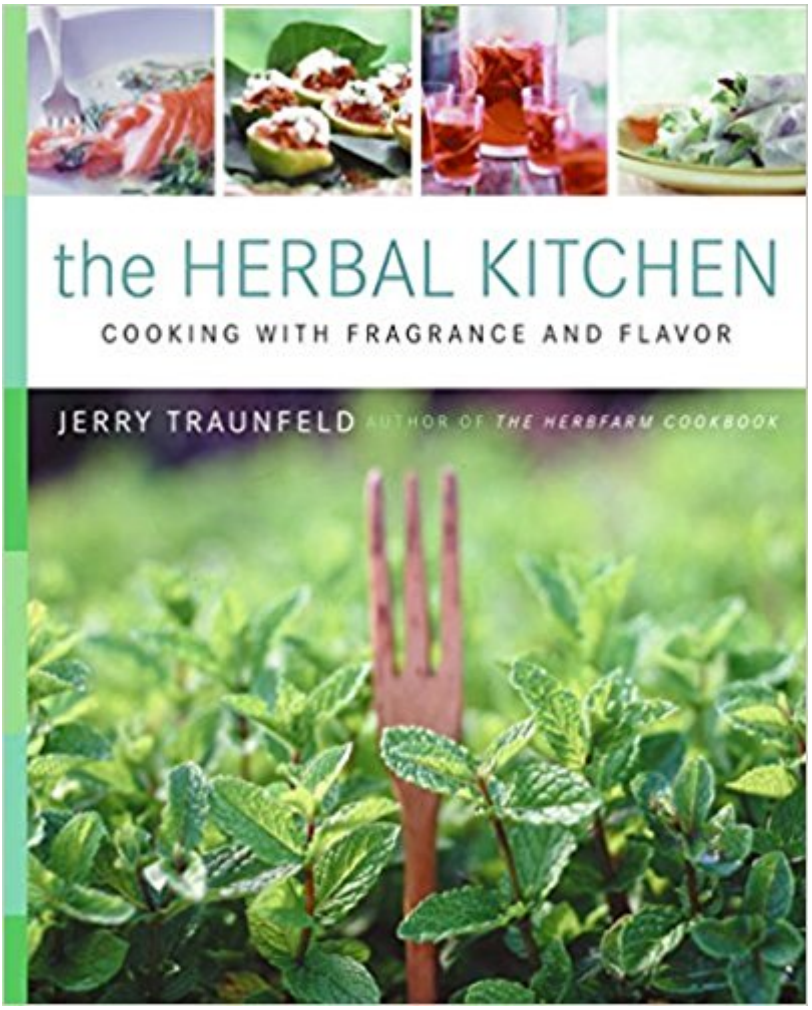
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The Herbal Kitchen: Cooking With Fragrance And Flavor



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Synopsis

The secret to transforming easy dishes into extraordinary meals? Fresh herbs. In The Herbal Kitchen, IACP award-winning cookbook author and acclaimed Herbfarm Restaurant chef Jerry Traunfeld presents simple dishes using herbs straight from the market, windowsill, or garden.Until recently, the fresh herbs available in supermarkets were limited to parsley and maybe dill. Today, thyme, rosemary, basil, cilantro, mint, and sage are among the many fresh herbs as close as the produce section or the farmer's market. Not to mention marjoram, lovage, tarragon, lavender, shiso, and so many others.Jerry shows you how to incorporate these fresh herbs into your everyday home meals. So whether preparing a workday supper for the family, a special dinner for two or four, or a feast for a table of guests, using fresh herbs in your cooking will result in fresh and vibrant food.The Herbal Kitchen includes some recipes that are home variations of the innovative dishes Jerry prepares at the Herbfarm, while others are fresh takes on familiar classics such as Herb Garden Lasagna or Shrimp in Garlic-Sage Butter. All are uncomplicated and prep time is minimal -- with the emphasis on spontaneity and the unmistakable flavors of fresh herbs.Start off with Asparagus and Lemon Thyme Soup, Spicy Verbena Meatballs, or Rye-Thyme Cheese Straws before moving on to Cinnamon Basil Chicken, Side of Salmon Slow-Roasted in Dill, and Root Ribbons with Sage. Delectable desserts include Warm Lavender Almond Cakes, Rhubarb Mint Cobbler, and a sinful Chocolate Peppermint Tart.Once you're hooked on cooking with fresh herbs, you'll want to grow them yourself. The Herbal Kitchen is filled with important tips for growing, harvesting, and handling each of the herbs used in the recipes. Valuable information on the varieties of each herb is also highlighted, such as how to tell the difference between Greek oregano and Italian oregano, why you always want to choose bay laurel over California bay, and what type of lavender is best for cooking.Filled with stunning photos of the herbs, the techniques for handling them, and the finished dishes, Jerry's definitive guide is sure to be a classic, reached for again and again.

Book Information

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Customer Reviews

There are herb gardens, and then there's the Herbfarm, both an award-winning restaurant with an award winning chef, Jerry Traunfeld, and an herb farm--literally. Over the past 14-years Traunfeld has had a farm's worth of herbs to work with in his commercial kitchen and at home. He opened the doors to his commercial kitchen with The Herbfarm Cookbook. And now he takes us home with The Herbal Kitchen. Here's a hint: It's all about heightened flavor through the creative use of herbs. There's the humble roasted oyster, for example. Traunfeld makes a sauce of fresh sorrel, butter, shallots, cream, and lemon juice. Each oyster sits in its half shell atop a dollop of the sauce and bakes until plump. They are served topped with fine strips of fresh sorrel. Briny oyster meets tart sorrel gentled with cream and butter. Does it get any better? You bet it does. Roasted Oysters with Sorrel Sauce is but an appetizer, along with Minted Lentil and Goat Cheese Strudel, and Spicy Verbena Meatballs. After a brief introduction to herb basics, Traunfeld moves on to appetizers and drinks (the Rosemary Gin and Tonic sounds intriguing). Chapters that follow cover soups, salads, fast suppers, meals for a crowd, intimate feasts, vegetable dishes, breads, and desserts. Consider the Shiso Crab Cocktail, or Black Olive Roast Chicken, Sides of Salmon Slow-Roasted in Dill, or Lavender-Rubbed Duck Breasts with Apricots and Sweet Onions. These are precise, carefully thought-out and executed recipes, and they are all built around the masterful use of fresh herbs. You will want to attend to your gardening as much as your cooking with this book as inspiration. Work through The Herbal Kitchen from front to back and you will transform your relationship with herbs. The food you cook and eat will never be the same. And that's a delicious gift from one of the mighty. --Schuyler Ingle

The James Beard AwardÃ¢â ¬â œwinning chef of the Herbfarm near Seattle, Traunfeld (The Herbfarm Cookbook) certainly knows a thing or two about cooking masterfully with fresh herbs. Whereas his first book celebrated restaurant-status dishes, this volume concerns simple dishes for the home cook. Traunfeld concisely introduces the basics of starting one's own herb garden; storing herbs; chopping, slicing and tearing herbs; and measuring herbs. Then he launches into the redolent recipes, many as straightforward as Prosciutto Melon with Lime and Cilantro; Dilled Celery,

Asian Pear, and Hazelnut Salad; and Lemon Rosemary Chicken enhanced with dried currants and green olives. Recipes in the "Intimate Feasts" chapter, including Sea Scallops on Summer Succotash, and Lavender-Rubbed Duck Breast with Apricots and Sweet Onions, can stand as complete and creative meals, or be paired with a side from the vegetables chapter, such as Mashed Winter Squash with Bay Butter, or Salt-Roasted Potatoes. Herb-infused desserts like Strawberry Rose Geranium Ice Cream are lovely and not heavy. Throughout, Traunfeld offers insight into the use of specific herbs and ingredients, creating a work that is at once practical, informative and inspiring. Color photos. (Nov.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Great book, well researched. The author, a chef, is obviously very knowledgeable and passionate on this subject, and I learned a lot. The recipes are terrific and every one of them I have tried worked well. What I liked was the focus on getting the most flavor from natural, healthy ingredients since I am trying to avoid a lot of fat, and no longer eat gluten and rarely eat red meat. This perfectly fit the ticket. I now am growing many more herbs and adopted them into my daily eating routines. I’m so into making my own herbal teas and drinks now! Highly recommended.

I bought this book 3-4 years ago when we became serious about tending an herb garden. We love including fresh herbs in our foods. I hoped this book would help us use the many herbs we grew in new ways, and I was not disappointed. I use it daily during herb growing season. This cookbook May not be helpful unless you grow or buy fresh herbs.I haven’t tried any of the recipes with dried herbs.

He did it again. I love Herbfarm. And this is round 2 of perfection. Everything I’ve made in here is delicious.

I love Jerry Traundfeld’s cookbooks! At first I thought the recipes would be way too involved for me but, Jerry is really a teacher! He gives you easy tips and explanations on how to cook! They help you be successful and create some delicious meals! Love these books!

Great source of recipes and information on growing and using your own fresh herbs. Love it!

Awesome!!

This Cookbook is very well written, with clear instructions and tasty photos!! Jerry has a real love of good food, and an easy way to communicate this to the reader. What I especially like, is that the recipes are very "home kitchen" friendly, and easy to make!I give this 5 stars and have already shared the book with friends!

Very easy to read and self explanatory. Recipes not difficult to follow. I really love this book and recommend it to anyone who is interesting in herbal cooking.

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