



The Cafe Brenda Cookbook: Redefining Seafood and Vegetarian Cuisine

Brenda Langton, Margaret Stuart

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For years, restaurant owner and chef Brenda Langton has led the way in bringing sophisticated but sensible vegetarian and seafood cooking to the Midwest. At last, the recipes from her highly successful Twin Cities' restaurant, Cafe Brenda, are available in this *The Cafe Brenda Cookbook*. Cafe Brenda's health gourmet fare, the "cuisine of a third coast," has drawn raves from diners and critics alike.

With this cookbook, Langton provides cooks and diners with many of her most requested dishes—from her renowned vegetarian croquettes to savory soups (like Roasted Potato & Garlic soup) and stews and imaginative seafood recipes (like Poached Rainbow Trout with Berry Vinaigrette.) And then there are the sumptuous, naturally sweetened desserts, such as chocolate carrot cake, fresh fruit tarts, and maple pot de creme.

Here is the sensuousness of good food without the calories, and the pleasure of cooking and eating without the pain of elaborate preparation or time-consuming chopping. These recipes are intended for anyone looking for a new and healthy way to cook, from beginners to accomplished cooks alike.

Also recommended: *Classic Freshwater Fish Cooking*, *Freshwater Fish Cookbook*, *The Art of Wild Game Cooking*, *Venison Cookbook*.

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