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# Spoonriver Cookbook



## Synopsis

For nearly forty years, Brenda Langton has been one of the most recognizable guiding lights of Twin Cities organic dining, from the earliest days at the Commonplace Cooperative Restaurant to her award-winning establishments Cafe Kardamena and the beloved Cafe Brenda. Always ahead of the curve when it comes to serving local, organic, and vegetarian cuisine, in 2006 she opened the acclaimed Spoonriver restaurant in downtown Minneapolis while at the same time founding the Mill City Farmers Market, a unique urban market offering local, sustainable, and organic produce along with pasture-raised meats, eggs, and farmstead cheeses. Spoonriver and the Mill City Farmers Market have from the very beginning been entwined. Brenda and her restaurants have always relied on the finest, freshest local produce as the foundation for her seasonal menus. The Spoonriver Cookbook is a tribute to these two landmark institutions as well as a presentation of the vision and philosophy behind Spoonriver's delicious creations and their remarkable chef. With her longtime friend and coauthor Margaret Stuart, Brenda has compiled a flavorful variety of Spoonriver's offerings from quick-cooking one-pot dishes to simple and scrumptious vegetable sides, legume recipes, and whole-grain preparations. Spoonriver appeals to a broad palate, and its cookbook includes tantalizing recipes for grass-fed beef, lamb, and naturally raised pork from area farms along with fresh seafood and organic free-range chicken. Connecting the table back to the market and ultimately to the land itself, The Spoonriver Cookbook provides unique recipes and fascinating short stories and profiles from the market's farmers and vendors. Brenda Langton's philosophy is built on the simple premise that a healthy diet is one of the best paths toward a long and happy life. It just so happens that Brenda's recipes are for some of the most delectable food that people in the Twin Cities have enjoyed for decades, and The Spoonriver Cookbook is a celebration of her rich legacy that is at once local, healthy, and yes, supremely delicious.

## Book Information

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## Customer Reviews

I bought Brenda Langton's first cookbook. the Cafe Brenda Cookbook, years ago, used it often, and was delighted that she has come out with this more complete version of healthy, delicious food, written for cooks of all abilities. If you are thinking about a vegetarian cuisine, you should have this book in your home.

I live in the Twin Cities and I'm lucky enough to have eaten at Spoonriver. Their food, recipes and dedication to quality fare is amazing and Brenda Langton's cookbook is simply divine. I love it. I want to make every single thing. The book is heavy on the vegetarian side, which works for me as my family has a fish and vegetarian diet. This book is an absolute must. From the black bean croquettes to the smoked salmon quesadillas, everything is a culinary hit and totally achievable for the at-home cook. YUM!

I've decided to make a lifestyle change that includes taking a closer look at my dietary habits. I consider myself "a man's man" who has always had preconceived notions of healthy food being bland and un-filling. Thankfully a friend of mine recommended Brenda Langdon's Spoonriver Cookbook. I have been pleasantly surprised with the abundance of taste profiles for the wide range of ingredients. One nice little thing about each recipe provides a few sentences with tidbits about the main ingredient. I have personally fallen in love with the croquette recipes, and my fishing buddies have been mightily impressed by the Walleye with Sesame Crust and Ginger Orange Teriyaki. The Spoonriver Cookbook highlights everything that is right with a modern healthy diet.

Well written with clear instructions, the Spoonriver Cookbook is turning my simple kitchen into a fabulous diner. My husband and I are reading it to each other in bed and together picking the next dish we want to try!

Like Spoonriver Restaurant in Minneapolis Brenda Langton's book is full of inventive and nutritious recipes that are also delicious. The soups and salad chapters by themselves would make me

happy. It's hard not to be inspired to cook once I've picked up this book. Thank you.

This is a great gift for friends and family members who enjoy cooking and want to prepare healthy, gourmet meals. Brenda is a local celebrity in the Twin Cities Minneapolis-St. Paul, known and respected for her excellent restaurants and brilliant menus.

Having had the pleasure of dining at Spoonriver, while in Minneapolis two summers ago, I didn't hesitate to purchase The Spoonriver Cookbook. Everything we ordered exceeded our expectations, was beautifully presented and resulted in a great restaurant experience. Brenda's passion for healthy, tasty food is contagious and if her White Bean Tuna Salad recipe is any indication of what to expect, I give this cookbook a definite "thumbs up"!! The recipes are easy to follow and nicely illustrated. We love the photos of the Mill City Farmer's Market and all of the vendors. Thank you Brenda!

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