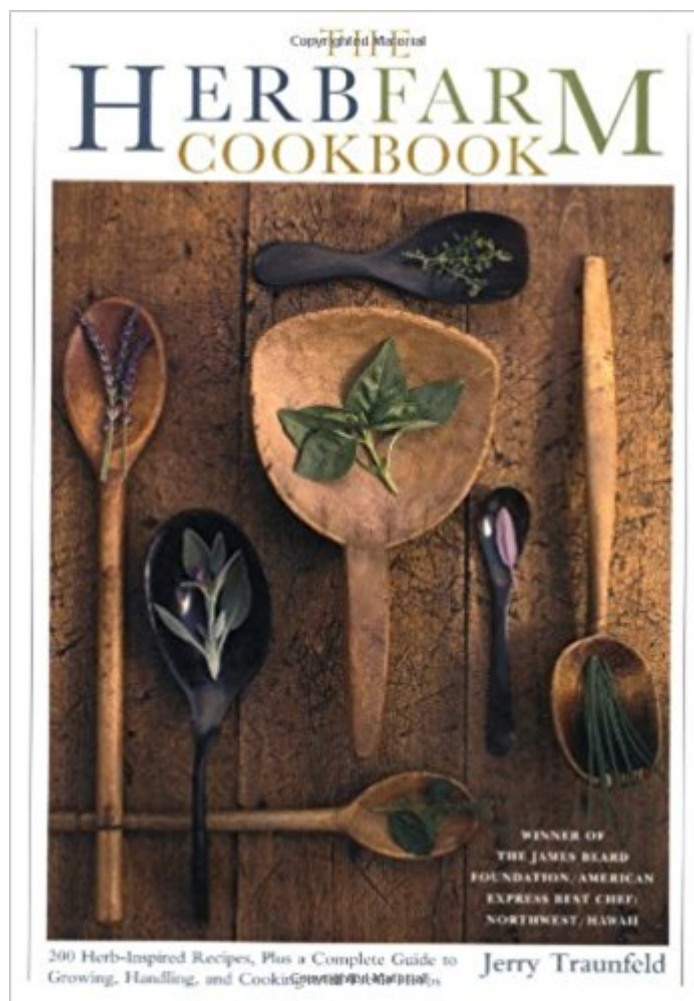


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The Herbfarm Cookbook



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

Since 1990, Jerry Traunfeld has been the chef at the Herbfarm, a restaurant-nursery nestled in the foothills of the Cascade Mountains in Washington State devoted to propagating an exceptional variety of culinary herbs, edible flowers, and greens. People wait months for a table at this restaurant, where Traunfeld's unaffected yet sophisticated cooking unfolds in a nine-course dinner. Reading his recipes, you understand why. It is hard to get through even the first chapter, on soups, without starting a shopping list for making Green Gazpacho, a cooling blend of cucumbers and green pepper with spearmint, parsley, and cilantro, or Herbal Chicken Noodle Soup, lavish with fresh basil, chives, tarragon, and marjoram. After enticing you with the story of his signature dish, a green salad made with up to 30 ingredients, each literally harvested and assembled on the plate one leaf and blossom at a time, Traunfeld shows how, using more typical resources, you can construct a salad friends will declare a delicious work of art. To make it really simple, he provides a chart listing 50 possible choices that helps you balance the flavors, including hot, sweet, bitter, and aromatic, and the colors and textures that make a salad more than a plate of lovely greens. However, if you don't live in a culinary paradise like the Seattle area, only have access to a typical supermarket, and you don't want to grow your own herbs, you can still infuse your cooking with the same enticing magic Traunfeld creates at the Herbfarm. Just tuck sprigs of thyme, rosemary, or oregano between the slices of a loaf of country bread spread with butter or olive oil and roasted garlic, wrap it in foil, and pop it in the oven for a quick 12 minutes. Or try Mashed Potatoes with Toasted Coriander, the seeds adding earthy flavor to a perennial favorite, and serve with chicken

piccata enlivened with fresh dill. Traunfeld is such a good teacher and clear writer that you follow with confidence when he guides you through Herb-Smoked Salmon--first dry-rubbed, then smoked over dried stems from basil, thyme, or fennel and finally baked until the fish is just gently set. You also get an introduction to the Japanese concept of umami, a state of food perfection that Traunfeld achieves in his Umami Carrot Soup with Mint. Following the 200 recipes and alluring photos of some prepared dishes, you learn about growing herbs, both in the garden and in containers. A section describing herbs and edible flowers, from angelica to violets, is ample and articulate enough to stand on its own as a book, and those interested in gardening will appreciate the list of nurseries here. Finally, this section includes a table covering 29 herbs that will help you transform your own favorite dishes simply by adding fresh herbs. --Dana Jacobi

In his debut cookbook, Traunfeld elevates herbs to celebrity status. Chef at the Herbfarm restaurant near Seattle, he marries friendly flavors (Tomato and Fennel Soup, which includes French tarragon, and Pork Chops with Sage, Onion and Prosciutto). He also employs unusual and bold strokes to create such tantalizing dishes as Oysters on the Half-Shell with Lemon Verbena Ice, Potatoes with Lavender and Rosemary, Grilled Marjoram-Scented Corn, Saut?ed Duck Breasts with Mint, Coriander, and Olives and Halibut Baked with Leeks, Apple and Lovage. Pointing out that herbs and flowers are nothing new in dessert-making, Traunfeld is particularly successful with sweets; he combines flavors with a masterful touch, exemplified by Pear, Maple and Rosemary Clafouti, Pumpkin-Bay Tart and Raspberry and Rose Geranium Sorbet. A summer's abundance of herbs can be persuaded to satisfy well after autumn's frosts with such fare as Apple-Thyme Jelly, Plum and Lavender Chutney and Candied Angelica. Several herb-based drinks are also provided, including the Herbfarm Champagne Cocktail, wherein a single herb leaf or sprig is crushed between the fingers, dropped into an empty champagne flute, then filled with the proper potable. Concluding the book is an extensive chapter outlining individual herbs and their cultivars as well as advice on growing and harvesting them. With herbs increasingly common in supermarkets, this compendium of recipes and useful facts is ideal for cooks eager for new taste temptations. (Mar.) Copyright 2000 Reed Business Information, Inc.

Absolute favorite cookbook of all time. This is such a great read and every herb/food combo is stellar.

I've found this book after eating at Poppy in Seattle (owned by the Author) 10-20 times in the past

year. After eating so well, I did a little online research and found this book by Jerry. If you read the other reviews here and love cooking - you would come to realize that you must have this book. Yes - you must. Me and a friend of mine are cooking from this book in the past few months and the dishes were always exquisite! So good and flavourful. The carrot salad is to die for, the lavender rhubarb pie is divine, the slow roasted tomatoes are so good that it became a house favorite. All the dishes' ingredients are full with herbs joy, I've never heard of some of them before the book but I'm so glad I cook with them now (e.g. Sorrel, Angelica, Lovage etc'). You would learn to cook, to grow your herb garden and all about the principles of cooking with herbs (matching, cutting, growing etc'). Worth every penny - you will not regret this buy - it became the one and only cooking book for me. Oh, and you can find it used, so it's even a greater deal. Enjoy

The author of this book has a great talent with words. He truly writes stories that tell you the background of the recipes, bringing you the sights and smells and sounds. You can tell that he absolutely loves food in all its forms. I have really enjoyed this cookbook and have tried several recipes. While some of them have been more "gourmet" than I usually cook, most of the recipes have actually sounded fancier than they are (which is a good thing - I meant they weren't as difficult to prepare as it might appear). I love to read this book just as much as I enjoy cooking from it. I feel transported to the herb gardens of Seattle when I settle down to read it.

Love The Herbfarm Cookbook! I ordered it for one particular recipe, and planned to copy that recipe and give the book to the library -- whose copy of the book was never returned by a borrower. Got that recipe, and tried it, and found another that I just "had" to try. That recipe worked well enough that I fixed it again for company. And so I've decided to keep the whole book!

The Herbfarm Cookbook is a great recipe book for cooking novices or the home chef who simply enjoys to cook, but wants to learn more about technique and explore a higher level of cooking. I absolutely love this book. It provides technical information, as well as detailed lovely recipes.

This book has wonderful recipes such as, herbed focaccia with rosemary, sage and thyme; and beef tenderloin steaks with red onions and tarragon relish- delicious. Bay Laurel Roasted Chicken and Lavender Shortbread cookies for dinner tonight. I love cooking with my herbs and this book has been a huge help.

It was a great deal, except I as it was a present for my dad, I should have shipped it to him, since it cost me more to mail it via post office than the book cost.

I've been gourmet cooking and growing most of my own herbs now for years, some successfully, and others not so. In looking for some aid with what ails my herb garden, sought this one out as possibility. It provided what I needed and more. What I needed was some specific help with cultivation and amount of each herb for the kitchen. Exactly one of the main portions of this book. The bonus is the exciting recipe collection that composes this award winning cookbook. Feast your eyes and tastebuds on: Roasted Asparagus Salad with Fried Sage; Smoked Trout and Corn Pudding; Individual Crab and Lemon Thyme Souffles with Chervil Sauce; Shrimp and Tarragon Risotto; Poached Salmon Fillets with Tarragon Sauce; Grilled Flank Steak with Oregano Marinade; Apple-Rosemary Souffle; Red Pepper and Hazelnut Sauce. If you're serious about cooking, this is must have on your shelves. Herbs and fresh ones are a must, and this provides advice from a pro oriented towards whatever size garden one can have.

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