

What Has Dr. Shook been reading?
Dairy Hollow House Soup and Bread
By Crescent Dragonwagon.
Workman Publishing New York

Once upon a time person-kind discovered fire and supper was never again the same. The Tribe could gather and savor a pot of something delicious, nutritious and soothing. Long before penicillin there was chicken soup to aid the bodies healing. Greens, beans, onions, garlic, birds or beasts, toss it in the pot, add some stuff and prepare for a feast. It's easy; it's economical, and it's real food. Food touched by human hands infused with loving intent and served up now or later... freeze it for future suppers that will put Stouffers to shame.

Crescent Dragonwagon... Earth mom, innkeeper, writer and fairy godmother has presented to the reader a wonderful journey into her kitchen, pantry and country inn. Walk with her in farmer markets as she chooses vegetables and fruits for the pot. Absorb her magical wisdom regarding chicken and fish. Fresh or frozen, spicy or calm, broth or stew, Crescent Dragonwagon (I love her name) will take you into her kitchen and chat with you while she chops and stirs. She has a love of good food that is contagious. Her appreciation of fat and awareness of health are refreshingly balanced ... shunning deprivation ... embracing yummy-ness ... This lady can cook.

Chef Tanya Tandoc of Tanya's Soup Kitchen says, " ... a wonderful book, every recipe I have tried has been delicious."

The subject of proper cooling and storing of stews and stocks is covered in detail. This is most important, as food poisoning is something easier to avoid than treat medically.

Her section on "The Soup" and her views on dieting are simply wonderful and refreshingly lacking in medical mumbo jumbo.

And what does one do when the pot seems to lack oomph? ... Stay cool fellow earthlings because Crescent Dragonwagon has provided a substantial list of flavor boosters ... not a one of them containing MSG.

This book was a pleasure to read. I highly recommend it.

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