

A BOOK FOR THE COOK

# 'Adventures in Food' Spurs Imagination and Education

ADVENTURES IN FOOD by the editors of Sunset Books and Sunset Magazine, Lane Book Co., Menlo Park, Calif. 1964. 192 pp. \$5.95.

Reviewed by MARJORIE RASMUSSEN

Page after handsome page, "Sunset Adventures in Food" unfolds a wealth of unique ideas for preparing delectable dishes.

Noteworthy recipes abound in this exceptionally beautiful new cookbook to pique the imagination of a knowledgeable cook and to guide the culinary education of a budding food sophisticate.

Compiled and tested by the editorial staffs of Sunset Books and Sunset Magazine, these recipes were developed in consultation with noted West Coast food authority Helen Evans Brown for use in her column in the magazine. Three hundred thirty-seven of the very best from that column were selected for this book.

All 12 chapters, ranging the menu gamut from appetizers through desserts, are resplendently illustrated with enchanting, color-

ful paintings by award-winning Alice Harth.

HERE IS an outstanding cookbook of distinctive dishes to tempt palates of food connoisseurs as well as those with simple, everyday tastes. It is a book for all who enjoy a variety of wholesome, well-prepared foods.

Included in this delightful collection are recipes for such varied dishes as Mushrooms Bourguignon, Homemade Pork Sausage, Chicken Marengo, Gigot Porcello, budding food sophisticate.

Imaginative seasonings, creative combinations of familiar foods and ideas for attractive presentation at the table give these reliable recipes their adventuresome appeal.

Each is unique. Many are foreign in origin with a substantial num-

ber based on the classic haute cuisine of France. Written mostly in paragraph style, recipe instructions are clearly stated and simple to follow. Menu suggestions are liberally given throughout along with advice on keeping qualities of the dishes and make-ahead hints when possible.

HERBS, SPICES and wines are vital to this type of cooking, of course, but only in a few instances would a trip to a specialty grocer be necessary.

The average cook will find the recipes easy to prepare with equipment and foods that are readily available or already in her kitchen. An electric blender is called for often, but in many cases a sieve would work as well.

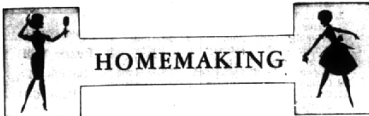
The text of the book is interspersed with lustrous photos of cooking wisdom. Some are very short recipes. Others are directions for perfect cooking techniques, attractive garnishes, serving suggestions or histories of recipe origins.

THROUGHOUT, the reader is urged to develop a creative approach to cooking, to vary her recipes a bit, perhaps using this book as a starting point.

From the chapter on Breads and Sandwiches... "It is, in fact, our hope that you'll experiment, for only in that way can new recipes be added to our great American cuisine."

And from the chapter on Meats... "In many of these recipes, the meats are interchangeable, which in itself should be a good way to explore new directions and to discover recipes that will be your very own."

This is a working cookbook of good taste, one that will serve as a recipe source for many memorable dinner parties as well as for inspired day-to-day family meals.



ALONG WITH COOKING, NEW WORLD OF ART Book includes paintings, drawings.

## Book

(Continued from 1-D)

a job and the social circuit for which you just don't have money to give a gift to somebody who means a great deal to you.

As you look back, remember the joy you experienced as you shared something you made yourself; something of you is in those gifts. After all, it is the outward flowing of giving which provides that happy, warm return.

Let's get back on the beam and talk horticulture. Get all of those tulips and other bulbs into the ground before the ground becomes too hard. If you mulch too early the flowers beds of your choice plants,

remember that the field mice will band apartments in the shelter, placing themselves in a wonderful position to munch on the bark and tender shoots which you have thoughtfully covered up.

DON'T MULCH your book until after Thanksgiving when the rodents are through house-hunting. Those in the Radgate area were overrun last winter with the pests and too efficient yard services.

If you wish to plant a tree in this cycle, make the hole and cover the shelves of soil with a cover so that the soil will remain soft as filling in around the roots upon the delivery of the tree or shrub.

This is the ideal time to plant a tree or an evergreen with the excuse: "There is your Christmas present, Dearie."

## Curator Talks At the BAA's Next Program

Robert D. Kinsman, associate curator of contemporary art at the Detroit Institute of Arts, will discuss "Contemporary American Painting" at 8:30 p.m. Friday at the Bloomfield Art Association, 1516 S. Cranbrook Road, Birmingham.

His talk will be illustrated with slides. The program is open to members without charge; there is an admission charge for non-members.

Kinsman currently is presenting a series of programs, which began Oct. 7, at the Art Institute. He will moderate a two-part symposium on "Pop Art and Tradition" at the museum Nov. 21.

PRIOR TO joining the staff of the institute in June, 1963, Kinsman taught art history at Mary Washington College of the University of Virginia. He also has served as lecturer at the National Gallery of Art in Washington, D.C. Born in Concord, Mass., Kinsman was graduated from the School of General Studies of Columbia Uni-

versity and subsequently completed two years of graduate study in art history at Columbia.

Kinsman organized "The Art of Jimmy Ernst," an exhibition presented at the Detroit Institute of Arts from Dec. 10, 1963, through Jan. 5, 1964, and "Lyonel Feininger: The Formative Years," an exhibition shown at the institute in September.

3-30 bod tail—The B-Bop's Go

Diamonds have been found in Arkansas.

Dear Santa:  
All Cathy wants for Christmas is a little doggie. She tries to be good. By the way she wants a real live doggie. If you have one, Cathy would be very nice to him. We have a turtle now and she feeds it all by herself every day. We will buy some doggie food for him.

We think baby Joy wants a little soft animal toy that winds. Thank you very much.

Cathy and Joy Pinkerton, 6886 Bloomfield Lane, Birmingham

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## Fashionable Styling

Mrs. Joseph Slavik, 18666 San Diego, Lathrup Village, was one of the models in a fashion show at the recent Lathrup Village Women's Country Club luncheon. Harry Brimell of Bertha's Salon in Birmingham did the hair styling at the event.



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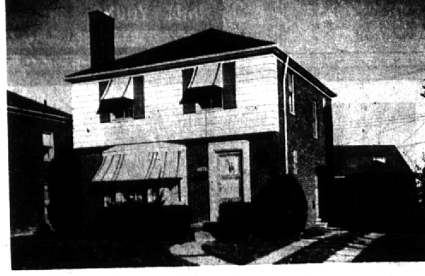
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