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The Blackberry Farm Cookbook: Four Seasons Of Great Food And The Good Life



Synopsis

Nestled in the blue mists of Tennessee's Smoky Mountains, the 10,000-acre bucolic refuge of Blackberry Farm houses a top-rated small inn with one of the premier farm-to-table restaurants in the country. This sumptuous cookbook offers a collection of recipes that are as inspired by the traditional rustic cooking of the mountainous south as they are by a fresh, contemporary, artistic sensibility. Some of the dishes are robust, others are astonishingly light, all are full of heart and surprise and flavor and all are well within the reach of the home cook. California has the French Laundry, Virginia has the Inn at Little Washington, and Tennessee has Blackberry Farm, where the indulgences of a luxury inn are woven together with odes to nature fly-fishing, hiking, foraging, bird watching, and heirloom gardening to create a new way of looking at the world, a way in which anything seems possible. This is particularly true at the Inn's table and in its award-winning wine cellar. To the farm's master gardeners, food artisans and chefs, meals are an opportunity to express not only the earth and the culture of this remote spot, but also its spirit. On a spring day this might mean Rye Whiskey-Cured Trout with Fresh and Pickled Fennel, and the summer garden might inspire a Chilled Corn Soup with Garlic Custard, a papardelle of baby carrots, or a tomato terrine. In the cooler weather, game and traditionally preserved food cider-basted venison, a shell-bean and gamebird cassoulet, a dried apple stack cake or Bourbon Apple Fried Pies keep conversation in front of the fire lively. For all its artfulness, however, Blackberry Farm's garden-to-table cooking tends to be an ode to a well-loved cast iron skillet, a backyard smoker or a wood-fired grill. In the foothills, you don't eat to eat, you eat to talk, to remember and to imagine what you will eat tomorrow. In this book, the stories of the people who practice the traditional mountain food arts the bacon man, the heirloom gardener, the cheese maker and sausage man are woven together with the recipes, lore and regional history to reflect the spirit of the cooking at Blackberry Farm. Breathtaking photographs capture the magical world that surrounds the table the hills and rushing creeks, the lights and shadows of the forest, the moods and moments of the garden.

Book Information

Hardcover: 300 pages

Publisher: Clarkson Potter; First Edition edition (October 20, 2009)

Language: English

ISBN-10: 0307407713

ISBN-13: 978-0307407719

Product Dimensions: 11.4 x 1 x 11.3 inches

Shipping Weight: 4.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 32 customer reviews

Best Sellers Rank: #143,256 in Books (See Top 100 in Books) #83 in Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #184 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal #184 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South

Customer Reviews

From The Blackberry Farm Cookbook: Fig Tart Fig jam intensifies the fruit flavor in this tart. We make our own jam, but high-quality commercial versions work nicely as well. We like the free-form shape and rustic feel of the tart and have shaped them smaller to make individual tarts and larger to feed a crowd. Whipped cream, slightly sweetened, is a nice addition.--Sam Beall

Ingredients 1/2 recipe basic pastry (recipe below) 1/4 cup fig jam 1 pound fresh figs, stemmed and halved lengthwise 1/3 cup plus 1 teaspoon sugar 1/4 cup heavy cream 1 tablespoon unsalted butter 1 large egg 2 tablespoons milk (Makes eight servings)

Directions 1. Preheat the oven to 400 degrees F. Lightly butter a baking sheet and set it aside. 2. Divide the pastry in half. On a lightly floured surface, roll each piece of dough into a 9-inch circle. Place the pastry on the prepared baking sheet; overlapping the two circles a little on one side is okay as the edges will be folded in later. Spread 2 tablespoons of jam evenly over each piece of pastry, leaving a 1 1/2-inch border. Arrange the figs over the jam. Cover the tarts with plastic wrap and set them aside. 3. In a small saucepan, cook 1/3 cup of the sugar over medium-high heat without stirring until it melts and turns amber in color. Remove the pan from the heat and carefully stir in the cream and butter, stirring until the mixture is smooth. Brush the tops of the figs with the caramel mixture. Fold the edge of the pastry over the outer edge of the figs, pleating the dough to hold it in place. 4. In a small bowl, whisk together the egg and milk. Brush the edges of the pastry with the egg mixture and then sprinkle with the remaining 1 teaspoon of sugar. Bake for about 25 minutes, until the pastry is golden brown and the figs are just tender. Serve warm or at room temperature, cut into generous wedges.

Basic Pastry 3 cups all-purpose flour 1 teaspoon salt 1 cup plus 3 tablespoons shortening 1 large egg 1/3 cup plus 1 to 3 tablespoons ice water 1 tablespoon distilled white vinegar (Makes pastry for two 9- or 10-inch pie shells or one double-crust 9-inch pie)

1. Place the flour and salt in a food processor and pulse to combine. Add the shortening and pulse until the mixture resembles coarse meal. Transfer to a medium bowl and set aside. 2. In a small bowl, whisk together the egg, 1/3 cup of the ice water, and

the vinegar. Pour the egg mixture over the flour mixture and stir with a fork just until the dough comes together. If the dough is too dry, add more water, 1 tablespoon at a time. 3. Turn the dough out onto a lightly floured surface and knead gently into a ball. Divide the ball in half and flatten each piece into a disk about 1 inch thick. Wrap each disk in plastic and refrigerate for at least 30 minutes, or up to 3 days; the dough can also be frozen for up to 6 months and defrosted overnight in the refrigerator prior to using.

Starred Review. Big, bold and beautiful, this oversized if pricey title is more than your typical cookbook. California-trained chef Beall (son of the founder of the restaurant-chain Ruby Tuesday, Sandy Beall) takes readers to the Great Smokey Mountains of Tennessee to his family's Blackberry Inn and farm-to-table restaurant. Through color photos, essays and over 100 recipes inspired by the South, the spirit of this special place and the people involved is conveyed through its well-designed pages. Organized by season and broken down by event, recipes reflect the inn's philosophy of responsive cooking and showcase produce grown in the five-acre garden (set on the property's 9,000 acres) including creamed chard; beef carpaccio with summer chanterelles and chives; and Sam's carrot soufflé. Animals raised on the property and caught in their creek are used for such dishes as herb-roasted spring chicken and oven-baked trout with ramps and morels. The stories behind the on-site cheese kitchen and curing house, as well as a celebration of local suppliers such as Benton's Smokey Mountain Country Hams, are artisanal inspirations and reiterate the importance of how food is grown, raised and created. With a wine cellar of more than 160,000 bottles, it's no surprise that Beall's astute wine notes round out a title that is most certainly a reflection of the good life. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Ok, I must confess this cookbook is food porn. It is beautiful and inspiring. It makes one want to visit the blackberry farm. The photos are perfection and the recipes sound delicious. However, they seem to laborious. I must confess I have had this book for some time now and haven't made anything from it. So, this says something in itself. Every-time that I have wanted to, the recipes just seem too long or aren't in season to make. It is such a beautiful book though and the recipes are inspirational. I have purchased some of the jams, jellies and other items in the book on gift food (when it was up and running). Maybe more blackberry farms items will become available on provisions by food 52 and williams sonoma. It is just easier than making them from the book. Ah! maybe I am just not a farm girl but a city girl that appreciates the delectables that come from

blackberry farm. I would suggest buying this but ensure you are ready to put your sleeves up and get ready to work to make the recipes in this book. Maybe instead, do a foodie tour of the farm for thousands of dollars..If you can't afford that, then this book is so worth the purchase. It is high end farm table food that inspires.

I purchased this cookbook since I live in the area and am familiar with Blackberry Farm and its reputation for excellence. I have toured the farm through a University of TN alumni summer college. That said, I find the cookbook to be lovely to look at and the recipes to be very doable for someone who likes to cook at home. I like the simplicity of the recipes and the fact that the ingredients are easy to find. I have made the Summer Squash Casserole, which is outstanding--I would never of thought of using manchego cheese. Kreis's TN Fire-Fried Chicken is very good as is the Sweet and Spicy Foothills Coleslaw.

Nice

I consider a somewhat experienced cook because I enjoy cooking and experimenting with new flavors and techniques. Well this is a whole new level of cooking. So it prompted me to go to Blackberry Farms which was AMAZING

Absolutely beautiful book! So glad I ordered it! Excellent condition and excellent price!!

This book is a beautiful keepsake of the smoky mountain area. About half of the recipes are for those who want to fix a fancy quail, but they do have a recipe for corn pudding too.

Both a cookbook and a beautiful coffee table book. The recipes are well written and the pictures make you long for Tennessee.

This is one of the nicest books that I have purchased. I got it for my wife and she loves it. Lots of great food ideas and wonderfully written and photographed.

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