away.

BY CLAIRE Z. CRAMER

Long ago, back before Duckfat even, prevailing wisdom had it that Portland had more restaurants per capita than any U.S. city except San Francisco. This solemn truth was trotted out in conversations over drinks, in restaurant reviews, and in feature stories about the city. To this day, portlandmaine.gov claims: “It is rumored Portland has more restaurants per capita than any other city other than San Francisco—1,100.” We all pretty much know it’s bunk, but we like the myth. And we like that it persists.

Nothing Maine loves more than food bragging rights, a best-of boast, a pub fact. “In 1902, the Real Italian sandwich was born”—just ask them at Amato’s. Alexander Boone opened Boone’s Restaurant in 1898 and (may have) invented baked stuffed lobster on his way to establishing Maine’s oldest restaurant. If closing for business for assorted periods of time still lets you keep counting the years from 1898. It’s actually the Cliff House in Cape Neddick that is “believed to be the oldest continuously operating restaurant in Maine” according to their website.

Remember when Freeport was “the birthplace of Maine” because legislators met over ale at the Jameson Tavern in 1779 and signed the requisite paperwork to separate Maine and Massachusetts into individual states? This cherished claim, asserted by the Daughters’ of the American Revolution plaque at
the tavern–and on shoulder patches on the Freeport police force’s uniforms–was officially renounced this past June by the Freeport town council, due to lack of evidence that such an event ever occurred. The cops’ uniforms were de-patched and the birthplace of Maine was demoted to a hollow pub fact cooked up after a few too many ales.

COLD HARD FACTS
You probably know that ice cream was invented in Portland, don’t you, right in Monument Square, in 1825? It was during the celebration when the Marquis de Lafayette, champion of freedom and hero of the American and French revolutions, visited the city during his year-long, much-celebrated victory tour of the U.S.

Portland historian Herb Adams wrote in 1985 that the marquis “smacked his lips over Maine’s first serving of ice cream.” Another apocryphal account claims maple syrup was applied to freshly fallen snow and an American tradition was born.

Only it wasn’t–Lafayette was here in June. And Monument Square wasn’t Monument Square until the Our Lady of Victories monument’s dedication in 1898 honoring Maine’s Civil War dead.

But still.

Speaking of ice cream, Gifford’s is an award-winning, delicious Maine brand. On their website, you learn that “the history of Gifford’s goes back to an earlier century…” This is revealed to mean 1980. The company has “five stands serving over one million cones each summer.” Do the math. Even an underachieving stand would have to scoop 2,128 cones a day to hit 200,000 by September 22.

CONSIDER THE SOFTSHELL CLAM
We do know Maine’s clam flats hold the “Ipswich” clam’s reputation hostage. Famous clam palaces on the North Shore of Massachusetts like Woodman’s in Essex and The Clam Box in Ipswich use a lot of Maine soft-shell clams.

“In those days it was difficult to sell out of state.” Mitchell took the local slang name “pick-ed toe” that refers to the turned-in claws, changed it to peekytoe. The cute name stuck and the crabmeat has been in great demand ever since. “The meat is very sweet–when we can get it, we put it in our crab mac and cheese here and wholesale it to restaurants,” says Daly.

PURE HYPE ON A BUTTERED BUN
In a recent article in Bon Appetit, Portland writer Michael Paterniti observed that “truth be told, all lobster rolls in Maine start at a sales rep for the Ipswich Shellfish Company who readily admits that “not even 10 percent” of Ipswich Shellfish Company clams come from the North Shore’s Great Marsh. “Your mud clam is the sweetest,” the salesman tells Maine native Jenkins.

A cheer up clam claim can be found at DiMillo’s floating restaurant. Under the heading “Serving the freshest seafood since 1954,” Arlene DiMillo is quoted on the menu and website: “As my husband Tony used to say, the clams you eat here today slept last night in Casco Bay.” There’s something reassuringly unprovable about this!

Or maybe you’d rather believe the wave of rave testimonials about The Clam Shack in Kennebunkport that roll over like Dow Jones closing numbers on their website. “The best fried clams in New England.’ That is something we always knew–now the world does,” or so says former first lady Bar-bara Bush. Acclaimed cookbook writer and Sedgwick resident Brooke Dojny’s two cents: “This place does the best fried clams on the entire coast of Maine and is more than worth a detour from anywhere.” Yikes.

OVERNIGHT SENSATION
Seafood wholesaler Rod Mitchell has legitimate bragging rights. His Browne Trading Company supplies caviar to many of “the country’s finest restaurants” including Daniel Boulud’s Daniel, says Thomas Daly at the Commercial Street retail store. “Caviar will never go out of style.” In case you were wondering.

Mitchell himself is responsible for the epic Stardom of Maine’s “peekytoe” crab. “I made up the name peekytoe in 1988,” he told Portland Magazine (October 2006) to distinguish Maine’s tender, small rock crabs from the larger blue crabs that are not native to our waters. “In those days it was difficult to sell out of state.” Mitchell took the local slang name “pick-ed toe” that refers to the turned-in claws, changed it to peekytoe. The cute name stuck and the crabmeat has been in great demand ever since. “The meat is very sweet–when we can get it, we put it in our crab mac and cheese here and wholesale it to restaurants,” says Daly.
baseline of being very good and proceed upwards from there.” Which is why arguing about the best lobster roll in Maine is both pointless and fun. The out-of-state press—Food & Wine, Travel & Leisure, The Wall Street Journal—all come here regularly to cook up “10 Best Lobster Roll” lists.

Lobster rolls that come with scenic settings to enhance the experience—Two Lights Lobster Shack in Cape Elizabeth, Waterman’s Beach Lobster in Thomaston, the Bagaduce Lunch in Brooksville, Freeport’s Harraseeket Lunch—usually make the lists. But if you want to get picky, and you know you do, you might secretly prefer the comfort of DiMillo’s outdoor deck facing southeast out over the marina and harbor, where a bounteous lobster roll arrives with an icy glass of sauvignon blanc and a decent slaw. Be honest, Two Lights’ fries are nothing special and the slaw is sugary. OK, so who cares, since just being out on that ledge with that lobster roll and the sun and sky and gulls makes you ridiculously happy?

Super-famous institutions like Red’s leave you out on the hot asphalt on Wiscasset’s waterfront waiting in line for the lobster, but wait you do. The food truck serving Fort Williams Park called Bite Into Maine has earned a fan club for its rolls, even with out-there chipotle and curry versions. “It’s not traditional, but the Lobster Dock in Boothbay uses warm herb butter instead of mayo, and that’s my favorite,” says one Maine native. Eventide Oyster in Portland—with no water view, a small roll, high price, and choice of hollandaise or brown butter vinaigrette for dressing—is gushed about by such far-flung critics as Christina Ohly Evans on How To Spend It (a “website of worldly pleasures”), published by the Financial Times of London, who pronounced Eventide’s roll “without exception, the best I’ve ever tasted.”

We’re not here to challenge these assertions. We’re here to revel in them.

Just last week, walking home from a fantastic lobster roll out on the dock at Portland Lobster Company, as I cut along Wharf Street I was confronted with a sign on a sandwich board adjacent to the outdoor cafe tables at 51 Wharf Restaurant and Lounge: “The Biggest Lobster Roll in Town.”

I’m going there next. The debate never ends. The research is too important.