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# Seven Spoons: My Favorite Recipes For Any And Every Day



## Synopsis

The much-anticipated debut from the author behind the popular food blog Seven Spoons, featuring distinctive, crowd-pleasing recipes; engaging, writerly essays; and the same stunning photography that has earned her website a devoted following. Tara O'Brady was one of the earliest food bloggers to enter the scene, and now, nearly ten years after she first started Seven Spoons, she has become one of the most highly regarded and unique voices in the culinary arena. In her debut cookbook, *Seven Spoons*, O'Brady shares stories and recipes from her Canadian home--fresh, ingredient-driven food that is easy to make yet refined. Recipes like Roasted Carrots with Dukkah and Harissa Mayonnaise, Braised Beef Short Ribs with Gremolata, and Plum Macaroon Cake are wholesome, hearty, and showcase the myriad culinary influences at work in O'Brady's kitchen. Her evocative writing and gorgeously simple, elegant photography has earned her accolades from *Saveur* magazine, the *Daily Mail*, and more. Impeccable food photography and a lavish package round out this beautiful, personal collection.

## Book Information

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## Customer Reviews

Title: *Seven Spoons* Author and Photographer: Tara O'Brady Publisher: Ten Speed Press ISBN: 978-60774-637-9 By extension, how we use our kitchen reflects how we live our lives. How we cook, what we eat, and why we eat it is the story of who we are as a people, our heritage, priorities, and culture. Tara O'Brady writes in the introduction to her book, *Seven Spoons: My Favorite Recipes for Any and Every Day*. At two hundred and ninety-six pages,

this hardbound targets those interested in a diverse collection of food recipes. After a twenty page introduction covering the author's food journey and views on several ingredients, there are seven chapters devoted to over one hundred concoctions, ending with acknowledgments and alphabetical index based on the main product, not dish names. Beginning the first chapter with seventeen bread and breakfast recipes, the next one covers eleven lunches while the third section involves eighteen soups, salads, and snacks. The fourth area has fourteen dinner meals, followed by thirteen vegetables and sides and eighteen sweets, treats, and sips. The final chapter contains nineteen staples ranging from butters, ricotta, and milk to dressings, pie dough, and harissa. Each recipe starts with a title and one to several paragraphs about the dish. Serving size is noted with ingredients in a listed bold font. Directions are also in paragraph format, sometimes including sidebars with tidbits and options. Often containing unique components, some of the unusual dishes are bostocks made with almond meal, chocolate olive oil zucchini bread, fattoush with fava beans and labneh, chaat tostados, celeriac soup with green horseradish oil, halloumi in chermoula, everyday yellow dal, moussaka, turmeric fried okra, baked Irish mash, coconut kheer with bronzed pineapple, and whiskey self-saucing pudding cakes. The full-page, full-color photographs cover approximately one third of the completed meals, sometimes including unrelated scenes. No preparation times and caloric or nutritional information are listed. This eclectic cookbook of diverse dishes may be the answer for those cooks looking for a different recipe to try, taste, or twist using sometimes uncommon ingredients. Author O'Brady has maintained a food blog with the same book title since 2005, writes a regular magazine column, and contributes to several food related sources. Living in Canada with her husband and two sons, the writer has compiled this debut cookbook. Thanks to Blogging for Books for furnishing this complimentary book in exchange for a review of the reader's honest opinion.

This cookbook really starts out strong. There is a really big introduction section that introduces what you should have in your pantry, and the gear you might need to use throughout the recipes in the book. There's also a really big ending section, that contains all the recipes that the "main" recipes used- things such as sauces and cheeses. While I love that even these aspects were made for scratch, I didn't really like that they were all scooted together at the end of the book, instead of being on the following page or something. This book is sorted into chapters according to meal/course: Breads & Breakfast, Lunch, Soups Starters and Snacks, Suppers, Vegetables and Sides, and Sweet Treats & Sips. I liked this way of organizing things, because it makes it easier to find what you need. I also really appreciated that this cookbook included drink recipes. (That's an

under-appreciated section in cookbooks, in my humble opinion.)The book contains nice little notes and tips on techniques or ingredients, which were helpful and a nice touch to the recipes. There's also a fair share of stories that give the book a more personal feel to it. The steps are in small paragraphs as opposed to shorter, numbered steps. There's a nice variety of cultures present here, ranging everywhere from Greek to Vietnamese to African. This is widely reflected in the dishes themselves, which range from basics like lemon chicken to dishes with bold Indian spices. Some of the dishes in this cookbook are very, very simple. But some of them are pretty complicated and have long ingredient lists. This isn't a bad thing, it's just less likely I'm going to have all of those things on hand to cook on a whim. On the same note, there are some ingredients here that are rather hard to get a hold of, at least near me, such as za'atar and halloumi. I'm sure they're wonderful to cook with, but it's definitely not something I currently can run to the store and fetch. The pictures that are in this book are gorgeous, but there's not really enough of them for my liking. Photos are a key element to whether or not I purchase a cookbook; I like knowing what I'm supposed to be aiming for. Some of the dishes I'd most like to prepare from this cookbook include Dipper Eggs with Cheese-Fried Toast Soldiers, Hard Cider Gougeres, Walnut Cherry Oat Butter Tart Pie, and Roasted Grapes with Sweet Labneh. Overall, this is a pretty good cookbook. I think both beginners and more experienced cooks can benefit from it, but be prepared for ingredient lists that you might not necessarily be used to. I received a copy in exchange for my honest review.

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