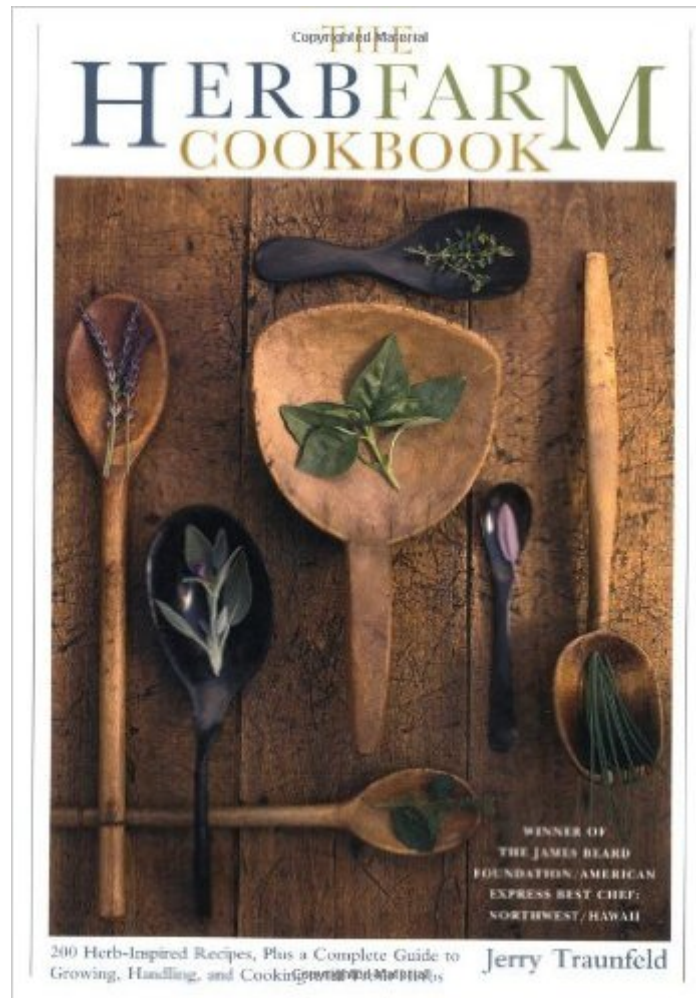


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The Herbfarm Cookbook



Synopsis

Not so long ago, parsley was the only fresh herb available to most American cooks. Today, bunches of fresh oregano and rosemary can be found in nearly every supermarket, basil and mint grow abundantly in backyards from coast to coast, and garden centers offer pots of edible geraniums and lemon thyme. But once these herbs reach the kitchen, the inevitable question arises: Now what do I do with them? Here, at last, is the first truly comprehensive cookbook to cover all aspects of growing, handling, and cooking with fresh herbs. Jerry Traunfeld grew up cooking and gardening in Maryland, but it wasn't until the 1980s, after he had graduated from the California Culinary Academy and was working at Jeremiah Tower's Stars restaurant in San Francisco, that he began testing the amazing potential of herb cuisine. For the past decade, Jerry Traunfeld has been chef at The Herbfarm, an enchanted restaurant surrounded by kitchen gardens and tucked into the rainy foothills of the Cascade Mountains, east of Seattle. His brilliant nine-course herb-inspired menus have made reservations at the Herbfarm among the most coveted in the country. Eager to reveal his magic to home cooks, Jerry Traunfeld shares 200 of his best recipes in *The Herbfarm Cookbook*. Written with passion, humor, and a caring for detail that makes this book quite special, *The Herbfarm Cookbook* explains everything from how to recognize the herbs in your supermarket to how to infuse a jar of honey with the flavor of fresh lavender. Recipes include a full range of dishes from soups, salads, eggs, pasta and risotto, vegetables, poultry, fish, meats, breads, and desserts to sauces, ice creams, sorbets, chutneys, vinegars, and candied flowers. On the familiar side are recipes for Bay Laurel Roasted Chicken and Roasted Asparagus Salad with Fried Sage explained with the type of detail that insures the chicken will be moist and suffused with the flavor of bay and the asparagus complemented with the delicate crunch of sage. On the novel side you will find such unusual dishes as Oysters on the Half Shell with Lemon Verbena Ice and Rhubarb and Angelica Pie. A treasure trove of information, *The Herbfarm Cookbook* contains a glossary of 27 of the most common culinary herbs and edible flowers; a definitive guide to growing herbs in a garden, a city lot, or on a windowsill; a listing of the USDA hardiness zones; how to harvest, clean, and store fresh herbs; a Growing Requirements Chart, including each herb's life cycle, height, pruning and growing needs, and number of plants to grow for an average kitchen; and a Cooking with Fresh Herbs Chart, with parts of the herb used, flavor characteristics, amount of chopped herb for six servings, and best herbal partners. *The Herbfarm Cookbook* is the most complete, inspired, and useful book about cooking with herbs ever written. -8 pages of finished dishes in full color -16 full-page botanical watercolors in full color

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Customer Reviews

The recipes in Jerry Traunfeld's *The Herbfarm Cookbook* will make your taste buds perk up and sing. And they'll have your friends begging for dinner invitations. After reading an essay by the author on growing herbs, I bought this book to learn about herb gardening. Three months later, I find it my favorite--and most-used-- new cookbook since I discovered Julia Child's *Mastering the Art of French Cooking* thirty-odd years ago. *The Herbfarm Cookbook* is not merely an extraordinary source of scrumptious recipes; it has transformed the way I cook--even the way I think about food. Traubman uses herbs to intensify the flavors of foods--in glorious combinations. He infuses the cream for a panna cotta with ginger and lavender or turns a simple white gazpacho into the essence of summer with the addition of mint, parsley and tarragon. Purees of fresh herbs form bases for relatively light yet rich-tasting sauces. While he may call for a half cup of basil here or $\frac{1}{2}$ cups of tarragon there, none of his dishes are overpowered by a too-dominant flavor. In fact, the amazing thing about cooking with herbs in this manner is the way they underscore the tastes of star ingredients. Vegetables as ordinary as parsnips and carrots become sublime. The simplest roast chicken or linguine in clam sauce gains intriguing overtones and new interest. Halibut roasted in an herbal green robe. Couscous salad with cumin, cilantro and apricots. Appetizers of broiled figs sprinkled with thyme on gorgonzola-slathered croutes or mussels on little beds of broiled mint pesto. Every recipe I have tried has been amazing. And most of them have been surprisingly simple. The author is the chef of one of America's most acclaimed restaurants.

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