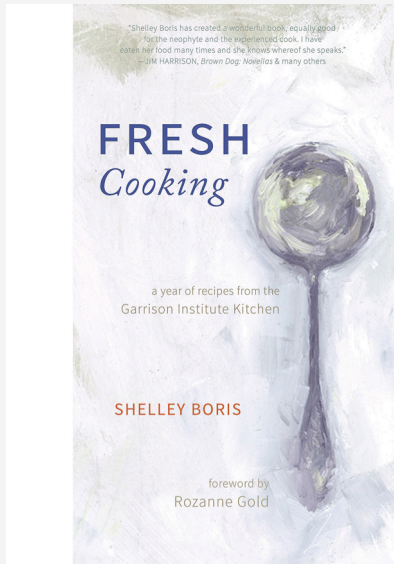




NEW BOOK ANNOUNCEMENT

Monkfish Book Publishing, Rhinebeck, NY
Shulin Chin-Illson • Sales • 845-866-1212 • shulin@monkfishpublishing.com
Distributed by Consortium/Perseus
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*"Menus are themselves
like recipes,
in this case,
a framework for meals
that can be made
throughout the year
in different versions.*

*The menus here
are organized by month
to provide clear examples
of what
seasonality in cooking
really is."*

– Shelley Boris

"Shelley is one of the few natural-born cooks I know – her palate curious, her inspirations adventurous, her enthusiasms contagious. Her kitchens, whether private or public, are suffused with lively conversation, drawing everyone into whatever project is taking wing. And I can tell you from personal experience that the meals that follow are strikingly delicious. All this is captured perfectly in Shelley's evocative and meticulous prose. Encouraging and companionable, **Fresh Cooking** will soon become a favorite kitchen friend." —**John Thorne**, author of *Mouth Wide Open*.

Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen (Monkfish Book Publishing, June 2014) inspires new and experienced cooks alike. Two hundred sixty pages and full color throughout, this is a cookbook with range and flexibility that addresses seasonality, budget, and diverse diets and tastes. Built around meals Shelley Boris created for the Garrison Institute, a retreat center in New York's Hudson Valley, it contains thirty-six menus, with four to five delicious recipes in each, organized by month for an entire year. Caroline Kasterine's beautiful photographs complement the recipes.

From the beginning of her career in the heyday of New York City's culinary scene with Dean & DeLuca, Shelley Boris has maintained a love of fine, fresh ingredients and an intuitive grasp of their possibilities. This book draws on her passion and experience to create delectable meals on a budget without compromising flavor or diversity.



Shelley Boris

About the author: Shelley Boris began her career in food at New York’s renowned gourmet food market, Dean & DeLuca. She went on to become the chef at Exile, then at Peter Dent Catering, both in Tribeca. She opened the first Dean & DeLuca Espresso Bar at the Paramount Hotel in Midtown, then began working as a private caterer. She has published recipes in various journals and books, including the *The New York Times* and *Food & Wine*, *Recipes From America’s Small Farms*, and co-wrote *The International Mail Order Gourmet* food guide. Shelley is the executive chef at the Garrison Institute in New York’s Hudson River Valley. Since forming Fresh Company catering, where she is partner, creative director, and executive chef, Shelley has cooked for such personalities as the Dalai Lama and Mikhail Gorbachev. She is a founding member of the Cold Spring Farmer’s Market and works in the Hudson Valley region to promote local foodmakers and farmers. She lives in Garrison, New York with her husband and two sons.

Learn more about Shelley at freshcompany.net.

Praise for *Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen*:

“Shelley Boris has created a wonderful book, equally good for the neophyte and the experienced cook. I have eaten her food many times and she knows whereof she speaks.”

—**Jim Harrison,**

Brown Dog: Novellas & many others

“The book’s title, *Fresh Cooking*, aptly describes Shelley’s intelligence and passion for ingredients and their preparations. Lots of good stuff to tuck into. Enjoy!”

—**Giorgio Deluca,** founder of Dean & DeLuca

“Shelley has been doing locavore cooking in the Hudson Valley long before the term was invented.

She’s one of the best cooks I know, and a wonderful source on all things delicious, local and homemade.”

—**Lucy Knisley,** author of *Relish* and *French Milk*

“Shelley Boris makes you want to cook all of the diverse recipes she offers. All of her creative salad dressings will pull a salad together, and she does true justice to vegetables. If you’re bored with what you’re cooking, you should absolutely check this book out because it has creative, delicious recipes.”

—**Sharon Salzberg,**

author of *Lovingkindness* and *Real Happiness*