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The Birchwood Cafe Cookbook: Good Real Food

Tracy Singleton, Marshall Paulsen, Beth Dooley

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The Birchwood Cafe Cookbook: Good Real Food Tracy Singleton, Marshall Paulsen, Beth Dooley Creating a better world starts at home—in the kitchen—and for twenty years the Birchwood Cafe has guided diners to live and eat sustainably and joyfully. Now you can sample Birchwood's recipes—adapted for home cooks—and fill your own table with some of the irresistible fare that has made the cafe one of the region's best-loved restaurants.

In these pages, find Birchwood's light-hearted, innovative menu: hearty hand pies and multigrain salads, decadent pastries, and award-winning desserts. Organized by eight seasons, these dishes are inspired by the way weather affects our appetites and determines what comes from our land. With Spring, we celebrate beginnings, tossing up fragrant herbs, tender greens, and tart rhubarb. Come Summer, we fire up the grill and get outside; when Scorch hits and those dog days dampen appetites, we whip up cool soups and refreshing salads. Then Autumn, with its collision of apples, pears, pumpkins, and kale; and as Dusk falls, we get cozy with bowls of savory soup. Frost tempts us back to the stove with nourishing roots. Ready for Winter, we gather close with friends near the hearth, ladling up warming stews. Come Thaw, look to the first food of the season as the maple syrup runs and we anticipate a new year. The pantry chapter features Chef Marshall Paulsen's condiments—chutney, jam, preserves, and vinaigrettes—which can transform the simplest dish into a spectacular plate.

Owner Tracy Singleton and Chef Marshall share Birchwood stories and memories, plus practical tips and insights. Just as Birchwood Cafe is more than a restaurant, this is more than a cookbook. *The Birchwood Cafe Cookbook* shows you what it takes to make a sustainable kitchen and a joyful table, to prepare "good real food" that really does more than a little good.

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