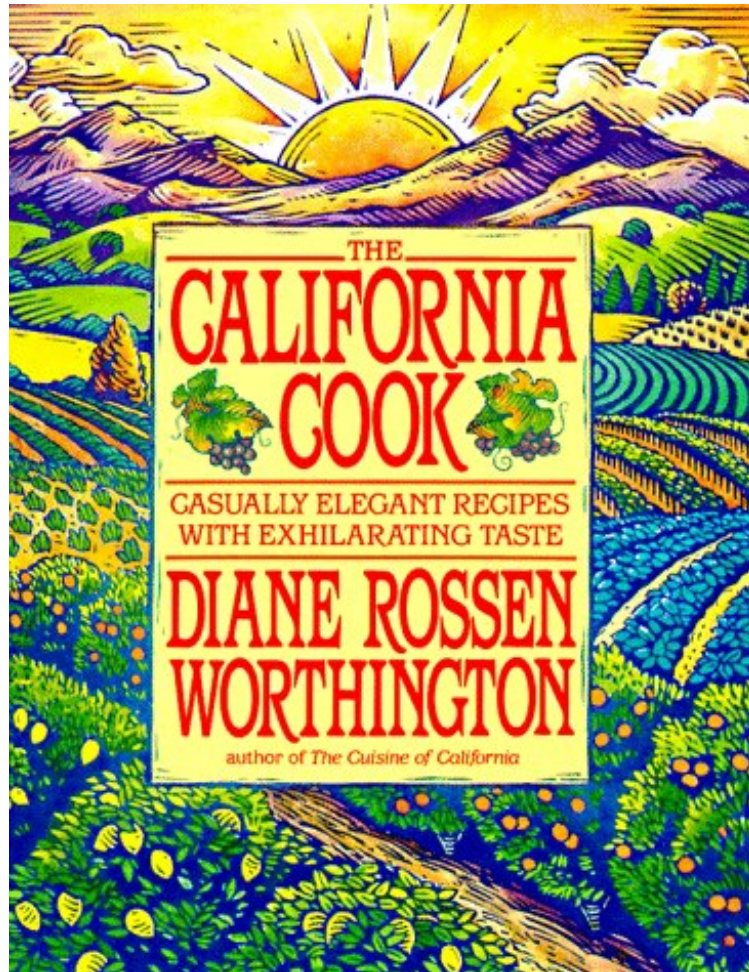


The California Cook

Diane Rossen Worthington

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Diane Rossen Worthington : The California Cook before purchasing it in order to gage whether or not it would be worth my time, and all praised The California Cook:

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The California Cook offers vibrant, sunny, satisfying recipes that explore the innovative and mouth-watering tastes of California cuisine. In this book, Diane Worthington, author of the 1983 bestselling cookbook, *The Cuisine of California*, updates and further develops her recipes in a simpler, healthier style and offers a scrumptious spectrum of recipes for robust appetizers, light entrees, inventive side dishes, aromatic breads, and luscious desserts. And since California is wine country, Anthony Dias Blue suggests the perfect bottle to complement and enhance the flavors of each meal. Recipes are cook-friendly, easy-to-follow, and perfect for every occasion, offering intriguing, imaginative ideas that can be dressed up or down. The versatility of California cuisine allows it to cater to quick lunches, colorful picnics, casual buffets, informal dinners or elegant feasts. Plenty of options, variations, shortcuts and advice are also offered to encourage amateur cooks and provide new ideas and inspiration for the seasoned chef.

From Publishers Weekly The author of *The Cuisine of California* and *The Taste of Summer* revisits the same territories in this fairly comprehensive, occasionally intriguing collection. Suggesting that the California cook is defined not by geography but by a "sense of adventure about food," Worthington also emphasizes fresh ingredients and "unexpected twists" put in familiar dishes. Thus white chocolate and pistachio nuts recast the Toll House cookie, and lasagne is transformed with roasted vegetables, pesto and bechamel. Influences here are Asian (roast turkey marinated in olive oil, balsamic vinegar and soy sauce), Mexican (grilled chicken, black bean and corn salad with salsa dressing) and Italian (soft polenta with sun-dried tomato pesto). Many offerings blend these approaches (pasta with ancho chili and tomato cream; grilled sea bass with caponata), while others demonstrate a deeper ingenuity: green pea guacamole and West Coast crab cakes with grapefruit sauce. The chapter on salads features grains and poultry as well as assorted greens; "Light Entrees" supplies pasta dishes, risottos and pizzas; the meat selections suggest a revived interest in beef, lamb and veal. Menu selections and wine tips, from Anthony Dias Blue, are included. Copyright 1994 Reed Business Information, Inc.

From Library Journal Worthington is the author of *The Cuisine of California* (1982), one of the first of many books on California-style cooking. Goat cheeses and ancho chiles are no longer exotic ingredients, but California cuisine, with its emphasis on freshness and willingness to experiment, has been more influential than anyone ever imagined. Worthington's new title features a lively collection of sophisticated recipes, with even more cross-cultural influences than the dishes in her first book and a nod to lighter eating. Many, however, call for long lists of ingredients and are not uncomplicated, making them more suitable for entertaining than for everyday meals. Recommended. Copyright 1994 Reed Business Information, Inc.

From Booklist There is something incredibly arrogant--and naive--about the claim that innovation in cooking originates solely in California. To be fair, Worthington wisely refrains from such boosterism, but it's there as an undercurrent. Her more than 200 recipes include many tastes now not so unusual to the American palate, including shrimp salsa, chopped salad, holiday lasagna with roasted vegetables and pesto, baked salmon with red onion sauce, chicken with garlic and lime, and chocolate truffle brownies. Various sidebars concentrate either on foodstuffs (with a West Coast bias) or cooking techniques. Still, a handy tome for a quick meal if the refrigerator and pantry are stocked with more than just basics. Barbara Jacobs