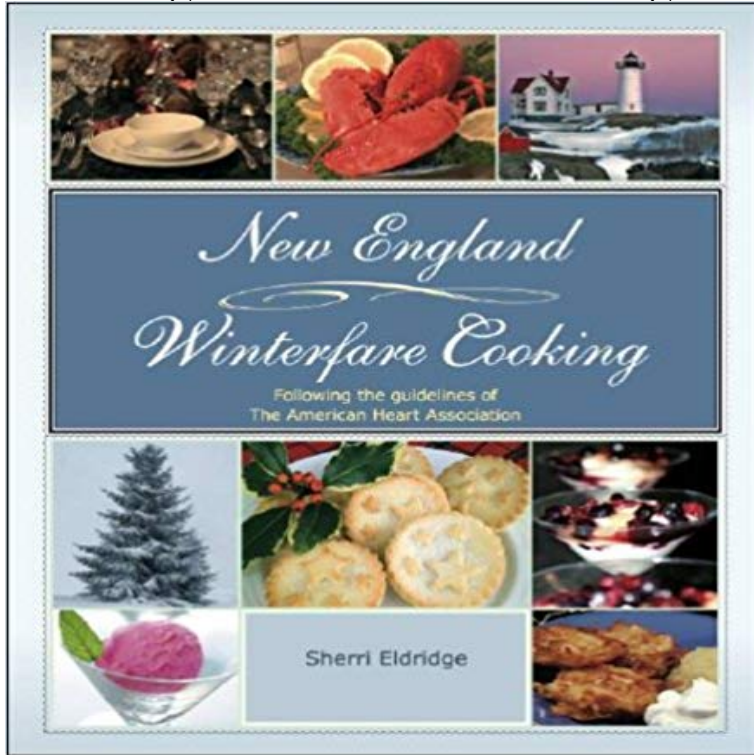


New England Winterfare Cooking



Following the guidelines of the American Heart Association for healthy adults, this book celebrates flavorful homemade food. Easy recipes include ultra quick preparation to elegant holiday feasts, along with festive decorating and pretty party buffet tips. Morning starters favor Apple-Walnut Pancakes with Apple Syrup, Cranberry-Orange Muffins and Buckwheat Ployes. New England dinners feature Candied Cranberry Sweet Potatoes, Apple-Butternut Squash, Grilled Eggplant Italiano, and an intoxicating recipe for Braised Leeks. Classic seafood like Stamford Crab Bisque, Honey-Orange Glazed Salmon and Frenchmans Bay Baked Stuffed Lobster capture the spirit of fisherman from Long Island Sound through the Gulf of Maine. Aromatic Rosemary Minestrone, and other savory slow-cooked stews accentuate the quality of basic ingredients in cold-weather cooking. Sending guests off with a smile, Eldridge offers Holiday Strudel, Gingerbread People, Chocolate Raspberry Torte, Rum Ricotta Cheesecake and a lovely Blueberry Tea Cake with Honey. Beautiful food, landscape and wildlife photographs provide a compelling backdrop for the books recipes. Vignette images weave the environment and culinary culture into the rich tapestry of New Englands natural history, particularities and traditions.

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