



# **Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen**

*Shelley Boris*

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*Fresh Cooking* is exactly what the home cook desires—a cookbook with range and flexibility that addresses seasonality, budget, and diverse diets and tastes. Built around meals Shelley Boris created for the Garrison Institute, a retreat center in New York's Hudson Valley, it contains thirty-six menus, with four to five delicious recipes in each, organized by month. Caroline Kasterine's beautiful photographs compliment the recipes.

From the beginning of her career in the heyday of New York City's culinary scene with Dean & DeLuca, Shelley Boris has maintained a love of fine, fresh ingredients and an intuitive grasp of their possibilities. This book draws on her passion and experience to create delectable meals on a budget without compromising flavor or diversity.

Sample seasonal menus include:

### JANUARY

Onion Soup with Sprout Creek Cheese and Sour Rye Toast  
Winter Root Vegetable Salad with Sherry-Hazelnut Dressing  
Baked White Beans  
Greens Tossed with Lemon, Balsamic, and Grapeseed Oil Vinaigrette  
Quince in Phyllo

### MAY

Whole Roasted Chicken with Green Garlic and Sassafras  
Roasted Mushrooms and Jerusalem Artichokes  
Polenta with Spinach, Spring Onions, and Cheese  
Greens Tossed with Yogurt and Herb Dressing  
Buckwheat Banana-Pecan Cake

### AUGUST

Haiga Rice and Barley with Purple Shiso and Hijiki  
Roasted Eggplant and Miso  
Duck with Garlic  
Greens Tossed with Ginger Vinaigrette  
Peaches and Cream

### NOVEMBER

Spicy Cabbage with Brown Mustard Seeds  
Curried Lentils  
Wild Rice  
Greens Tossed with Lime and Toasted Sesame Seed Vinaigrette  
Walnut Bar

## **Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen Details**

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## **From Reader Review Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen for online ebook**

**Chuck Ozment says**

I received my copy of Fresh Cooking from Monkfish Publishing as the winner of a first reads giveaway.

Shelley Boris is obviously a master of her craft. She easily relates the inspiration, passion, and techniques behind each recipe. Boris relies on a mixture of tradition and nostalgia with schooled technique.

I was pleased to find a mix of basic recipes like oatmeal, hummus, blueberry muffins, cheese grits, and fresh pasta included with a wealth of more advanced restaurant-style dishes using non-typical ingredients. This is definitely a cookbook I will turn to regularly when planning the menu for my family.

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