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Cooking Fresh From The Bay Area (Eating Fresh Guides)



Synopsis

More than 80 recipes from the region's most acclaimed chefs, handpicked for their commitment to local, seasonal, and organic ingredients.

Book Information

Series: Eating Fresh Guides

Paperback: 192 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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Customer Reviews

This is a great book for people who like to cook, people interested in living healthy, aware lifestyles, and a great resource guide for eating seasonally, locally, and organically. I think there is something like 80 different amazing recipes in the book. My favorites are the deserts: Summer Fruit Shortcake with Lemon Curd & Whipped Cream, Almond Tart with Fresh Berries & fresh Strawberry Ice Cream in Spring, a Winter Pumpkin Cheesecake with a Chocolate Hazelnut Crust, and multiple others. Of course, I wouldn't pass up any of the sumptuous entrees. If someone wanted to make me the Roasted Chicken with Tarragon Peach Sauce or the Smoked Lamb and Garlic Sausage with Roasted Red Pepper Confit & Mustard sauce, I would be happy enough to indulge them. Beyond the food and recipes, there is a community within this book. It's a must-have for anyone living or travelling in California's Bay Area. One thing is for sure though--you don't have to be anywhere near California to enjoy the book. I highly recommend it.

Cooking Fresh From The Bay Area: The Bay Area's Best Recipes For Eating Local, Organic Produce at Its Seasonal Best is a seminal and ground breaking cookbook and guide bringing

together savory recipes from twenty of the San Francisco Bay Area's best chefs. Cooking Fresh From The Bay Area is divided into Winter, Spring, Summer, and Fall sections with an introduction on the seasonal crops available, informative commentaries by the contributors, and delicious recipes suited to the season's offerings. From Winter Squash Soup with Sweet Potato Pecan Relish, Asparagus with Balsamic Syrup and Parmigiano-Reggiano, to Spicy Tuna, Caper, Anchovy and Tomato Sandwiches, to Stuffed Caramelized Tomatoes with Vanilla Ice Cream, Apple Tarte Tatin with Cider Sauce, and Smoked Goat Cheddar and White Corn Chowder, Cooking Fresh From The Bay Area is a gourmet delight and kitchen cook friendly!

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