

Angela Sanfilippo headlining Seafood Throwdown

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Instead of a competition, tomorrow's Seafood Throwdown at the Cape Ann Farmer's Market will feature a seafood cooking demonstration by an icon of Gloucester's fishing community: Angela Sanfilippo.

Capt. Paul Cohan, local fisherman, musician and owner of Sasquatch Smokehouse off Whittemore Street, will be the emcee.

Sanfilippo is the CEO of the Gloucester Fishermen's Wives Association (GFWA) and executive director of the Massachusetts Fishermen's Partnership. An avid cook, her recipes can be found in Gloucester Fishermen's Wives' "The Taste of Gloucester" cookbook which has sold over 100,000 copies to date. She and other members of GFWA have been guests on PBS' "Ciao Italia" and a host of programs on The Food Network. There will be no judges for this event, instead more tickets will be handed out to market customers for tastings.

Seafood Throwdowns will run from 4:30 to 6 p.m. at the market off Harbor Loop, and are designed to educate people on the importance of locally caught seafood.

Next Seafood Throwdowns where chefs will compete are scheduled for Oct. 2 and the last day of the Farmers' Market on Oct. 9.

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