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The New Midwestern Table: 200 Heartland Recipes



Synopsis

“The Midwest is rising,” writes Minnesota native Amy Thielen, host of *Heartland Table* on Food Network® and her engaging, keenly American debut cookbook, with 200 recipes that herald a revival in the region’s cuisine, is delicious proof. Amy Thielen grew up in rural northern Minnesota, waiting in lines for potluck buffets amid loops of smoked sausages from her uncle’s meat market and in the company of women who could put up jelly without a recipe. She spent years cooking in some of New York City’s best restaurants, but it took moving home in 2008 for her to rediscover the wealth and diversity of the Midwestern table, and to witness its reinvention. *The New Midwestern Table* reveals all that she’s come to love and learn about the foods of her native Midwest, through updated classic recipes and numerous encounters with spirited home cooks and some of the region’s most passionate food producers. With 150 color photographs capturing these fresh-from-the-land dishes and the striking beauty of the terrain, this cookbook will cause any home cook to fall in love with the captivating flavors of the American heartland.

Book Information

Hardcover: 400 pages

Publisher: Clarkson Potter (September 24, 2013)

Language: English

ISBN-10: 0307954870

ISBN-13: 978-0307954879

Product Dimensions: 7.7 x 1.4 x 9.5 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars (See all reviews) (160 customer reviews)

Best Sellers Rank: #80,185 in Books (See Top 100 in Books) #16 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest #107 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal #112 in Books > Cookbooks, Food & Wine > Canning & Preserving

Customer Reviews

Amy Thielen delivers much more than a cookbook as she offers a brief history on the Midwest, and her experience of cooking in Manhattan’s fine-dining kitchens. The heartwarming presentation in her introduction and notes throughout the book is inviting, and interesting. Amy Thielen portrays great tradition of American country cooking, as she discusses praise-worthy Midwestern restaurants. Her tour through the Midwest captivates the heart and soul, especially for anyone who has not visited, or

lived there. There are several mouth-watering recipes with helpful tips, which also include the number of servings. The stunning photos of prepared meals, along with famous places in the Midwest are delightful, and refreshing. We tried the Fried Onion Dip, which was delicious. In addition, there are recipes for various dips. Some of the recipes include: Freshly Ground Black Pepper; Cheese-Balls; Homemade Italian Sausage; Old-Fashioned Pounded Cheese With Walnuts And Port Syrup; Steakhouse Deviled Eggs; Cracker-Crust Pizza; and more. There are many recipes for different types of pizza, and the recipe for Artichoke Fondue Dip is my next selection. The Spicy Beef Tartare, and the Sweet-And-Sour Potluck Meatballs are indeed inviting. I will leave updates as we try new recipes. Delightful, refreshing, and enjoyable. Highly recommended!

Hands down, my new fav cookbook!! From the fabulous recipes to the charming stories behind each one, and the beautiful photography... What more could a cookbook lover & cook want? The recipes are easy to follow and reasonable, with only minimal amounts of what I would consider unusual ingredients. These ingredients, (like currants, for instance) are only unusual in certain regions of the Country, and are well worth getting acquainted with, for sure!! The recipes cover everything from breakfast to desserts and more. Even some bread recipes! I especially love that there are some canning and pickling recipes included, as well as some vintage and Scandinavian gems. I was so pleasantly surprised to find a recipe for old-fashioned potato doughnuts here, that I actually squealed in the book store. LOL Why? Because for 25 years, my husband has often mourned the loss of his Grandfather's Depression-Era potato doughnut recipe. I have his Grandfather's old doughnut cutter, but have never been able to find a recipe. Finding the recipe in this cookbook was definitely squeal-worthy! There is an emphasis on natural ingredients and on the hearty family meal in this book that I really appreciate. I also appreciate that it contains far more recipes that I will actually try than those that I probably won't. Cookbook gold!

i'm a cookbook collector and consider myself a pretty good judge of books and their usefulness. i was blown away by this book and it's smart, practical recipes. for those of you tired of books that ask for exotic ingredients or offer up overly complicated recipes this is the book for you. i'll be giving copies of this book away for christmas.

Amy Thielen has managed to rescue Midwestern cooking from canned biscuit and cream of whatever soup mushiness and returned the table to the kinds of food our grandmothers made. . . with love, and care, and fresh, basic ingredients. Thielen has a conversational, storytelling style that

compels you to want to run to the store *right now* and pick up everything you need to survive with nothing but this book. In the few weeks since I've owned this cookbook I have learned why my pot roasts were always turning out so tough, I found a way to make the best onion dip ever without a powdery mix, and my 14 year old son made excellent chocolate chip cookies from scratch (And stocked our freezer with cookie dough as well). The recipes are wholesome, delicious, inspiring and healthful. Most will easily feed a family of 4-6, but since the aim in the Midwest is to be hospitable, most will stretch even farther with little effort. I may even get over my fear of baking pies. . . I'll keep you posted. Meanwhile this book is already gravy splattered and flour sprinkled and sits alongside my favorites. . ."The Joy of Cooking" and "The Good Housekeeping Illustrated Guide to Cooking". They are quickly getting edged out!

I grew up in West Central Minnesota on top of our family butcher shop learning to cook with the bounty from our garden and the ingredients in our tiny grocery store. Betty Crocker was my bible supplemented by the weekly Taste section. Our bologna day was Saturday. We fished in the local lakes and vacationed in Northern Minnesota. My Norwegian and German family informed my holiday baking. Amy has written exactly the cook book I would like to write for my children. Reading this cookbook is like a trip down memory lane while stopping at the newest restaurant. Every first weekend of July our Brady bunch family comes to Iowa to celebrate my husband's birthday, and we dig enough new potatoes to fill a large kettle with spuds. Amy speaks the truth when she writes, "A dish of freshly dug potatoes makes a meal memorable, and the first hot days of summer deserve to be celebrated with properly squandered loot." Next summer I will serve our kids her recipe for New Potatoes with Grilled Onion Butter. Easy and delicious. Today I made Rosemary-Infused Brown Butter Chicken Breasts and my husband said "This is why we never go out to eat." I wonder why I never knew before how easy it is to make a chicken breast taste so decadent. This book captures perfectly the spirit of Midwest. I love the names of the chapters which include "Potatoes and Onions", "Chicken Dinner," and "Early Day Baking" which is pretty much how we in the Heartland organize our menus and time in the kitchen. The mid-western cooks I know like to follow tradition, try new recipes, and celebrate our short growing season. Amy's book captures this spirit of cooking. If you add only one cook book to your library this year I would pick this one.

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