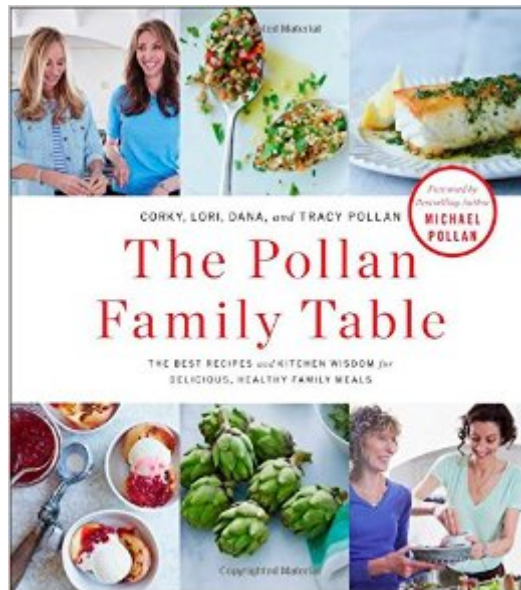


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The Pollan Family Table: The Best Recipes And Kitchen Wisdom For Delicious, Healthy Family Meals



Synopsis

A BookPage Best Cookbook of 2015 Winner of the Gourmand International Cookbook Award 2015, Best in the World, Best First Cookbook. A gorgeous, fully illustrated collection of recipes, cooking techniques, and pantry wisdom for delicious, healthy, and harmonious family meals from the incredible Pollan familyâ with a foreword from Michael Pollan. In *The Pollan Family Table*, Corky, Lori, Dana, and Tracy Pollan invite you into their warm, inspiring kitchens, sharing more than 100 of their familyâ™s best recipes. For generations, the Pollans have used fresh, local ingredients to cook healthy, irresistible meals. Michael Pollan, whose bestselling books have changed our culture and the way we think about food, writes in his foreword about how the family meals he ate growing up shaped his worldview. This stunning and practical cookbook gives readers the tools they need to implement the Pollan food philosophy in their everyday lives and to make great, nourishing, delectable meals that bring families back to the table. Standouts like Grand Marnier Citrus Roasted Chicken, Crispy Parmesan Zucchini Chips, and Key Lime Pie with Walnut Oatmeal Crust are easy to make yet sophisticated enough to dazzle family and friends. With hundreds of exquisite color photographs, *The Pollan Family Table* includes the Pollanâ™s top cooking tips and techniques, time-tested shortcuts, advice for those just starting out and market and pantry lists that make shopping for and preparing dinner stress-free. This instant kitchen classic will help readers create incredible meals and cultivate traditions that improve health, well-being, and family happiness.

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Customer Reviews

A very happy cookbook with a family focus. The chances that we will marry into the Pollan family or be invited over for dinner are small; so this is the next best thing. I recommend the Pollan signature salad that includes mesclun, walnuts, pear, and a mustard, raspberry vinegar, olive oil, balsamic vinegar dressing (it is made by each of the sisters, their mother and brother; and it is requested by their friends and family for potlucks); the golden baby artichokes with lemon zest; their Grandma Mary's grand marnier orange cake (her version of Jewish nut cake, Lori used to make it and sell it on Martha's Vineyard); Grandma Mary's mandelbrot cookies; Sam's applesauce spice cookies; Aquinnah and Schuyler's chocolate cream pie; Isaac's Mexican wedding cookies; Chickpea salad with Manchego cheese (as in Man of La Mancha), dijon, red wine vinegar, and arugula; a pilaf of farro and vegetables; their fusilli with oven roasted vegetables and parmesan cheese; the spinach and ricotta malfatti (a malfatti is a mistaken raviolini... hey, it uses kosher salt); and the Panfried halibut with chimichurri sauce. The Pollan's recommend that we get over our performance anxiety for family dinners. Don't push to be a professional restaurant chef. Don't worry if you don't cut an onion like they do on TV. These are family dinners. As Michael Pollan says, they are sophisticated recipes that use approachable techniques. And you don't have to cook family meals every night. Start slowly. Try one night a week or less. And grow from there, or not. Speaking of technique, there are "Sage Advice" pointers. For example: Read the whole recipe from start to finish before starting. It isn't a movie, you don't want a surprise ending. You should assemble all the ingredients before beginning.

The authors of this outstanding cookbook are looking to reach folks like me -- people who wish to put home-cooked meals on the table, but lack confidence in the kitchen. Thanks to them, I have already prepared two delicious family dinners with home-baked desserts to unanimous accolades. The Perfect Roast Chicken Dinner in One Hour was exactly that. It was the most succulent chicken I have ever made; there wasn't a morsel left on the bones at the end of our family's meal. For dessert, I baked Isaac's Mexican Wedding Cookies, which were exotic and mouthwateringly delicious. I then tried my hand at the Hunter's Chicken Stew with Tomatoes and Mushrooms, which my son described as a cross between coq au vin and chicken cacciatore. This scrumptious dish was a big hit served over egg noodles and accompanied by your simple but perfect preparation for Roasted Broccoli with Crisp Garlic. For dessert, we loved Hallie's Mixed Berry Pie. I LOVE the way this cookbook is organized. There is a section near the beginning called "The Pollan Pantry," which lists items for home cooks to accumulate over time in categories such as oils, vinegars, "the Spice Drawer," "the Fridge" and "Baker's Dozen." The Pollans then carry over the

concept of "The Pantry" into their recipes, dividing the ingredient lists into: "From the Market" and "From the Pantry." This presentation makes writing my shopping list much easier. The authors have also provided a section called "Essential Utensils" and, again, they have organized those items into categories: "Must-Haves," "Tools You Can't Believe You Lived Without" and "Indulgences."

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