



Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen

Shelley Boris

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Fresh Cooking is exactly what the home cook desires—a cookbook with range and flexibility that addresses seasonality, budget, and diverse diets and tastes. Built around meals Shelley Boris created for the Garrison Institute, a retreat center in New York's Hudson Valley, it contains thirty-six menus, with four to five delicious recipes in each, organized by month. Caroline Kasterine's beautiful photographs compliment the recipes.

From the beginning of her career in the heyday of New York City's culinary scene with Dean & DeLuca, Shelley Boris has maintained a love of fine, fresh ingredients and an intuitive grasp of their possibilities. This book draws on her passion and experience to create delectable meals on a budget without compromising flavor or diversity.

Sample seasonal menus include:

JANUARY

Onion Soup with Sprout Creek Cheese and Sour Rye Toast
Winter Root Vegetable Salad with Sherry-Hazelnut Dressing
Baked White Beans
Greens Tossed with Lemon, Balsamic, and Grapeseed Oil Vinaigrette
Quince in Phyllo

MAY

Whole Roasted Chicken with Green Garlic and Sassafras
Roasted Mushrooms and Jerusalem Artichokes
Polenta with Spinach, Spring Onions, and Cheese
Greens Tossed with Yogurt and Herb Dressing
Buckwheat Banana-Pecan Cake

AUGUST

Haiga Rice and Barley with Purple Shiso and Hiiyki
Roasted Eggplant and Miso
Duck with Garlic
Greens Tossed with Ginger Vinaigrette
Peaches and Cream

NOVEMBER

Spicy Cabbage with Brown Mustard Seeds
Curried Lentils
Wild Rice
Greens Tossed with Lime and Toasted Sesame Seed Vinaigrette
Walnut Bar

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