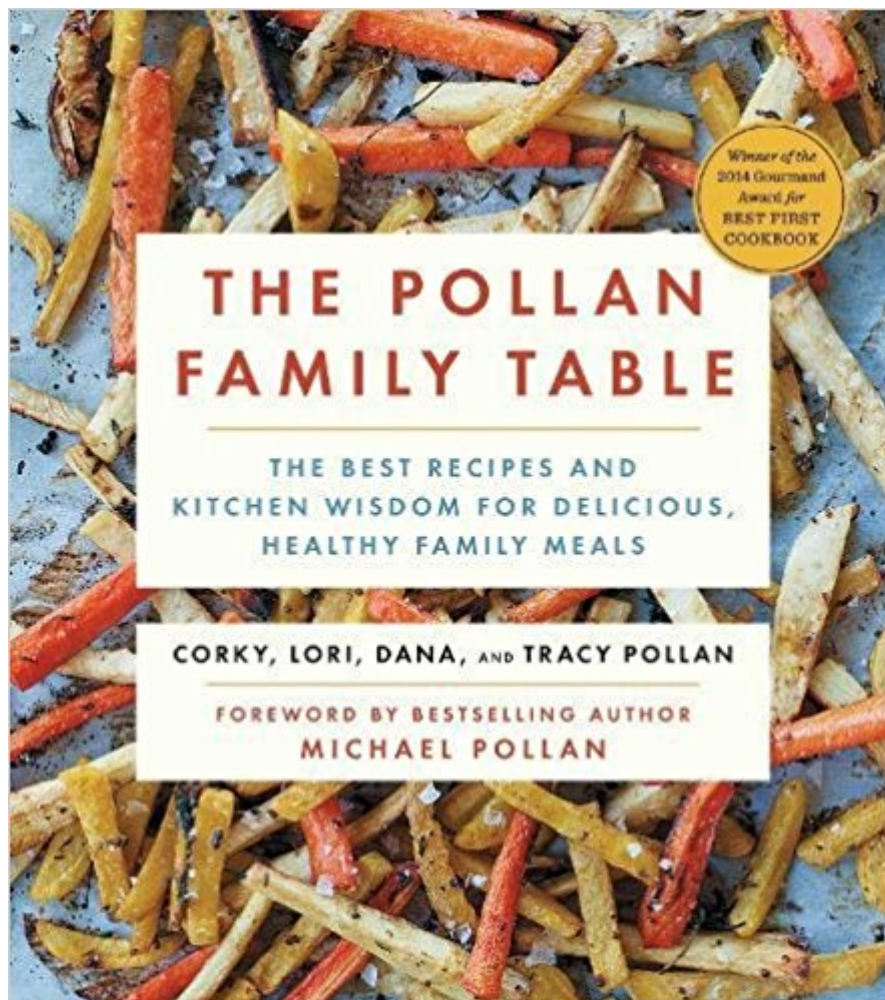




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# The Pollan Family Table: The Best Recipes And Kitchen Wisdom For Delicious, Healthy Family Meals



## Synopsis

A BookPage Best Cookbook of 2015 Winner of the Gourmand International Cookbook Award 2015, Best in the World, Best First Cookbook A gorgeous, fully illustrated collection of recipes, cooking techniques, and pantry wisdom for delicious, healthy, and harmonious family meals from the incredible Pollan familyâ™ with a foreword by Michael Pollan. In *The Pollan Family Table*, Corky, Lori, Dana, and Tracy Pollan invite you into their warm, inspiring kitchens, sharing more than 100 of their familyâ™s best recipes. For generations, the Pollans have used fresh, local ingredients to cook healthy, irresistible meals. Michael Pollan, whose bestselling books have changed our culture and the way we think about food, writes in his foreword about how the family meals he ate growing up shaped his worldview. This stunning and practical cookbook gives readers the tools they need to implement the Pollan food philosophy in their everyday lives and to make great, nourishing, delectable meals that bring families back to the table. Standouts like Grand Marnier Citrus Roasted Chicken, Crispy Parmesan Zucchini Chips, and Key Lime Pie with Walnut Oatmeal Crust are easy to make yet sophisticated enough to dazzle family and friends. With hundreds of exquisite color photographs, *The Pollan Family Table* includes the Pollanâ™s top cooking tips and techniques, time-tested shortcuts, advice for those just starting out and market and pantry lists that make shopping for and preparing dinner stress-free. This instant kitchen classic will help readers create incredible meals and cultivate traditions that improve health, well-being, and family happiness.

## Book Information

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## Customer Reviews

Guest Review of The Pollan Family Table by Michael J. Fox    Photo Credit: John Kernick    Photo Credit: Mark Seliger

In the interest of full disclosure, you should know that the authors of The Pollan Family Table are my wife, Tracy Pollan; her sisters Lori and Dana; and my mother-in-law, Corky. My brother-in-law, Michael Pollan, the Carl Sagan of food, wrote the foreword. Spoiler alert: my review is a rave. How could it not be? Notwithstanding the fact that I'd like to keep my place at that eponymous table "one that I've had the privilege to hold for some twenty-five years" I can honestly and enthusiastically report that this collection of recipes, reflections, and gorgeous color photographs is a thoughtfully conceived, beautifully realized, invaluable asset to any family making dinner plans. Moreover, it's a paean to those moments, however brief or infrequent they may be, when we gather the people we love and share a meal. So much can get in the way of preparing and convening for a regular family dinner. But this book offers solutions to those problems with simple recipes that cater to any taste or occasion, running the gamut from soup (Creamless Broccoli Soup with Whole Roasted Garlic and Frizzled Leeks) to nuts (Key Lime Pie with Walnut Oatmeal Crust). And there is something in this book you will love, no matter your appetite or dietary restrictions. Even non-vegetarians will rejoice at what I believe to be the most perfect veggie burger on the planet, the Supreme Crispy Quinoa Vegetable Burger. Seafood lovers are well served here, too, with favorite recipes like Smoky Sautéed Shrimp. And just looking at the Citrus-Roasted Chicken with Grand Marnier triggers a Proustian flashback, bringing to mind not only the aroma and juicy, subtle flavor but also a cascade of memories, conversations, plans hatched, jokes and stories told and retold at family get-togethers. The familiar food and setting provide a continuum. Proust describes it as "Time regained." • Marty McFly might exclaim, "You built a time machine . . . out of a beef tenderloin?" • Every family's story develops around its own table. You share the moments, both seminal and trivial, that over time become your life. For us, it's a banquet in the breakfast nook of our New York apartment. In the chaotic process of raising four children, we have put in so much time around our own table "not only with meals but also with homework and art projects and games of Clue" that Tracy and I have had to reupholster the bench seats at least half a dozen times. But the definitive PFT is the trestle table in the dining room of Corky and Stephen's Connecticut home. As the family multiplied, there became less and less space for new spouses and their offspring and weekend guests, boyfriends, girlfriends, etc. Corky says that she and Stephen "were determined the family tradition would continue, with everyone able to sit together, rather than relegating the youngest to 'the kids' table." So ours became the ever-lengthening table. • When the table grew too large for the room, Corky and Stephen extended the house, knocking out a wall in the dining room to provide extra space for another half-dozen

happy cousins. So, yes, this is a book of delicious recipes, complete with pantry and market lists and tips on essential utensils and homespun advice; but what makes it compelling on the human level is its insistence that the family meal is not a thing of the past. The Pollan Family Table reassures that best intentions can be put into action and the results can enrich your family's life in ways that are both harmonious and healthy. Corky, Lori, Tracy, and Dana share what they know so you can share with those you love. As I said, full disclosure: you knew it was going to be a rave because, after all . . . this is what my life tastes like. --This text refers to an out of print or unavailable edition of this title.

• "The Pollans have hit the ball out of the park with their first book, celebrating deliciously simple and poetically tasty food for my family (and everyone else's) to love every day. The shopping lists are easy and concise, the recipes simple and straightforward, and the photographs drive me insane with the urge to sprint first to the market and then to the kitchen and to start cooking right NOW. I simply cannot wait to cook from this book." • (Mario Batali) "Tracy's family set a place for me at the Pollan Family Table, over 25 years ago now. This gorgeous book brings to mind so many holiday meals and other family gatherings as well as countless smaller moments when we could have just had a meal on the fly but instead made time to sit together and share. This is what my life tastes like. Enjoy." (Michael J. Fox) • "This wonderful book shows how good food, simply and seasonally prepared, has the power to bring the family back to the table" and keep them there! Fast food culture has disconnected us from something so basic to human nature, but when we encounter real and tasty food again, it's like coming home." (Alice Waters) • "This is the cookbook of everyone's dreams! The Pollan women have written a collection of fresh, delicious recipes that will wow your guests but are simple enough for the busiest weeknight. If you love to find inspiration in cookbooks, you need this in your collection!" • (Ina Garten, author of the Barefoot Contessa cookbooks) "Packed with more than 110 healthy recipes, with the underlying philosophy that family dining reigns...pragmatic dishes, with advice peppered throughout." (Booklist) "[The Pollan Family Table] inspired by the Pollan tradition for eating fresh and local, shares more than 100 crowd-pleasing dinner dishes, desserts, and snacks the clan have traded among themselves for years.... Almost every recipe can be completed in under an hour." (Elle) "Wonderful." (Coastal Living) "An empowering book and practical guide for home cooks struggling to make healthy and fulfilling sit-down family meals. Showcasing the very best Pollan family recipes, these fresh ideas help families achieve the 'Common Pot'—an ideal dynamic marked by communal cooking, eating, and laughing together around the family table...the Pollans find inspiration devising a new

routine for the family sit-down meal." (Publishers Weekly)âœ“The ease with which the Pollans approach the concept of family dinners is infectious.âœ• (Jewish Woman Magazine)"A bright and useful new volume for home cooks written by a mother and three daughters who have spent a lifetime making meals together." (Architectural Digest)âœ“[A] health-conscious, 21st-century version of the all-purpose primers of yesteryear.âœ• (Wall Street Journal)"Lively and healthful...this collection of recipes will be a welcome addition to your repertoire." (Jewish Forward)

Beautiful book. I have read all of Michael Pollan's books and I love them all, so I figured I would give this cookbook a try since it is his family that wrote it. The recipes are so beautiful and fairly simple! Pretty much everything in the book is something I would cook on a normal day, no need for any fancy dinner parties here! Although, the recipes are beautiful they could easily be made and be impressive for a fancy dinner party as well. I highly recommend this book.

The Pollan Family Table is a beautifully written, user friendly cookbook with page after page of winning recipes. Everything you need to know is right there in the recipes, yet the writing is simple and straightforward so that even a dish that sounds complicated is very doable. This is the perfect holiday gift for both novice and experienced cooks. I absolutely love the Pollan Signature Salad and who knew caramelizing walnuts and making linguine with fresh clam sauce was so easy? I just brought the creamed spinach gratin to a Thanksgiving potluck lunch at work and it was a HUGE hit! There are so many yummy looking photographs in the book, I am having trouble deciding what to make next!

I really love to cook and do a lot of it. I enjoy looking through cookbooks, trying new recipes and modifying to use what's on-hand when I don't have exactly what's called for (I think we've all been there!). I bought this cookbook last week and have already made 7 recipes out of it. Cooking is a great hobby for the individual, as well as the family, and this cookbook has awesome recipes. I am really enjoying it. This would be a great gift for anyone that likes to cook. Thank you Pollan ladies!

I bought this book for my daughter--and I think it's her first cookbook. Oddly (to me!) her generation seems to find most recipes online, missing the delight of full color photos that tempt you, a book you can make notes in and turn to forever. My daughter and her family lead very busy lives, but this book is her new-favorite thing. She finds the recipes direct, simple, not too many extras--but delicious!--so it fits into their lifestyle. The beginning of the book is a treasure-trove--how to stock

your pantry, cooking terms etc. Great gift for daughters, grand-daughters, yourself. I'm going to buy one for myself.

I am so happy that I bought this cookbook! I have only made two of the recipes: the turkey burgers and the speedy skillet beef with peppers and pineapple. I will definitely be making them again. My only little complaint is that the skillet beef wasn't speedy. Maybe if you had Mom and all the sisters doing the prep work it would be. Nevertheless, I had plenty of time so it all worked out. My family is also trying to cut back on the red meat so I appreciate all the vegetarian and pasta recipes as well. Five stars is warranted for this book!

There are some great illustrations in this book, along with well laid out recipes. So glad I bought this cook book.

This is so much more than a cookbook. I feel like a welcome guest at the Pollan table. What a delight to read the stories and see the beautiful photography. What I have prepared so far has lived up to my high expectations. Well done!!

The recipe for the Pollan Family salad is worth the cost of the book. I served it at a dinner party for forty and it got more compliments than any of the main dishes.

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