

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

A Master Class

*By New England Culinary Institute;
Ellen Michaud
University Press of New England,
\$35.00, 292 pages*

The New England Culinary Institute is one of the best cooking schools in the country (*Saveur Magazine*). Located in Vermont, the NECI teaches world-class cooking, with a focus on fresh, flavorful, and local ingredients. The style is described as contemporary New England, and that really translates to great traditional dishes with a modern update. The recipes in *A Master Class* are rarely simple, but that isn't something you would expect from a school turning out award-winning

chefs. Organized by food or serving type, *A Master Class* provides meals from each of the seasons, looking at ingredients at their peak of freshness and availability. Naturally, there are a number of dishes focused on the splendid sea life to be had in the area that could be more difficult for readers in landlocked areas without a good, local fishmonger. There are plenty of vegetarian and vegan dishes, but the meat-related dishes far outnumber them. In addition to the recipes themselves, there are tips on preparation, presentation, and pairings for wine. Four essays on the seasons serve as breaks between recipe sections as well as speed bumps, evok-

ing the feel of Vermont as the seasons change. They also help you to consider making your next meal appropriate to the season and not a generic meal using always-available ingredients from the supermarket.

