



# Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen

*Shelley Boris*

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## **Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen** Shelley Boris

*Fresh Cooking* is exactly what the home cook desires—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. Caroline Kasterine's beautiful photographs compliment 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.



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