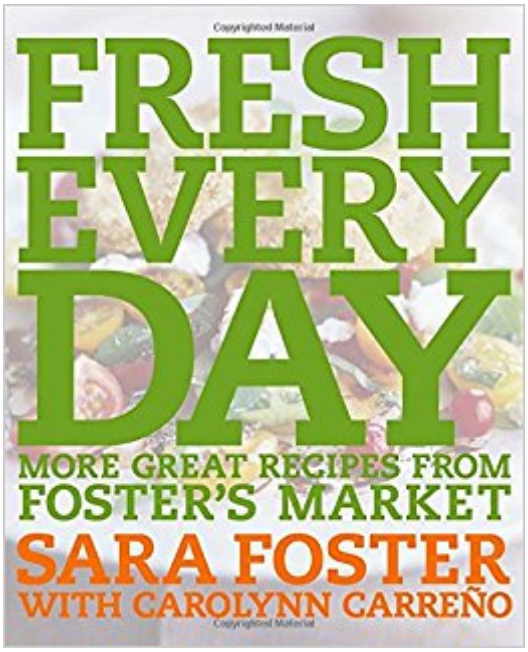
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Fresh Every Day: More Great Recipes From Foster's Market



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Synopsis

Fresh. Flavorful. Unpretentious. Food this good doesnÃ¢â ¬â„¢t need much of an introduction, and the inspired, down-home fare served at FosterÃ¢â ¬â„¢s Market speaks for itself . . . and keeps the locals coming back day after day.In Fresh Every Day, Sara Foster continues the tradition of soulful, seasonally inspired cooking, with more than two hundred of the New Southern recipes made famous at her eponymous markets. She adapts the skills and secrets of a successful professional kitchen for dishes and flavors that speak to the way we really cook at home, from slow-cooked stews and roasted chicken to burgers and salad meals born of leftovers. No elaborate techniques or esoteric ingredients hereÃ¢â ¬â •just good home cooking elevated to company fare. Cornbread Panzanella with Avocado. Pan-Roasted Halibut with Cherry Tomatoes and Butternut Squash. Fall Off the Bone Baby Back Ribs. Molasses Sweet Potato Pie. Ã¢â ¬Å“Take these recipes,Ã¢â ¬Â• Sara invites, Ã¢â ¬Å“take everything you know and feel about food, and have fun cooking.Ã¢â ¬Â•A cookbook for all seasons bursting with recipes easy enough for any day of the week, Fresh Every Day brings new meaning to comfort food.

Book Information

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Customer Reviews

This follow-up to The Foster’s Market Cookbook offers new simple, spruced-up recipes from the author’s North Carolina gourmet takeout shops. In the tradition of Martha Stewart, with whom Foster coauthored the previous book and worked as a chef in the ’80s, the effortlessly elegant food also reflects Foster’s Southern background, with its prevalence of sweet potatoes, cornmeal and

black-eyed peas. Flavorful marinades, fresh herbs and seasonal ingredients maximize taste for quick meals on the grill or hands-off roasts. Numerous salsas and sides enliven each plate, and alternatives "for all seasons" to standards, like Twice-Baked Potatoes, Rice Pilaf, and SautÃƒÂ©ed Shrimp, provide year-round variety. Desserts are unfussy crowd-pleasers such as Mom's Apple Cobbler with Buttermilk Biscuit Topping, and Individual Chocolate Pudding Cakes. Sidebars on "Basics" and "Tricks of My Trade" share tips on techniques, shortcuts and gadgets. Busy cooks will learn to love leftovers when delicious Slow-Roasted Pork Shoulder is transformed into spicy Green Chili, and Skillet Cornbread becomes rustic Panzanella, an Italian bread salad. This is homey, American food with a kick, sure to appeal to cooks in search of easy ways to revitalize their repertoire. 160 color photos. (May 24)

Ã¢â ¬Å"Sara Foster is the rarest cook I know. She has a sensible, down-to-earth approach that eludes others. She understands good food. More important, she knows intuitively how to create dishes to please the widest audience imaginable. I love her style, which is graceful and homespun at the same time. She has taught me that great food really is in the details.Ã¢â ¬Â•
Ã¢â ¬â •Jonathan Waxman

`Fresh Every Day, More Great Recipes from Foster's Market' is Sara Foster's second book in about three years, with a new co-author, Carolynn Carreno, a co-author of the very good New York City bistro / bakery book, `Once Upon a Tart'. Whether it is from the change in collaborator or some other reason, Ms. Foster has succeeded in giving us a book which is not only better than her first, but it is better than books from her nearest competitors, Paula Deen and fellow Martha Stewart alum, Ina Garten. While Deen gives us very good renditions of classic Southern dishes, Ms. Foster and her allies have done a `fusion Southern' cuisine which has all the charm of the original models with maybe just a little less fat and a little more flavor. Compared to fellow caterer, Ms. Garten of Long Island, Ms. Foster gives us much more bang for our $35. I have always thought Ms. Garten's books are just a tad overpriced for their content. Sara Foster has delivered a lot more content, and more interesting content, for the same price.While it took a fair amount of careful reading before I gave Sara's first book my five stars, my visceral pleasure with this book kicked in almost immediately, which is a sure sign that this is a quality cookbook. Very good and very bad books usually show their colors in the first few pages. When you have to look for the good stuff, it is surely an average book.The book has just a slightly different focus than the first book, in that it covers a lot of things Ms. Foster cooks at home for her family and dishes she demonstrates when she is doing

book tours and cooking classes.For starters, I always give high marks to books with good breakfast recipes. For every decent book on breakfast dishes, there are fifty or more on desserts, so, we are always in need of more and better breakfast dishes. None of the recipes are really unusual, but that isn't what you want from a rural milieu caterer. You can get the fancy breakfasts from The Plaza and the Hiltons. The scrambled egg recipe(s) are a fine sample of what Ms. Foster and company do so well in this book. She gives the basic technique that is effective, but simple. No James Beard water bath cooking for 40 minutes here. Then, she gives us six different variations plus the courage to throw in most different kinds of odds and ends leftovers from the fridge.I thought the following page with breakfast tortilla recipes goes a long way to showing how far Mexican cuisine has influenced our cooking in that Ms. Foster uses the terms chipotle, burrito, quesadilla, and enchilada with no explanation of what they mean and really assumes the reader will have no problems following an instruction to `fold it like a burrito'. Later in this chapter, chipotle finds its way into several different recipes. The chapter also covers such essential subjects as grits, smoothies, biscuits, muffins, and granola.The next chapter is `Simple Soups' which opens with a sidebar on soup making which has almost as many spiffy soup suggestions as several soup books I have reviewed. Like the breakfast dishes, most soups are pretty standard and pretty hearty, with a heavy emphasis on roasted ingredients and pureed preparations. There are some interesting surprises such as the golden gazpacho soup, but the big value is in teaching us to use soup toppings and garnishes.The third chapter is on `seasonal salads and salad meals'. The content which impressed me most was the number of different vinaigrette recipes, including summer herb, sweet basil, balsamic, blue cheese, tarragon, sweet and spicy, sesame ginger, red wine with chives, tangy Italian, black olive, and pad thai vinaigrettes. And that just the vinaigrettes!The fourth chapter is `seasonal sides' with lots of stuff on using fruits and root vegetables. The most interesting section is the general suggestion plus several recipes on mashing vegetables OTHER than potatoes. This notion, plus the variations on doing corn on the cob are worth the price of the chapter.The fifth chapter is `quick and tasty meat main dishes' which throws lots of Southern, Italian, Greek, and Mexican ideas into a pot and comes up with great nouveau Carolina cuisine. The featured sidebar is on grilling. The best `extras' are recipes for `fridge pickles and pan seared duck breasts.The sixth chapter is `fast and fresh fish, pasta, and risotto meals'. This chapter is heavy on the shrimp and scallops plus halibut, snapper, sea bass, and lots of condiments such as lemon chive oil, Cajun aioli, and green goddess dressing. The sidebar on fish cookery is excellent.The seventh chapter is `meals that cook themselves' which, of course, is not literally true. It is a collection of recipes that cook for a long time with little or no fuss or attention. Lots of classics appear here, many with the addition of Sara's favorite ingredient,

chipotle.The last chapter is `a little something sweet' which tend to be quick assemblies rather than elaborate cakes and pies, although there is a pretty standard recipe for a piecrust and a blueberry pie. The recipe uses all vegetable shortening, and I am partial to pastry crusts done with butter. I don't thing Sara will mind if you use a classic French pate brisee in place of `Judy's Flaky PieCrust. Her sidebar on making piecrusts may not have every little detail, but it's very good if this is the only book you have.Ms. Foster's pair of books is the perfect example for those of you who don't want a lot of cookbooks, but you want interesting recipes. Getting these two books will give you great value with no risk of recipe overlap. I certainly recommend these over books from Ms. Deen and Ms. Garten, although both of these ladies have done some very nice volumes.Highly recommended!

I am who does not consider cookbooks to be pleasure reading. In fact, for a long time I viewed them more like a math textbook...necessary, but too much trouble. Last summer, I had dinner with a friend at her lake house. Just the 2 of us were there, and she made what I considered to be an elaborate meal. One of the dishes she served was the Cornbread Panzanella with Avocado. That is some of the best stuff I ever put in my mouth. I began to eat out of the serving dish as we were clearing the dishes. Then, my friend, who is a bona fide food-anista" shared her secret: Fresh Every Day. I went home an ordered myself a copy.Since purchasing the book I have.....made at least 10 of the recipes (some multiple times) from the book....given the book as Birthday gift at least 3 times each time placing post-it notes with that say things like "You have GOT to try this!!" and "OMG!!!"...received compliments from my 20 year old college student including, "Why didn't you cook like this when I lived at home?"...stopped purchasing canned vegetables....planted a large herb garden to keep the cost of the recipes down. However, if all of those herbs in my garden get up and walk away, I will smack down money on store bought fresh herbs.Sara Foster's food matches my palate or something. Every single recipe I've tried has had me groaning (with a full mouth, I might add) at the table, "OOOOOH, this is SO good!!!!!"Thanks Sara! I am now enjoying cooking supper!

First the good news: the recipes and photos are every bit as wonderful as those in Sara Foster's first cookbook. That is very high praise, as you know.We've had the book less than a week and we've made the Icebox Pickles, the Chipotle Mustard Sauce, the Chicken Salad with Apples, Grapes, And Spicy Pecans, and the Dark Chocolate SouffléÂ© Cake. It's all so, so good!Sara Foster, I am your devoted fan and I will probably buy any cookbook you write. However, the layout on this one is terrible: small print and not much white space. For example, the "WHAT TO SERVE

WHEN" section should have been separated from the intro paragraph, instead of just changing ink color. The binding should allow the page to lie flat - after all, it’s a cookbook. The book is just plain hard to read and use.That said, I’m already waiting for the next Sara Foster cookbook!

love her and all her cookbooks..do try the fall of the bone ribs and bbq sauce!

We love Foster’s Market in Durham so when I saw this I had to buy. It is, as good as, the food at the market. Very unique recipies that are not unreasonable even for a weekday. The best part is the seasonal suggestions for most dishes. This allows one to enjoy the taste and price of the change of seasons. It encourages use of improvising a little, while not bending on the more important elements. This is my favorite cook book at the moment--Great for those that like an Epicurious type web-site.

Loves the pie recipes, made them many times.

Book arrived on time in excellent condition. Recipes are fantastic. Have tried several and they all have a very good flavor and are easy to make.

Nice book

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