

bon appétit

x
Flip an Omelet

Like a Frenchman

x
Burn Your Vegetables

...on Purpose

x
The Trick to Extra Crispy Fish

x
The Secret to the Richest Ragù

COOK LIKE A PRO!

P. 86

x
Deep Fry Your \$50 Steak

(Not Kidding)

x
Sorry, Your Martini Needs to Be Stirred 50 Times

x
Make Your Salad (yes, salad!) the Star

Ten minutes ago this porterhouse was frozen solid.

If you're not scoring your meat, you're missing out.

APRIL 2015

\$4.99US \$5.99FOR

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PLUS Three Office Kitchens That'll Put Chipotle Out of Business P. 68

THE FOOD LOVER'S
WE DO!
GUIDE TO WEDDINGS
P. 25



New Cookbook, New You

Our favorite titles this spring are mouthwatering, chic, and—oh, yeah—healthy

by JULIA KRAMER



Simply Ancient Grains

If you think grains are something you tack on as a side, you need **Maria Speck** in your life. As in her first book on the topic, Speck comes up with inspired ways to incorporate amaranth and its friends into every meal of the day, from red rice and beet cakes to lemony millet pudding. And she does it with a contagious passion.

April; \$28

A Modern Way to Eat

Not only do **Anna Jones**'s meat-free recipes speak to us (especially beet bourguignon and deep-dish leek and greens pie), her relaxed tone and spirited encouragement make it feel as though the Brit food stylist really is speaking to us. Jones's helpful and instructive charts don't just tell you what to cook but also teach you how.

April; \$35

My New Roots

Is it that Scandi light or is **Sarah Britton**'s food really this beautiful? The first cookbook from the woman behind the titular blog is the opiate for the raw-honey/coconut-oil/hemp-seed-loving masses. To her, it's not soup: "It's peace, love, and harmony in a bowl."

March; \$30

▲ WORD OF THE MONTH

Lucuma (LOO-koo-muh) a Peruvian fruit, usually sold as a powder at health food stores. Britton likes using it with dates to make a raw caramel.



Fermented Foods for Vitality & Health

A case of the title pretty much saying it all. **Dunja Gulin**'s book is for that friend with a case of the Bar Tartines (ah, yes, a recipe for *rejuvelac*). But recipes like chanterelle salad with yogurt cream cheese are so appealing, even a tepid fermenter might be intrigued.

April; \$20

Mr. Wilkinson's Well-Dressed Salads

Somehow the eat-your-greens medicine just goes down easier when the charming Aussie chef **Matt Wilkinson** is administering it. His leafy arrangements look satisfying, compelling, and fun.

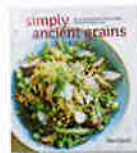
May; \$28

A Girl and Her Greens

This produce-heavy cookbook from **April Bloomfield** is every bit as appealing as her wonderful meat-heavy debut. In it, she does vegetables the only way she knows how: without an ounce of preciousness or

preaching. There's not a dish in here that we don't want to eat at this very moment, from broccoli rabe morning buns to za'atar-spiced vegetable chips to roasted onions with sage pesto. Tucked amid all her imaginative recipes, Bloomfield's "Simple Things" essays are flat-out good reads, as well as reminders that sometimes the most basic way of cooking something can be the most enjoyable.

March; \$35



▲ "I'm not trying to make a big statement. I just love the way boiled broccoli rabe sort of bites the back of your mouth. I love how creamy properly cooked eggplant gets. I could shuck corn all day, thinking about how sweet it'll taste."
—April Bloomfield

