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# Seven Spoons: My Favorite Recipes For Any And Every Day



## Synopsis

The much-anticipated debut from the author behind the popular food blog Seven Spoons, featuring distinctive, crowd-pleasing recipes; engaging, writerly essays; and the same stunning photography that has earned her website a devoted following. Tara O'Brady was one of the earliest food bloggers to enter the scene, and now, more than ten years after she first started Seven Spoons, she has become one of the most highly regarded and unique voices in the culinary arena. In her debut cookbook, *Seven Spoons*, O'Brady shares stories and recipes from her Canadian home--fresh, ingredient-driven food that is easy to make yet refined. Recipes like Roasted Carrots with Dukkah and Harissa Mayonnaise, Braised Beef Short Ribs with Gremolata, and Plum Macaroon Cake are wholesome, hearty, and showcase the myriad culinary influences at work in O'Brady's kitchen. Her evocative writing and gorgeously simple, elegant photography has earned her accolades from *Saveur* magazine, the *Daily Mail*, and more. Impeccable food photography and a lavish package round out this beautiful, personal collection.

## Book Information

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## Customer Reviews

Best Cookbooks of 2015, *Globe and Mail*, *Huffington Post*, *Leite's Culinaria*"This crackling debut effort by the popular recipe blogger and *Globe* columnist is one of the first Canadian cookbooks to convincingly capture the openness and internationalism of how so many of us eat...A thrill to cook from and to read."  
"Globe and Mail"  
"Tara O'Brady is a ship captain's daughter of Indian descent living in Ontario, Canada. All of which informs her

perspective in this beautiful and substantial debut cookbook. She navigates seamlessly across culinary boundaries to share her stories, recipes, and traditions—the sort, I suspect, that will be welcomed into many, many kitchens.

•Heidi Swanson, author of *Super Natural Every Day* “This book, just like Tara’s blog, shares recipes and stories that are filled with texture, warmth, and her Indian heritage. Tara’s cooking is thoughtful, clean, and full of aroma and flavor. Her recipe for Baked Eggs, North Indian Style, served with an extraordinary topping of Fresh Green Chutney, has become a staple for my family—and it will be for yours, too.

•Aran Goyoaga, author of *Small Plates and Sweet Treats* “Seven Spoons is so gorgeous and beautifully photographed that I just want to jump right into the pages. I can’t wait to savor these amazing dishes, all with a global bent, starting with breakfast biscuits and spicy, fried Mexican Huevos a la Plaza de Mercado; then moving on to soups and salads with flavors culled from the Middle East and East Asia; then ending with lush, compelling desserts.

•David Lebovitz, author of *My Paris Kitchen* “Tara’s warmth and love of cooking comes through on every page. She will inspire new cooks to enter the kitchen, and energize those of us who have been cooking for years.

•Bonnie Stern, author of *Friday Night Dinners* “Tara O’Brady could write a book about re-grouting bathroom tile, and I would still want to read it. Told with warmth and grace, *Seven Spoons* is the story of one very real home kitchen and the beautiful food that it yields. From Feel-Better Curried Soup with Crispy Chicken to Roasted Peaches with Glazed Sesame Oats and A Burger Treated Like a Steak (bathed in miso butter!), O’Brady’s recipes are exactly what I want to cook and eat: inviting, reassuring, and above all, inspiring. *Seven Spoons* is a keeper.

•Molly Wizenberg, author of *Delancey* “It’s not just that the recipes are unique, but she writes head notes and directions more beautifully and thorough than any I’ve seen.”

•Sara Forte, author of *The Sprouted Kitchen* “What [is] most extraordinary, though, was how fluidly she [moves] between culinary cultures; if a cuisine is a language, she [speaks] a dozen of them, nailing their grammar, vocabulary, idioms and syntax. *Seven Spoons* is superb and stirring—one of the first cookbooks I know that convincingly captures the openness and internationalism of how so many Canadians eat today.”

•Chris Nutall-Smith, *Globe and Mail* “O’Brady has a knack for making her recipes seem completely familiar while imparting a unique twist to each. *Seven Spoons* [is] one of our favorite cookbooks of the year.

•Leite’s *Culinaria* “A collection of every day recipes with just a little bit extra.”

•Epicurious “*Seven Spoons* is teeming with just the kind of inspiration we all need ... The recipes are inspiring in a very specific, homespun way, clearly

the product of years of honed repetition at a family table." —•Deb Perelman, Smitten Kitchen  
"After a decade of developing her culinary skills, expanding her family's palate, and documenting the results in a tone both ebullient and educational, Seven Spoons reads like a best friend's kitchen diary." —•Yahoo Food (cookbook of the week)

TARA O'BRADY is the author of Seven Spoons, a food blog she started in 2005. She lives in Southern Ontario, Canada, and is married with two sons. She has a regular column in Uppercase magazine and appears periodically in the wildly popular quarterly Kinfolk. She has written for or worked with the Globe and Mail, BonAppetit.com, Saveur.com, PBS.com, Parenting.com, StyleAtHome.com, Design\*Sponge, Oprah.com, and more.

These are not ingredients that most people will have on hand, and if you need something quick and easy, you won't find this cookbook useful. However, there are some really great and different recipes in here that given the time, are probably amazing. I do love how the author writes in such a personal and personable way. I was hoping for something a little more useful for everyday. The pictures are gorgeous.

Great cookbook. So far I've made the chocolate chip cookies (excellent) and the soused tomatoes. I wish, however, that the pages were a waxed paper instead of a matte paper so they were slightly cleanable and I wish there were a few more pictures.

Perfect for me. I have diabetes make up most of my own recipe or tweak one's I find. There is nothing in here I wouldn't make for myself and or guest. These recipes are easy and most other the ingredients are in my pantry. I was drawn to this book because of the turmeric elixir and golden honey I saw on her blog, which I also recommend. I am delighted I purchased it.

Some of my bloggers kept mentioning this book, so I bought it. Made the Blueberry snacking cake, and had to make it again it was so good. Love her food sensibilities, style, and look forward to doing more exploration and experimenting with her recipes.

Pros: Beautiful photographs for many of the recipes  
Some tasty sounding recipes  
The recipes are not replicas from her blog  
Kindle version well presented  
Cons: Not a lot of recipes that grabbed me (too much Indian / middle eastern influence for my personal taste, and my pantry is not well-stocked for

those cuisines) Flowery writing that is more poetry than cookbook (Which may appeal to some) Her style of recipes are available for free on her blog I did bookmark 5-6 recipes I'd like to try, but I'm not sure the book is worth keeping for that.

The recipes easy to follow and the art is beautiful!

Beautifully written book. Tara's writing style is like having a friend write for you. She has lovely anecdotes along with her recipes which are a great mix of flavours and everything from healthy and nourishing to treat food. There are so many wonderful recipes I want to try and she makes those recipes easy to follow. It's such a warm and wonderful book and her heart and soul are definitely in every page! My only drawback was that a few recipes didn't have photos but you can't have it all I guess.

Love love love, if your a cook looking for unique and creative recipes you will appreciate this book!

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