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The Boreal Gourmet: Adventures In Northern Cooking



Synopsis

"Bring me moose meat! You will not be sorry!" So says Whitehorse author and cook Michele Genest to the hunters in her circle. Wild is wonderful when it comes to Genest's creative treatments for northern viands, with exciting ideas such as moose cooked in Yukon-brewed espresso stout and finished with chocolate, lime and cilantro, Arctic char marinated in grappa and then hot-smoked, or roasted spruce grouse draped in a sour cream and Madeira sauce. As much culinary adventure story as cookbook, *The Boreal Gourmet* combines a portrait of northern life with an exploration of wild or "country" foods in gourmet recipes for the home cook. These recipes are inspired by a diversity of countries, traditions and kitchens, and spring from a love affair with the indigenous foods that flourish in the boreal forests and river valleys of the Yukon. Whitehorse author and chef Michele Genest has recipes for every season supported with information on such northern plants as *Artemisia frigida*, or pasture sage, and its effect on the flavour of the wild Dall sheep that graze on it, the mysteries of morel mushrooms and tips on where to find them, and advice from Dawson City's Uncle Berwyn on the proper use of birch syrup. Taking us from salmon, spruce tips and gourmet greens to recipes for artisanal sourdoughs and festive solstice menus, *The Boreal Gourmet* is an unprecedented collection to inspire both the serious gourmand (who will want to search out wild ingredients in his or her own backyard) and anyone with an appreciation for the culinary delights available north of sixty.

Book Information

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Customer Reviews

I think this is a great cookbook, full of entertaining stories and great new recipes and ideas for ingredients that can be discovered in the great outdoors. I cook everyday from scratch and found the new interpretations of recipes exciting to make and discover. Recipes may pose a challenge if you do not live in the great Northern areas of the country, because many of the ingredients are very local specific, but if that's what you're looking for, this is the cookbook for you. We made spruce tip everything this year and can't wait to try the recipes using the berries off our Mountain Ash this season!

In "The Boreal Gourmet: Adventures in Northern Cooking", food columnist and experienced chef Michele Genest has compiled an impressive 224-page compendium of recipes featuring ingredients found in the northern climate and culinary culture of Alaska. Superbly illustrated throughout, the dishes range from The Chocolate Claim Cranberry Chutney; Pine and Macadamia Nut Baklava with Spruce Tip Syrup; Fresh Turnip, Red Pepper and Raspberry Salad; and Wrapped, Roasted Caribou with Demi-glace; to Potato-Apple Latkes with Smoked Salmon and Wasabi Cere Fraiche; Sourdough English Muffins without Yeast; Moose Lake Lasagna in a Pot; and Dall Sheep with Preserved Lemon, Olives and Prunes. With dishes that will please any gourmet palates and satisfy any appetite, the ingredient lists and step-by-step preparation instructions will enable even the most novice kitchen cook to produce professional 5-Star quality fare for any and all dining occasions.

Well organized, lavishly illustrated and the recipes are straightforward and clear with readily available ingredients. I can't wait to try them.

The inside is as intriguing and gorgeous as the outside of the book. Loved it.

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