

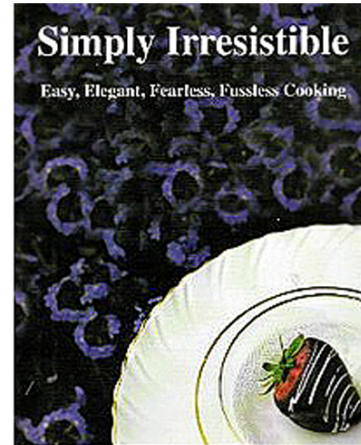


# Appetite for Books

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## **Simply Irresistible Easy, Elegant, Fearless, Fussless Cooking**

by Sheilah Kaufman  
G&R Publishing Company  
paper, 146 pages  
\$17.95



Sheilah Kaufman cooks the way you do, only probably better, since she's been writing cookbooks and teaching cooking for 35 years. And like you, she doesn't want to get bogged down in the kitchen. In this book, she's collected the recipes she's gathered over time that please herself, her family, and her friends. Kaufman has adapted these dishes to suit her taste and style, and saved them to share in this book.

The book includes many Jewish specialities, which is Kaufman's specialty, like rugelach and kugel, and plenty of dishes that will work for the way you live and eat. Brunches, lots of chicken choices, and some special appetizers and desserts for occasions.

The book also has some hidden gems. English Muffin Loaves are an old-fashioned favorite that comes together quickly, leaving no excuse for not making homemade bread. The soft batter is made with plenty of milk (which helps it keep) and is simply stirred together, spooned into a loaf pan for a 45-minute rise, and baked. No kneading or shaping required.

Carrot Rice Pilaf is a sunny and perfumed dish, bright with carrots and golden rice. This pilaf is perfumed with cardamom, which mellows as it simmers in the chicken broth with a bit of honey. A pinch of red pepper flakes adds spark and the whole comes together in a melding of sweet and sharp. Everyone has some rice on the shelf, a carrot in the crisper and some spice in the drawer, and this dish is a simple assembly.

Kaufman gives traditional Southern spoonbread a cultural twist with her Caraway Spoon Bread. Cheddar and caraway complement the corn meal that, with an egg and a bit of baking powder, puffs into a homey souffle, and spoons up into good side dish wedges.

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That's one of the most appealing things about this cookbook, the dishes jump around, from Jalapeno cornbread or cranberry muffins. Just the way you feel like tart one day and sweet the next, this book can take you there. Kaufman offers many familiar favorites, but also has some twists up her sleeve. Brandied cranberries make a nice change from the contested canned sauce as do cole slaws made with jicama or papaya.

Kaufman doesn't neglect desserts either, from a little bit fancy Chocolate Gateau to plenty of homey pound cakes, with baklava and gingersnaps in between.

This is comforting food that you can make with the comfort of well-tested recipes, sure to please.

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