

The Great Big Butter Cookbook: Because Everything's Better with Butter

EDITED BY DIANA VON GLAHN. Running Press, \$19.95 (512p) ISBN 978-0-7624-3169-4

This collection, focusing on a single ingredient and assembled by the Wisconsin Milk Marketing Board seeks to remind readers of the usefulness and versatility of butter in the kitchen. The book's prologue highlights the relative healthfulness (compared with margarine, anyway) of butter, despite its reputation for clogging arteries. That leads to a "Cooking with Butter" basics chapter that explains the differences between European, cultured and whipped butter styles, and suggestions for when to use salted or unsalted varieties. While one might assume that butter's culinary role is rooted in baking and sauces, recipes here run the gamut from appetizers like Camembert Almond Balls and Blue Cheese Walnut Wafer to a cream-free Mexican-Style Corn Soup and Florentine Game Hens, with plenty of pastry, cookies, cakes and pies in between. There are also several recipes for compound butters, like a wild mushroom and shallot butter meant to accompany a sautéed steak. The book's most inventive ideas belong to the Sauces, Spreads and Condiments chapter, with its wide array of spreadable, meltable and pourable butters in both savory and sweet flavors. Throughout, recipes are clearly written and easy to follow, and colorful photos bring out all the golden richness of this dairy product. Trans-fat free though it might be, butter is still fattening, making this a special occasion cookbook rather than an essential cookbook for the day-to-day. (Nov.)

1080 Recipes

SIMONE AND INÉS ORTEGA, ILLUS. BY JAVIER MARISCAL. Phaidon, \$39.95 (960p) ISBN 978-0-71-4848-36-5

Spain's bestselling cookbook for more than 30 years, this unpretentious and exhaustive collection is a welcome addition to the growing number of books on Spanish cuisine. With a prologue from Michelin-star Spanish chef Ferran Adrià, this mother-daughter team offers a wealth of recipes that reveal the diversity and breadth of Spain's

long culinary tradition. Clear and precise instructions—many no more than a few sentences long and none more than a lengthy paragraph—allow for quick, low-fuss preparation. Chapters cover everything from fried dishes, stews and sauces to pulses (dried beans), fish and seafood, and game. Dishes range from the simple—Asparagus Éclairs and Chunky Gazpacho to the slightly more time-consuming Marinated Swiss Chard and Leg of Veal with Pineapple. A particularly robust chapter on vegetables makes this cookbook an excellent choice for those looking to eat more healthfully or seasonally. Highly recommended for anyone interested in Spanish cuisine, this hearty collection is sure to be a favorite of both the home and the serious cook. Mariscal's beautiful illustrations fill the book. (Oct.)

The Vegetable Dishes I Can't Live Without

MOLLIE KATZEN. Hyperion, \$22.95 (144p) ISBN 978-1-4013-2232-8

Like a caring mother, Katzen, in this logical follow-through to her last book, *Eat, Drink, and Weigh Less*, exhorts readers to eat vegetables. Katzen's methods, though requiring some attention and high-quality ingredients, are low-key enough for novice cooks and maybe even exhausted working moms: "It is easy to make vegetables taste wonderful through simple preparations utilizing a very few choice ingredients... extra-virgin olive oil, fresh garlic, roasted nut oil, tiny touches of salt and pepper, an herb or two." This is vintage *Moosewood Cookbook* Katzen at her poetic best: "For many palates, dark leafy greens need a soft context... to frame and tame them. Polenta is perfect for this! Consider using some of the more elusive, serious greens, such as dandelion, mustard, or kale." Katzen offers Tomato-Basil Jam as a ketchup substitute; exoticizes the lowly carrot with flavors of North Africa—cumin, cinnamon, garlic and citrus—or Jamaica, in a coconut-ginger gratin; and will surprise even veteran vegetable mavens with such imaginative dishes as Sautéed Fennel with Crispy Fried Lemon. With Katzen's signature hand-lettered text and charmingly homey illustrations, the book will be an inspiration to those who like meat with their vegetables, vegans and vegetarians alike. (Oct.)

The Cannabis Cookbook

TIM PILCHER. Running Press, \$16.95 (128p) ISBN 978-0-7624-3090-1

W Weed connoisseur Pilcher (*Spliffs 3: The Last Word on Cannabis Culture*) deals a gnarly collection of 35 starters, entrees, desserts and drinks, all using the kind of pot not generally found in the kitchen cabinet. Nor is this the type of cookbook that provides a list of suppliers for hard-to-find ingredients. But for the reader with a ready stash, these offerings are served up in a well-researched and easy to digest manner, with plenty of tempting color photos and helpful data such as the suggested amount of cannabis bud per person per meal, based on body weight. The key to being a successful ganja gourmet, it turns out, is to first prepare a smooth batch of either Cannabis Ghee or Cannabis Butter. This allows for easier measurement but more importantly ensures that the psychoactive chemical du jour, tetrahydrocannabinol, blends evenly into the dish. Thus three tablespoons of Cannabutter transform perfectly legal mushrooms into Really Wild Mushroom Sauté and the hopped-up ghee is at the heart of an in-your-face Charas Curry, where it mingles with red chilies, ginger and cilantro. There's a classic brownie recipe, of course, sweetened with honey. (Oct.)

★ Good Spirits: Recipes, Revelations, Refreshments, and Romance, Shaken and Served with a Twist

A.J. RATHBUN. Harvard Common, \$29.95 (496p) ISBN 978-1-55832-336-0

In this gorgeous guide to every cocktail imaginable, Rathbun, a poet and the "editor for the Kitchens and Housewares store" at Amazon.com, breaks out the 12 chapters not by ingredients but by useful, or at least amusing, categories. These include "Dinner for Two," which is a chapter of romantic drinks such as the French Connection (brandy and amaretto) and the Kiss in the Dark (cherry brandy and dry vermouth). A section entitled "An Obscure Reliquary" features creepy concoctions, like a Brain Hemorrhage and a Corpse Reviver. There's a voluminous chapter on martinis, including a questionable Bacontini, as well as others on shots, frozen drinks, hot drinks and blended drinks. There are 450 recipes

in all—and, fortunately, an excellent index. Not only is there a general index to let you know on which page to find a Purple Python, there is also an index of “Drinks by Primary Liquor,” which lists, for example, all the book’s 29 bourbon-based options at a glance. The scores of full-page color photos by the aptly named Melissa Punch, each with dazzling Day-Glo backgrounds, are thirst inducing and add an irresistible retro charm to the proceedings. (Oct.)

★ **Sweet Myrtle & Bitter Honey: The Mediterranean Flavors of Sardinia**

EFISIO FARRIS WITH JIM EBER, PHOTOS BY LAURIE SMITH AND ROHAN VAN TWEST. Rizzoli, \$39.95 (288p) ISBN 978-0-8478-2992-7

With his first cookbook, Farris leaps into the front ranks of culinary regionalist and troubadour. He’s a transplant to Texas, a restaurateur and importer, but his taste buds still twinkle to the lusty, muscular primal cuisine of his ancestral Sardinia. He stirs up an appetite for simple pasta dishes in which the sauce determines the shape of the macarrones, and any number of compositions featuring spiced and herbed lamb, artichokes, olives and various seafood stews enriched with *bottarga*. The author first tasted this “Sardinian caviar,” the roe of gray mullet, at age three on a cherished expedition to catch and cook fish on the beach with his father and uncle. He balances sentimentality with frank delight in testing the reader’s mettle. Roasted eels, pictured in full slither, are only a start. Anyone for *abbamele*, the honey and bee pollen reduction? Raw sea urchin under the full moon? Then there is *casu marzu*, rotten cheese, which owes its creamy texture to maggots. Our intrepid guide, who “cannot resist its charms,” admits that even for him it was a childhood gross-out. Beautifully illustrated, often eminently cookable, the book also has the charms of a picaresque novel. (Oct.)

Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Foods

JESSICA SEINFELD. Collins, \$24.95 (208p) ISBN 978-0-06-125134-4

Seinfeld, mother of three and wife of comedian Jerry, devised an elegant

plan: puree fruits and vegetables and incorporate them into kid friendly dishes like Mac & Cheese (cauliflower or beans); Chicken Nuggets (broccoli); Chocolate Cake (beets). The recipes blend nutrition into a meal and harmony into mealtime. Seinfeld writes that mealtime should be about “happiness and conversation” not about “power struggles and strife,” and her plan diminishes nagging. Although her program is easy, Seinfeld is honest about the need for shortcuts and offers some good ones. The nutritional breakdown of each vegetable/fruit featured in the recipes is valuable. While some parts smack of self-promotion (she encourages parents to share her recipes with other parents), Seinfeld does supplement her recipes with sound tips for learning to say no to junk when kids ask, encouraging conversation, getting children to participate in prep and cleaning, and developing age-appropriate eating habits. (Oct.)

PARENTING

The Teen Whisperer: How to Break Through the Silence and Secrecy of Teenage Life

MIKE LINDERMAN WITH GARY BROZEK. HarperCollins, \$24.95 (296p) ISBN 978-0-06-123865-9

Linderman, clinical director of Spring Creek Lodge Academy, an alternative school for at-risk kids, teams up with writer Brozek to share lessons learned from 10 years of success with troubled teens. His clients—described in a number of case studies—are extreme examples of kids who turn to alcohol, drugs or other high-risk behaviors, but their stories provide insight into the volatile nature of the teen psyche as well as the importance of solid family relationships. Linderman relies on a model of five primary needs that teens require: survival, freedom, power, belonging and fun. He guides readers through each, describing how teens can act out when a particular need is not appropriately met (e.g., a lack of belonging may lead to alcohol abuse in an effort to gain status with peers). Linderman counsels parents to stay connected to their teens’ lives. (At times,

however, Linderman’s approach itself seems a bit extreme, as when he asks his own teenage daughter to hand over her cellphone so he can converse with her friend.) Along with Linderman’s philosophy on dealing with teens, the book includes useful information on warning signs that may indicate such problems as depression or substance abuse. Parents will benefit from both the clinical and personal experiences of a man who respects teens and whom teens respect. (Oct.)

GARDENING

The Elements of Organic Gardening

HRH THE PRINCE OF WALES WITH STEPHANIE DONALDSON. Kales, \$39.95 (176p) ISBN 978-0-9670076-9-4

This handsome coffee-table book introduces the basics of organic gardening through a formal yet intimate tour of the prince of Wales’s three stately gardens: Highgrove, the estate he uses as a demonstration organic farm and fund-raiser for charities; Clarence House, his London home, and Birkhall, “the most private of the Prince’s gardens” at Balmoral Estate in the Scottish Highlands. It appears to be written mainly by Donaldson (*Peaceful Gardens*), with an introduction and selected quotations from Prince Charles, and includes standard subjects such as how to build soil, make compost and choose seed varieties, but also intriguing descriptions of more unusual experiments, such as the extensive rainwater collection and reed and willow pond water filtration system from which all the water at Highgrove is obtained. Avid gardeners will appreciate the detailed photos of woven willow plant supports and the movable bee house “honey factory.” Anglophiles will be charmed by photos of the prince laying hedges and filling bird feeders, and descriptions of those who work his gardens, such as Dennis Brown, 70-something manager of Highgrove’s “productive” garden, who “leaves the Walled Garden at the end of the day” to cultivate vegetables “he hopes will trounce all comers at the local shows.” (Oct.)



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