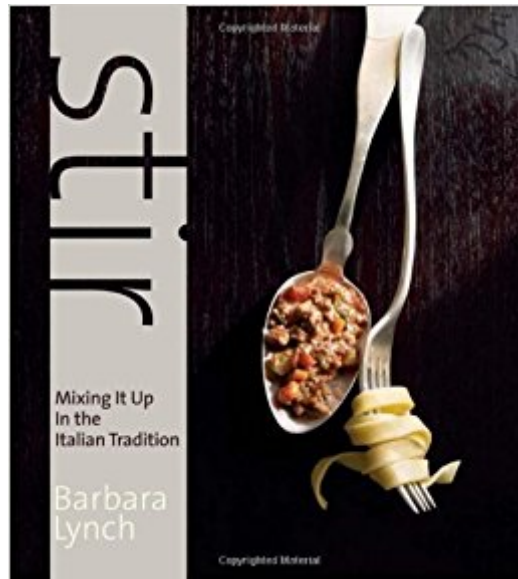




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# Stir: Mixing It Up In The Italian Tradition



## Synopsis

Book by Lynch, Barbara

## Book Information

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## Customer Reviews

**Product Description** Although Barbara Lynch was born and raised in South Boston, not Tuscany, many critics believe her food rivals the best of Italy. It has been praised by Bon Appetit, Food & Wine, and Gourmet, and many more. Lynch's cuisine is all the more remarkable because it is self-taught. In a story straight out of Good Will Hunting, she grew up in the turbulent projects of "Southie", where petty crime was the only viable way to make a living. But in a home ec class in high school, she discovered her passion. Through a mix of hunger for knowledge, hard work, and raw smarts, she gradually created her own distinctive style of cooking, mining Italian and French classics for ideas and seasoning them with imagination. The 150 recipes in Stir combine sophistication with practicality. Appetizers like baked tomatoes and cheese and crisp, buttery brioche pizzas. Dozens of the artful pastas Lynch is famous for, such as little lasagnas with chicken meatballs, and potato gnocchi with peas and mushrooms. Lobster rolls with aoli. Chicken wrapped in prosciutto and stuffed with melting Italian cheese. Creamy vanilla bread pudding with caramel sauce. Accompanied by Lynch's forthright opinions and stunning four-color photographs, these dishes will create a stir on home tables. **Exclusive: A Letter from Barbara Lynch** Dear Reader, Growing up in public housing in a tough neighborhood in Boston, I couldn't afford culinary school. Cookbooks like Waverly Root's The Food of Italy not only taught me about new ingredients and

techniques but were an escape. (They also helped me bluff my way through my first cooking job.) Now I get to do what I love best: making people happy by feeding them really delicious food. In *Stir*, I share my passion and my hard-earned knowledge. And of course, I give you my recipes, which the regulars in my restaurants have been clamoring for over the years. Some are almost embarrassingly easy, like Gorgonzola Fondue, Baked Cheese and Tomatoes, and Slow-Roasted Beef Tenderloin with Thyme. Others are a little more involved but oh-so-worth-it, like Chicken and Vegetable Soup with Caraway Gnocchi. There's plenty of weekday cooking, including Green Bean and Seared Shrimp Salad with Spicy Curry Sauce, which I eat all the time, and Lemony Breaded Chicken Cutlets, which my daughter Marchesa loves. Then there are my pastas, which are my very favorite things, such as Chicken Meatball Lasagnettes (a favorite of Julia Child's) and sauces that pair well with both fresh and dried pasta, such as my signature Bolognese (I share my secret ingredient). All of my recipes are written with the home cook in mind and so are full of the details that make a difference. I hope *Stir* will inspire you. Enjoy! Barbara Lynch (Photo © Justin Ide)

Recipe Excerpts from *Stir*      Roasted Fennel and Green Beans      Butcher Shop Bolognese  
Creamy Vanilla Bread Pudding

Starred Review. James Beard Award-winning Lynch, chef-owner of Boston's famed No. 9 Park and several other notable restaurants, delivers her much-anticipated first cookbook. An unlikely cook raised in the projects of South Boston, where she subsisted solely on processed foods, Lynch was introduced to cooking by her high school home economics teacher and was smitten. Since then, she's mastered her art, and the results are evident in this gorgeous, mouth-watering book, which includes her restaurants' signature dishes, such as prune-stuffed gnocchi with foie gras sauce and Butcher Shop Bolognese. She offers an ample selection of starters including quick chicken liver pâté, gorgonzola fondue, and brioche pizza dough. She also includes hearty and satisfying soups and salads, a substantial section on pasta, side dishes and desserts. Lynch's fish offerings are plentiful, including pan-fried cod with chorizo and clam ragout, and scallop and pureed celery root gratin. Poultry dishes range from lemony breaded chicken cutlets to spice-rubbed roast goose. Lynch provides helpful tips throughout on everything from celery leaves to segmenting citrus. Lynch will delight fans who have been waiting patiently for this delectable collection.

Huge fan of Barbara Lynch's restaurants (No 9 park, The Butcher Shop, B&G oysters) and this recipe book is probably in my top 5 recipe books now (and I have a LOT of recipe books). It's written in Barbara's inimitable and conversational style and peppered with anecdotes throughout. The

recipes vary from super easy (baked cheese and tomatoes with toasted bread) to fairly complex (the famous prune stuffed gnocchi with foie gras) and there are great pictures throughout. They also really work. The first recipe I tried was Gruyere and Tuscan ham puff pastries and they were to die for. I also love that Chef Lynch includes short cuts and alternative options as well as indicate when it's really worth the effort of making something yourself. For example - in the puff pastry square recipe I just mentioned, the reasoning behind splurging on Dufour puff pastry vs. Pepperidge Farm pastry is explained and you can also use a ready made honey mustard or the recipe for homemade honey mustard is included (delicious!) I'd highly recommend this recipe book for serious cooks and even newer cooks as the instructions are detailed and helpful and the food will be delicious!

This book is not for the faint of heart. Altho' some recipes are stupid easy, it is kicked up to appeal to the cook who has graduated onto gourmet aspirations. Altho' I like to think I have inspired moments of my own on occasion, it is just that--on occasion, special ones. So the beginner, busy cook may not find this book chock full of practical uses. To give you an example of one stupid easy recipe I immediately dived into was olive paste. Two ingredients...olives and olive oil. I used 1 cup of kalamata pitted olives, and 1/4 cup EVOO. Blend in food processor. Done. Spread on crackers, add to salad dressings, no need to buy olive paste anymore. Handy to know. There's also a recipe to make your own ricotta, sounds like fun for a day project when I have nothing else to do but to make cheese. The bolognese recipe touts the use of a 'make or break' ingredient--chicken livers. Not for me thank you very much. I have a bolognese recipe that I consider stellar w/o organ meats. The book is beautiful for sure, but it's not one I have found myself using too often.

It's been 2 weeks since I bought this book and already my husband and I have cooked 6 dishes and I've tagged many more recipes to try. Every recipe has been superb! This book is accessible, modern and the recipes so original and delicious. I have learnt many new techniques from the few recipes we've tried so far and used some easy to find ingredients in some very original ways. Tonight we made the braised short ribs with some creamy mascarpone polenta and the olive oil glazed baby vegetables. Last week after dining at the Butcher's Shop and enjoying the duck confit we made it ourselves at home with Kumquat Marmalade. The Seared Sea Scallops with Sauce Verte and Toasted Hazlenuts was fabulous and my favorite so far has been the Green Bean and Seared shrimp Salad with Spicy Curry Vinaigrette - what a great summery salad and one we'll make again and again. I hope that Barbara Lynch puts out more cookbooks as wonderful as this one.

Just finished Barbara Lynch's autobiography, *Our of Line*, which was gob-smackingly fascinating-her story of how she went from point A to point B to cooking stardom is the stuff of movies. After reading about her life, I took her cookbook, *Stir*, from my library but found I was trying so many recipes that I returned the book and bought my own copy. All recipes have worked --so far no duds. I particularly like the fact that none of her recipes are cast in concrete--i.e. make this but the sauce would also work with something else, etc. I make my own pasta and am eager to try her pasta recipes with so many egg yolks-- need a crowd. I would give this cookbook a strong recommendation.

I have made 14 of the recipes so far from this book and they all were complimented by guests. I am a fan of the simplicity of ingredients. While I do not have to go too far to get special ingredients anyway, most of recipes call for vegetables supermarkets carry year round. I also love how the leftover quality is just as good as the fresh, so I'm not afraid of making double amounts for future use. The recipes are Italian in context, but I would say that the American spin on them is excellently fused so that no matter who you are serving to, kids and adults alike will love this food.

She's really a winner!

My wife and I dined at Chef Lynch's gruppo restaurants in Boston. All foodies should consider this a must-have on their shelves! The book we ordered was at a very discounted price (about half of what you'd usually purchase it from in Lynch's store or a bookstore). When it arrived, though, the top of the cover was wrinkled due to poor packaging. Otherwise, it is in brand new condition.

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