

The No Recipe Cookbook:

A Beginner's Guide to the Art of Cooking

By Susan Crowther

Foreword by Master Chef Roland G. Henin

Skyhorse Publishing hardcover, also available as an ebook

208 pages, 100+ full-color images

ISBN: 978-1-62087-616-9

Retail Price: \$19.95

Wholesale Price: \$10.00, for signed copies

No minimum order

Free shipping on first order!

With the constant availability of takeout, frozen dinners, and fast-food restaurants, cooking has become a spectator sport for most Americans—an entertaining activity you watch on television, but not something to try at home. What happened to cooking? Can we reclaim it?

The No Recipe Cookbook: A Beginner's Guide to the Art of Cooking (Skyhorse Publishing, July 2013) is a unique instructional guide that addresses the issue, head on. Chef, caterer, and nutritionist Susan Crowther offers something even more useful than a collection of recipes—an understanding of how to cook.

Crowther takes the intimidation factor out of cooking. Her creative approach to preparing meals focuses on the basics: philosophies, ingredients, and procedures. Without a single recipe, you'll learn to make everything from soups, salads, sauces, baked goods, and nutritious meals, featuring whole foods and meat alternatives ("meetz"), like eggplant and mushrooms. Once armed with the basics, you'll be free to experiment with confidence and have fun in your kitchen!

The book is as much about health as cooking, emphasizing concepts like nutrient density, slow living, and FARE WELL: Fresh, Ripe, Whole, and Local ingredients. Crowther empowers new and experienced cooks to trust their intuition and defend their health, through the art of cooking.

The No Recipe Cookbook is a unique tapestry, weaving instruction, memoir, nutrition wisdom, and a pinch of humor. Susie intimately guides the reader through the process of learning to cook, as if you're in the kitchen, together. The No Recipe Cookbook empowers all cooks—new and seasoned. With a handful of easy-to-follow cooking time charts and shopping lists and plenty of warm advice, Crowther welcomes aspiring cooks on a fun and exciting culinary adventure. Listen to your gut and follow your heart. Cooking is an art and everyone can do it!

ILLUSTRATIONS AND FOREWORD

The book features a foreword by Master Chef Roland Henin--mentor to famous culinary artists, such as Chef Thomas Keller, owner of The French Laundry. The book is charmingly illustrated with watercolor paintings from the author's mother and mother-in-law as well as the Brattleboro Senior Center Water-Based Media Group, located in the author's hometown. The illustrations show a spirit of sweet whimsy. The book also features evocative, subtle, playful, and dramatic food photography from Julie DuCharme Fallone.





Table of Contents
THE NO RECIPE COOKBOOK

FOREWORD BY MASTER CHEF		
ROLAND G. HENIN	ix	
INTRODUCTION	1	
Why No Recipe Cooking?	5	
Let's Get Cooking	8	
THE BASIC PHILOSOPHIES	11	
Mise En Place	13	
Seven Virtues of Cooking	17	
Top Ten Tips in the Kitchen	34	
THE BASIC INGREDIENTS	45	
What's in a Recipe?	47	
Top Ten Lists	50	
To Meat or Not to Meat?	56	
Top Ten Ingredients	59	
Seasoned with Accomplishment	80	
THE BASIC PROCEDURES	81	
Three Basic Steps	83	
SALADS: The Tip of the Iceberg	90	
The Vegetable Rainbow	95	
Amazing Grains and Simple Sugars	103	
Cooking Grains	109	
The Magical Fruit	115	
Stone Soup	118	
Making Soup from Scratch	121	
Dancing, Swinging, Poetry	133	
Sauces and Spreads and Dips: Oh My!	141	
THE BASIC BEVERAGES	143	
The Good, the Bad, and the Smoothie	145	
Coffee, Tea, or Me?	149	
The Non-Milk of Human Kindness	158	
BEYOND THE BASICS	159	
Mish Mash	161	
Wild Things	174	
Rosemary	180	
HOW TO FOLLOW A RECIPE	185	
INDEX	189	

Look Inside ~ www.norecipecookbook.com



FOREWORD EXCERPT, BY MASTER CHEF ROLAND HENIN

Well, with all of this hysteria related to foods in America—some good and some bad—it was bound to finally happen. Someone in this country just wrote a fabulous book about foods and what is the most important part of the cooking process. The No Recipe Cookbook, or cooking without recipes... What a “novel” idea! And from Susie Crowther, a former student, on top of that... simply amazing!

Yes, I say “finally,” because the last one in existence—as far as I know, possibly the only one that has ever existed—was written in the 1960s by an extraordinary chef: *Ma Gastronomie*, by Fernand Point, Chef Owner of La Pyramide in Vienne, in the suburb of Lyon, France. La Pyramide was, in Chef Point’s day, possibly one of the very best restaurants in the world and where many of the “Bocuse Gang” famous chefs did their apprenticeships.

AUTHOR BIOS

SUSAN CROWTHER. A graduate from the Culinary Institute of America with an M.A. in Education and Nutritional Sciences, Susie has worn several hats: cook, chef and owner of Susie's Menu-- a catering business; nutritionist, educator and author. Susie is a regular columnist in the Brattleboro Commons’ Food & Drink monthly. She also hosts a radio show, *What’s Cookin’ with Susie*, on Brattleboro’s WVEW fm. Crowther embraces a philosophy that honors culinary art and healthy living, coined, “Culinary Intelligence”—the way to “be” in your kitchen and in life. Susie lives in Brattleboro, Vermont with her husband Mark, their dogs, and the occasional son.

Visit Susie: www.norecipecookbook.com



ROLAND G. HENIN. One of approximately sixty Certified Master Chefs in the United States, serves as corporate chef for Delaware North Companies. Mentor to Celebrity Chef Thomas Keller (The French Laundry), Chef Henin coached the US Culinary Teams in the legendary Bocuse d’Or competition in Lyon, France. In 1992, Henin was the coach of the gold medal US Culinary Team, helping the American chefs bring home the World Cup from Luxembourg. In 1983 Chef Henin earned the coveted honor of Certified Master Chef—one of the first, in the United States. Chef Henin currently lives in Edmonds, Washington, where he enjoys fishing whenever he can.



MEDIA HIGHLIGHTS

WMUR TV, NH Chronicle Feature (6 min)

http://www.wmur.com/new-hampshire-chronicle/thursday-july-18th-no-recipe-cookbook/-/13383450/20900322/-/146bfaz/-/index.html?utm_source=bootsuite&utm_medium=facebook&utm_campaign=nh%2Bchronicle

WMUR TV, Cook's Corner (3 min)

<http://www.wmur.com/entertainment/food/cooks-corner/Black-bean-and-miso-dip/25324134>

WCAX TV, Books Over Breakfast (3 min)

<http://www.wcax.com/story/22918051/books-over-breakfast-the-no-recipe-cookbook>

VPR, Vermont Public Radio Interview (5 min)

<http://digital.vpr.net/post/learn-cook-without-recipe>

The Kitchn Review (article)

<http://www.thekitchn.com/the-no-recipe-cookbook-by-susan-crowther-new-cookbook-192189>

THE NO RECIPE COOKBOOK IS A WONDERFUL GIFT!

New Cooks

Special Diets ~ Healthy Eating ~ Vegetarian

Holidays ~ Weddings

Young Adults ~ College Students

Foodies and Experienced Chefs, too!



TESTIMONIALS ~ from Amazon.com

This is the mother of all cookbooks. It's a valuable guide for anyone who eats. With humor and warmth, Susie educates her reader about nutrient-dense ingredients, local, green and conservative food prep, and simply presents the necessary basic principles, tools, and directions for cooking anything. The No Recipe Cookbook by Crowther is user-friendly for beginners and experts alike. It is a cooking, nutrition, humor, coffee-table art, and lifestyles book rolled into one. I enjoyed it so much that I had to read it cover to cover.

The No Recipe Cookbook is the bomb – simple, straightforward, and very entertaining. Susan Crowther claims that “Cooking is easy! If you can make a mud pie, then you can cook.” Now, I believe it.

Crowther takes complicated information and makes it clear and practical. There are no conventional recipes in here, only something called “the Basic Recipe Formula,” which can be applied to everything. No strict adherence to exact amounts. Instead, Crowther offers up all sorts of wisdom about the whys, whats, and hows of using and combining ingredients while removing the fear of doing it wrong.

The No Recipe Cookbook is part cooking instruction and part life instruction. It includes little gems like, “I’d rather eat healthy food than medicine” and “Respect the comfort zone: It is unwise to experiment on company.” A funny, inspiring, and empowering book: two thumbs up, five stars, A+.

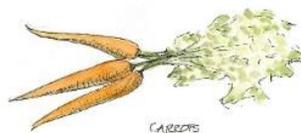
After reading this book, I have a whole new outlook on preparing meals. I waste less food and I am much more creative with the ingredients that are used preparing the meals. I now feel like an artist in my own kitchen able to create whatever I want to create using the book as a guide. Susan's book has taken cooking to a whole new level -- no more having to "color within the lines!" I love it!!!

Go no further. This is the book you've been looking for if you have little or no experience cooking. This cookbook is packed with practical tips and ideas for making the meals you never dreamed you could make. You no longer have to be afraid. My favorite part of the book is where she shows us how to combine flavors. All of this is done in a direct and clear manner. I am saying, as one who loves to cook and cooks some pretty complex foods, this is even a book that I would like to own, and I own 50+ cookbooks, already!

This is a great book for those of us who have never quite "intuited" the art of cooking.

So many cook-books are over my head... this book is a very helpful revelation. It's going to be a super book for my daughter to take away to college with her. How I wish I had Susan's super friendly, funny and insightful advice at that age.

A great book and wonderful gift. I think I'll go buy one for my mother.



**“Cooking is an act of love—in which you really do not measure or calculate anything—
not the time that it takes, not the efforts, certainly not the return on the
investment. . . . You’re doing what your feelings are telling you to do, and what it takes to do it
right—to create that pleasure in others, to make people happy.**

This is what cooking is all about.”

— MASTER CHEF ROLAND HENIN, from his Foreword



**“Finally a cookbook that explains cooking outside the constraints of a recipe! As a professional I don’t
like writing recipes, because it robs food of its intimacy. I would give this book to young cooks coming
out of culinary school as an overview of what real cooking is all about.”**

— Rob Evans, James Beard Award-winning chef

**“Susie cooks, writes, laughs, and lives with love. This is truly
a culinary love story for the chef in all of us.”**

**— Chef Neil Ravenna, personal chef, former executive chef
at The University Club in Tuscaloosa, Alabama**

**“I used to think that anyone could cook if they can read a recipe; however,
The No Recipe Cookbook is a breakthrough approach to teach common sense and creativity in the kitchen.
No longer do you have to fear a long list of ingredients; instead, you will be
empowered to trust your own intuition.”**

**— Ellen Ecker Ogden, Author of *From the Cook’s Garden* cookbook
and *The Complete Kitchen Garden***

**“This book is a breath of fresh air. It’s an easy-to-read, funny, *useful* book that
creates kitchen confidence.”**

**— Brian David Mooney, writer, teacher, and the creator
of the Storymatic, thestorymatic.com**

**“*The No Recipe Cookbook* reads like Alton Brown meets Francis Moore Lappe
meets Erma Bombeck.”**

— Chris Mattson, executive chef of Fireworks Restaurants in Vermont and New Hampshire



Susan Crowther

402 Stark Road, Brattleboro, VT 05301

802-257-7041

norecipecookbook@gmail.com

www.norecipecookbook.com

Visit us~ www.facebook.com/TheNoRecipeCookbook