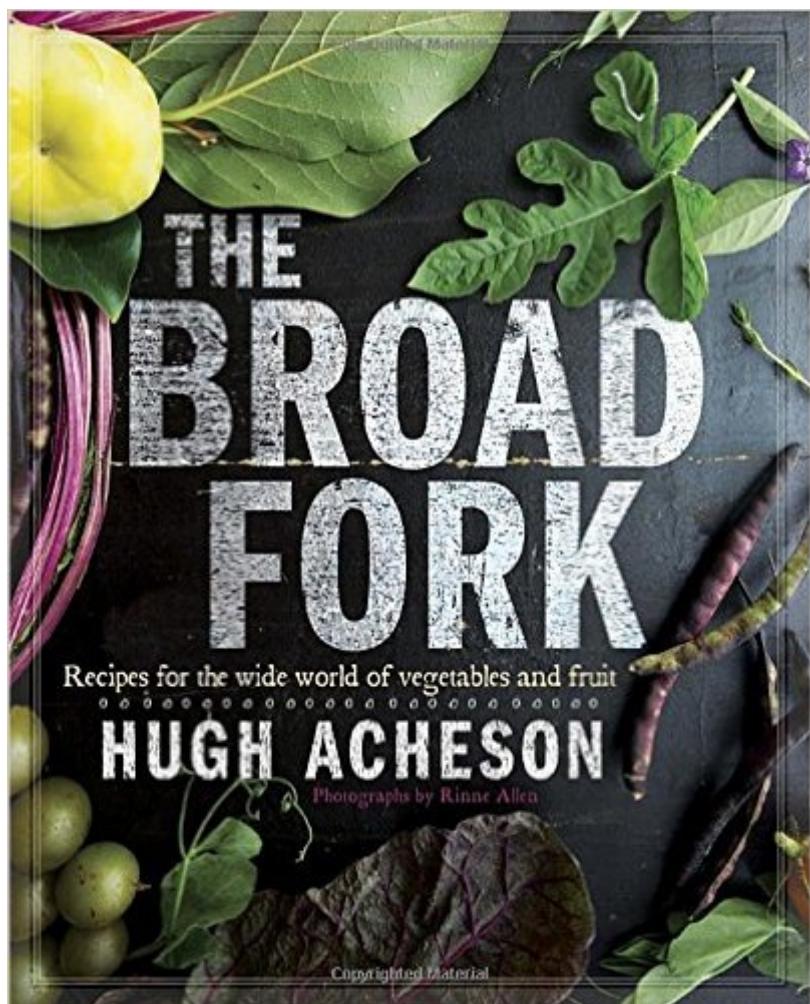


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The Broad Fork: Recipes For The Wide World Of Vegetables And Fruits



Synopsis

From James Beard Award winner Hugh Acheson comes a seasonal cookbook of 200 recipes designed to make the most of your farmers' market bounty, your CSA box, or your grocery produce aisle. In The Broad Fork, Hugh narrates the four seasons of produce, inspired by the most-asked question at the market: "What the hell do I do with kohlrabi?" And so here are 50 ingredients--from kohlrabi to carrots, beets to Brussels sprouts--demystified or reintroduced to us through 200 recipes: three quick hits to get us excited and one more elaborate dish. For apples in the fall there's apple butter; snapper ceviche with apple and lime; and pork tenderloin and roasted apple. In the summer, Hugh explores uses for berries, offering recipes for blackberry vinegar, pickled blueberries, and raspberry cobbler with drop biscuits. Beautifully written, this book brings fresh produce to the center of your plate. It's what both your doctor and your grocery bill have been telling you to do, and Hugh gives us the knowledge and the inspiration to wrap ourselves around produce in new ways.

Book Information

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Customer Reviews

I am always looking for new and delicious ways to get more veggies into my diet. Steamed veggies and run-of-the-mill salads get monotonous, am I right? Enter The Broad Fork: Recipes for the Wide World of Vegetables and Fruits by Hugh Acheson. The book was born of the question "What the hell do I do with kohlrabi?" Uhhh... yeah. What do you do with kohlrabi? I've seen it at the market but I've never cooked it or tasted it. According to Chef Acheson, kohlrabi is at its best in fall and he

suggests pickling, braising or slawing it. Or how about Kohlrabi salad with pecans, lime, paprika and marjoram? Skillet kohlrabi with lobster, fennel and curry butter? A simple kohlrabi puree? Organized by what is at its best during each of the four seasons, The Broad Fork offers up several tasty and inventive recipes to keep in mind while you're browsing at the farmer's market. I'm writing this review in the summertime and am browsing several recipes for basil, corn, cucumbers, peppers, squash and tomatoes. I'm reading ahead to fall, when I'll take advantage of good Midwestern apples, onions, sweet potatoes and mushrooms. The recipes I've tried thus far have been keepers. Carrot Soup with Brown Butter, Pecans and Yogurt. Grilled Corn Salad with Chiles, Basil and Lime. Roasted Sweet Potatoes with Lime, Queso Fresco, Chiles and Cilantro. Oh yes. Good depth of flavor, fabulous use of seasonal produce and, bonus, a way for me to keep getting some new veggies on the plate. I have a difficult time resigning myself to blah vegetables just for the sake of eating veggies. This book will be kept on-the-ready in the months to come. I'm looking forward to trying many more recipes from The Broad Fork. The graphic designer in me would also like to note that this is a beautiful book. Chef Acheson's food is gorgeously photographed by Rinne Allen. The design is smart and a delight to skim through. I liked the choice of paper, matte with a good hand. A good production, all around.

Classic Hugh Acheson: funny, approachable, relatable. This is a refreshing, healthy, Southern, vegetable filled cookbook that will likely remain on your counter than on your bookshelf. Go to the farmer's market, pick up what's in season, and turn to the corresponding chapter to find a new take on a vegetable classic. You really can't go wrong with this book, and I am quite happy to have it as I learn to be more confident in the kitchen. I highly recommend it to beginners or more advanced home cooks.

This is a beautifully put together book, and for advanced cooks it would be great. I was a little disappointed because I had heard about the book and had a different idea of what I was getting. Many of the ingredients are difficult to get unless you live in a large metro area. Recipes are often quite involved. So yes, a great book but for an advanced cook or someone with enough time to really do these recipes. I loved the pictures and information on the types of vegetables. I loved the set up of cooking through the seasons. There were some items I was unfamiliar with, so it was great to read about them even if they are not available in my area. I tried out several recipes and love them, but I am semi-retired and have the time for these, so it was fun for me. This would be a great gift for someone who wants to expand cooking skills and/or vegetarian cooking.

A very, very, useful cookbook for someone who loves vegetables and fruits. I was actually surprised how useful this book is. I had kinda figured being a "celebrity" chef that the book would have overly complicated recipes and what I found is a wide variety of recipes for all types of cooks from very experienced cooks to non-cooks. I am a "lazy cook" and need to keep things simple and Chef Acheson has basic but tasty recipes for the greens that I love. Take bok choy, for example, he has a real quick recipe that I turned into a meal by adding sausage and I use this recipe all the time because I love bok choy. The only issue was that he recommended a type of sesame seed called benne that I could not find, but no big deal, I just used the sesame seeds that my local spice shop had. I just made the tian (basically a tart without the crust) of squash, zucchini, tomato and basil and that was really quick and easy, even for me. I think that this is another cook book that I will go back to as I get more confidence to try more challenging recipes or not. He has a ton of recipes for greens which I was really happy about and I have yet to try all the different sweet potato options. I live in the midwest and I found there are plenty of options for all the dinosaur like root vegetables, he even opens the book with the quote "what the hell do I do with kohlrabi?". As I read some of the recipes it seems that he really did write them and not a ghost writer because there are little bits of humor injected here and there, about French food, about weird vegetables, so it is entertaining as well. The only thing I would have liked to see was a source guide for things like benne seeds or some of the non-local, non-farmers market ingredients. But if you dig around the internet you will find them, like Kalustyan's, for example that just has a ton of stuff, oils, nuts, syrups, salts, etc. So this is a fun, useful book to have on your "go to" kitchen shelf. Finally, it is a book about vegetables and fruit but not your traditional strict kind of vegetarian, vegan recipes which is the reason I bought it. You don't have to be a vegetarian to eat vegetables and the recipes in this book will enable anyone to make recipes with vegetables and fruits that taste really good!!

Amazing seasonal focused cookbook. Know what to do with even some of the more obscure local vegetables you'll find at your local farmers market. This book is great for several reasons, each vegetable contains at least several fairly simple recipes for each item as well as one more complex. No matter your cook skills you'll find it useful. The photography is also stunning while it's certainly better served as a cook book and not a coffee table book, author Hugh Acheson even mentions that he hopes it is the case, it certainly could be a coffee table book as well.

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