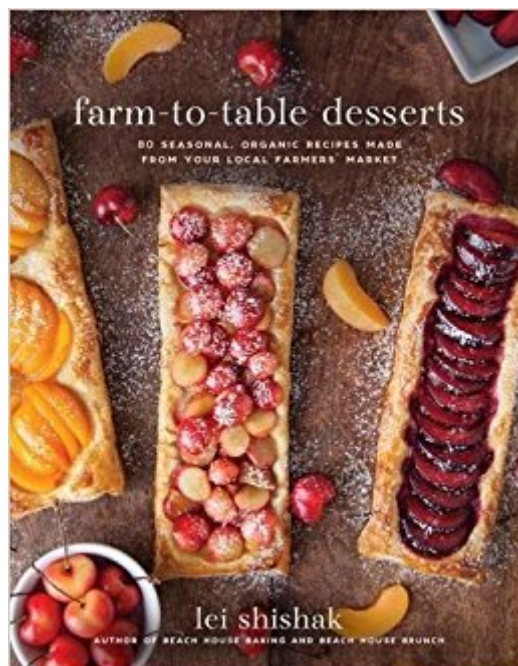




The book was found

Farm-to-Table Desserts: 80 Seasonal, Organic Recipes Made From Your Local Farmers' Market



Synopsis

When we shop at farmers' markets, we support our local economy and consume food that's healthier, tastier, and packed with essential nutrients specific to our local environment. In Farm-to-Table Desserts, chef Lei demonstrates how baking with locally sourced, organic ingredients is so satisfying that it will quickly become an easy and delicious habit. With more than eighty sweet recipes divided by season, Farm-to-Table Desserts shows readers how to create simple desserts using fresh and local ingredients at their prime. With Lei's instruction, home cooks will see how easy it is to bake fresh year-round. Recipes include some of Lei's favorites: Stone peach cobbler; Fig jam; Sweet corn panna cotta; Strawberry hand pie; Sweet potato cake; Blood orange pot de crème

Book Information

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Customer Reviews

Lei Shishak is an established pastry chef who trained at the CIA in New York and has worked at restaurants in Sun Valley and Los Angeles. She has been featured in People, Riviera Magazine, Sunset Magazine, Coast, the Los Angeles Daily News, and Fine Living, among others. She is the author of Beach House Baking, named one of 2014's Top 10 Summer Cookbooks by USA Today, and Beach House Brunch. She resides in Dana Point, California.

Happy to add this book to my growing collection! Lei Shishak's 3rd book is an instant hit! From the attractive cover, to the seasonal recipe suggestions, to the beautiful photos, to the promotion of utilizing local farmer markets - this book is a must have to your culinary collection! For those of us

who aren't familiar with what foods are in season, Lei has included a breakdown. She does a wonderful job of compiling recipes that aren't too overwhelming, while focusing on the essence of each dish, allowing the ingredients to compliment you with each bite. Each recipe is easily approachable, even for someone who's a novice in the kitchen. I highly recommend this book if you are just beginning to try to eat healthier while STILL being able to have dessert.

Book is split into the four seasons. Each section starts with a listing of the seasonal fruits and produce, with the dessert recipes and accompanying photos following for each respective section. The index includes the fruits (along with the recipe names of the book) and provides a neat way to look up what you could do with rhubarb or, say, kumquats (yep, there are two kumquat recipes included).

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