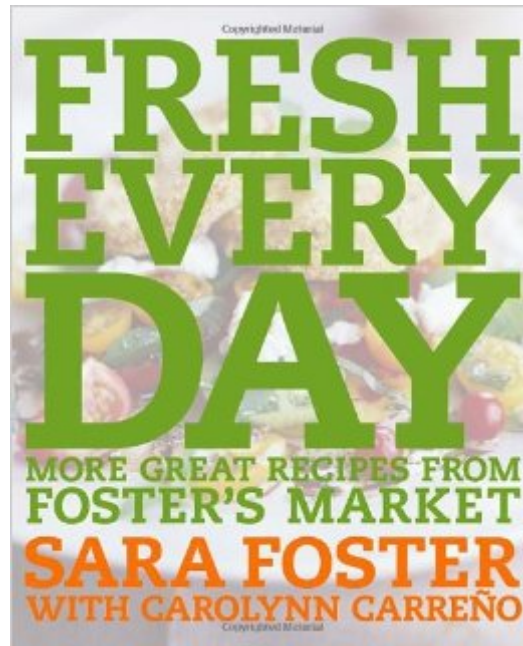


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# Fresh Every Day: More Great Recipes From Foster's Market



## Synopsis

Fresh. Flavorful. Unpretentious. Food this good doesn't need much of an introduction, and the inspired, down-home fare served at Foster's Market speaks for itself . . . and keeps the locals coming back day after day. In *Fresh Every Day*, Sara Foster continues the tradition of soulful, seasonally inspired cooking, with more than two hundred of the New Southern recipes made famous at her eponymous markets. She adapts the skills and secrets of a successful professional kitchen for dishes and flavors that speak to the way we really cook at home, from slow-cooked stews and roasted chicken to burgers and salad meals born of leftovers. No elaborate techniques or esoteric ingredients here—just good home cooking elevated to company fare. Cornbread Panzanella with Avocado. Pan-Roasted Halibut with Cherry Tomatoes and Butternut Squash. Fall Off the Bone Baby Back Ribs. Molasses Sweet Potato Pie. Take these recipes, Sara invites, take everything you know and feel about food, and have fun cooking. A cookbook for all seasons bursting with recipes easy enough for any day of the week, *Fresh Every Day* brings new meaning to comfort food.

## Book Information

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## Customer Reviews

'*Fresh Every Day, More Great Recipes from Foster's Market*' is Sara Foster's second book in about three years, with a new co-author, Carolyn Carreno, a co-author of the very good New York City bistro / bakery book, '*Once Upon a Tart*'. Whether it is from the change in collaborator or some other reason, Ms. Foster has succeeded in giving us a book which is not only better than her first,

but it is better than books from her nearest competitors, Paula Deen and fellow Martha Stewart alum, Ina Garten. While Deen gives us very good renditions of classic Southern dishes, Ms. Foster and her allies have done a 'fusion Southern' cuisine which has all the charm of the original models with maybe just a little less fat and a little more flavor. Compared to fellow caterer, Ms. Garten of Long Island, Ms. Foster gives us much more bang for our \$35. I have always thought Ms. Garten's books are just a tad overpriced for their content. Sara Foster has delivered a lot more content, and more interesting content, for the same price. While it took a fair amount of careful reading before I gave Sara's first book my five stars, my visceral pleasure with this book kicked in almost immediately, which is a sure sign that this is a quality cookbook. Very good and very bad books usually show their colors in the first few pages. When you have to look for the good stuff, it is surely an average book. The book has just a slightly different focus than the first book, in that it covers a lot of things Ms. Foster cooks at home for her family and dishes she demonstrates when she is doing book tours and cooking classes. For starters, I always give high marks to books with good breakfast recipes.

Fresh Every Day educates the adventurous novice cook and challenges those of us with years of experience in the kitchen. Both will appreciate Sara Foster's well-organized, straightforward style and plentiful tips. Each section incorporates mini-lessons that cover elementary info -- using a meat thermometer, making pie crust, cooking fish -- as well as more advanced topics -- roasting garlic, making risotto, frying sage. Looking for traditional Southern favorites? You'll find Creamy Cheesy Corn Grits, Angel Biscuits, and Molasses Sweet Potato Pie. Something more contemporary? Try the Spicy Pad Thai Salad, Pan-Seared Scallops with Citrus Tarragon Butter, or Individual Tiramisu. After Fresh arrived in the mail, I spent my spare hours browsing the pages, becoming acquainted with Foster's home cooking with a sophisticated twist. Plenty of large, yummy photos capture the taste and texture of the recipes: fried green tomatoes coated with crunchy cornmeal; slivers of parmesan and prosciutto glistening with homemade vinaigrette; a chunk of glazed pork sliced from a baby back rib; roasted pears resting in a golden sea of syrup. Fresh Every Day passed my shopping simplicity test. Once I chose several recipes and created my grocery list, I had no problem finding the simple, fresh ingredients at just one store, and thankfully the recipes required no new culinary equipment. Foster uses plenty of fresh herbs so I'd suggest planting pots filled with rosemary, basil, sage, and mint to avoid paying several dollars each for the small packages found in grocery stores. Blue Heaven Smoothie, packed with fruit, a hint of cinnamon plus a tablespoon of honey, is refreshing and tart. Pickled Shrimp are perfect appetizers for picnics and tailgating. My daughter

begged for the leftovers.

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