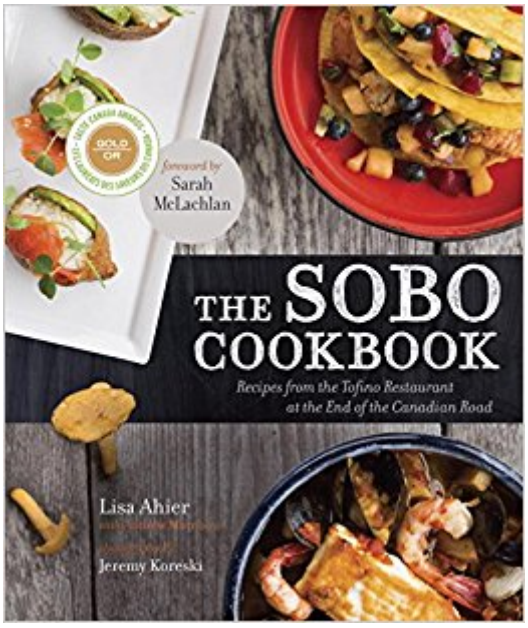
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The Sobo Cookbook: Recipes From The Tofino Restaurant At The End Of The Canadian Road



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Synopsis

Sobo (Sophisticated Bohemian) started out in 2003 as a purple food truck in the parking lot behind a surf shop, way before food trucks were cool. Despite its remoteness, it attracted rave reviews from food media across North America, with the likes of Saveur magazine calling it: "perhaps the most exciting lunch stand in North America". The back of the staff's t-shirts read: "Quite possibly the second best thing you can do in a parking lot"--and that same fun, authentic West Coast vibe weaves throughout the stories and recipes in this book.Ã Â Sobo has since become a destination restaurant, having outgrown its food truck beginnings, with visitors making the pilgrimage to the west coast of Vancouver Island just to taste chef Lisa Ahier's cooking--which is, to use Tofino slang, simply "killer". The restaurant's menu focuses on locally-sourced, seasonally-inspired ingredients from family-owned producers. The dishes are shaped by Lisa's Tex Mex and Southwestern culinary roots, and her experience gained across several US states, including her stint as executive chef of Cibolo Creek Ranch in Texas.Ã Â The Sobo Cookbook includes over 100 of the restaurant's all-time favourite recipes--recipes that have fed surfers, hungry locals, curious visitors and die-hard foodies alike.

Book Information

Paperback: 288 pages
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Average Customer Review: 4.7 out of 5 stars 6 customer reviews
Best Sellers Rank: #1,232,981 in Books (See Top 100 in Books) #91 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > Canadian #139 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Northwest #415 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

Customer Reviews

Praise for Sobo:"Sobo lives up to its name attracting a blend of surfers, ecotourists and locals enjoying CIA grad Lisa's flavorful take on Vancouver Island ingredients."--Gourmet"I could eat there every day"--Vancouver Sun"Lisa is one of Canada's top chefs...Her food is adventurous, street

smart, dripping with freshness, local character and drop dead top of the line flavor."--Calgary Herald

LISA AHIER was born in Texas and studied at the Culinary Institute of America in New York. After working in kitchens at sea and across several states, she started the Sobo food truck in 2003 with her husband, Artie; Sobo moved to its current location in 2007. Lisa lives in Tofino, B.C.ANDREW MORRISON is the editor-in-chief of Scout Magazine and editor of the award-winning Vancouver Cooks Cookbook. Andrew lives in Vancouver, B.C.

Great recipes and insight into their origin and development. Having just returned from a trip to Tofino this is a perfect momento.

Yhe fooe at the restaurant that inspired the cook book is amazing. Its in tofino on vancouver island

enjoying this cookbook

Good, but is was expecting great

Great cookbook!

We purchased 2 copies with personal author inscriptions. This is easily the best restaurant in Tofino, and probably as good or better than any of the stylish, hyped-up restaurants in British Columbia. The recipes range from vegan to awesome pescatorian, and they are all outstanding. We tried about 6 different dishes at the restaurant. You want to have access to fresh seafood to make the most of this cookbook - my location in St. Louis is marginal at best, but I will try! On top of it all, Lisa is actually from Kansas City, so maybe there is hope for us fly-over types to land a fun career in the Pacific Northwest.

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