

edible Books

Summer Reading Guide

Here are a few suggestions for people who read cookbooks like novels and can't resist a good read that provides some recipes, too. As an added bonus, two are from local authors.



A Menu for All Seasons: Spring, and four-season boxed set

(M27 Editions)

By Pascale Beale,
foreword by Bradley Ogden

72 pages, hardcover, \$29.95 and
\$110 for boxed set of four
Number of recipes: 36; 8 menus

With a new revised edition of
Spring, local author Pascale Beale

has completed a boxed set of cookbooks covering each season in her inimitable style. As a regular contributor to *Edible Santa Barbara*, Pascale may be familiar to readers of this magazine for her lyrical compositions and market-inspired recipes. Her books take this even a step further with a series of menus for entertaining with accompanying cooking schedules that make it a snap to pull off an exquisite dinner party. In the new *Spring* edition we find our mouths watering over recipes for Roasted Duck Legs with Cherries and Shallots, Strawberry and Mint Salad with an Orange Cognac Sauce, and Marcona Almond and Lemon Thyme Meringues. If you are new to this series, you are highly encouraged to go ahead and buy the boxed set. These are books you will treasure.



The Homemade Pantry: 101 Foods You Can Stop Buying & Start Making

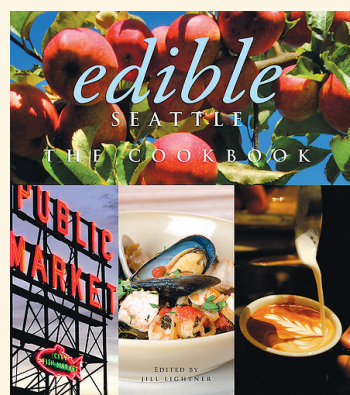
(Clarkson Potter/ Publishers)

By Alana Chernila

287 pages, paperback, \$24.99
Number of recipes: 101

Isn't it time we kicked the packaged-food habit? It suddenly becomes an achievable dream with this cookbook.

The basics are covered with recipes for mayonnaise, salsa, ranch dressing, granola and yogurt. But then you find yourself eyeing the recipes for tortillas, graham crackers, toaster pastries and chai. Parents will love the many kid-friendly recipes, some of which would make great projects for kids this summer. The book also happens to be a really great read. The introductions to each section are part informative and part food memoir. The section "Toaster Pastries or The Taste of Apology" starts off with a story about the author getting involved in local politics, and we find out that the recipe emerged out of maternal guilt. With variations both sweet and savory, it could become her signature recipe. This book is a keeper.



Edible Seattle: The Cookbook

(Sterling Publishing)

Edited by Jill Lightner,
foreword by Tracey Ryder,
photographs by Carole Topalian

174 pages, hardcover, \$19.95
Number of recipes: 107

We are thrilled (though
understandably biased) to rave

about the latest Edible cookbook: *Edible Seattle*. Once again the package is beautiful, with a dust jacket that unfolds to a detailed illustrative map of Seattle. Anyone from Seattle will cover this book. And the many West Coast ingredients will make this cookbook useful in local kitchens as well. How about Sunchoke and Chanterelle Hash, Crispy Chili Shrimp Sliders or Peanut Butter and Jelly Ice Cream Sandwiches? As an added bonus the book features many profiles of farmers, food producers and ingredients that have made Seattle so unique—from James Hall of Taylor Shellfish to Mark Bodinet of Copperleaf Restaurant to Joe Whinney of Theo Chocolate. This is a book to savor.



The Ultimate Allergy-Free Snack Cookbook: Over 100 Kid-Friendly Recipes for the Allergic Child

(SquareOne Publishers)

By Judi and Shari Zucker

133 pages, hardcover, \$15.95
Number of recipes: 100+

Local authors (and twins!) Judi and Shari Zucker are well known for their cookbooks and their approach to healthy eating. In their latest book, they turn their attention to those who suffer from allergies. The recipes are vegetarian and free of eggs, cow's milk, soy, wheat, peanuts, tree nuts, fish and shellfish—the most common allergenic foods. They are also free of gluten and refined white sugar. Amazingly enough the recipes are also simple to prepare and kid pleasing. What kid wouldn't go for the Sweet Potato Fries, Mini Veggie Burgers, Confetti Popcorn Balls or a Banana Frosty Freeze? This book is required reading for any parent—and for parents with kids who have allergies it will be a lifesaver.