

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.

The Bon Appetit Cookbook: Fast Easy Fresh

By *Barbara Fairchild*

Wiley, \$34.95, 800 pages

In this collection, Bon Appetit magazine has taken over 1,000 recipes from their monthly Fast Easy Fresh column, and the selection is amazingly broad. Seventeen chapters of types of foods or meals (Chilies, Stews, and Soups, Salads, Salmon and More Fish, Frozen Desserts, etc) are well organized, often with two recipes to the page. Most have less than ten ingredients (that would be the Easy), very short and easy to follow instructions (that would be the Fast) and concentrate on usually easy to find seasonal ingredients (the Fresh). There are some recipes that call for specialty ingredients, but Fairchild gives tips on where to find them, or substitutions if you cannot. The opening chapter is a shopping guide for when and how to find the freshest fruits, vegetables, and meats. With the multitude of options, it should be easy for almost anyone to find a dish that will be easy to make, a pleasure to eat, and healthy for you.



The only downside to the book is that the pictures of finished dishes are inserted in sections throughout the book, and not next to the recipes. But with the number of recipes provided it probably would have moved the cost of this book from affordable to high-end.

In addition, the book comes with a free one-year subscription to Bon Appetit magazine (normally about \$12-15) thus reducing the cost of the book to \$20-\$22. The coupon runs out January 31, 2009, so hurry up if you want to take advantage of the offer.