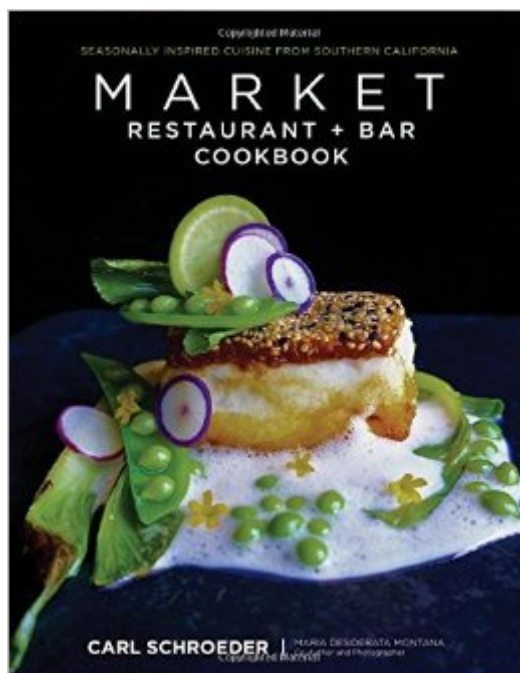


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# Market Restaurant + Bar Cookbook: Seasonally Inspired Cuisine From Southern California



## Synopsis

Carl Schroeder, Chef/Owner of Market Restaurant + Bar in Del Mar, California, grew up in La Jolla and has San Diego in his soul. He knows the lay of the land here and is dedicated to working with local farmers and fishermen. San Diego is, after all, a coastal city with an abundance of seafood and access to fresh farm produce. He has a passion for organic, natural and locally sourced products and his cuisine is inspired by those seasonally fresh and local ingredients. Market Restaurant + Bar Cookbook's one hundred and forty recipes are from Schroeder's daily-changing menu and were carefully adapted for the home cook. He gently guides the readers to the best local ingredients by season and shows them how to turn those ingredients into great food: from Bacon-Wrapped Pork Tenderloin and Slow-Roasted Pork Shoulder in Fall to Pan-Seared Chilean Sea Bass in Winter to Sweet Pea Salad and Creamy Pepper Vinaigrette in Spring to Yellowtail Tartare and Dungeness Crab in Summer.

## Book Information

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## Customer Reviews

I had dinner here once and it was phenomenal, so I was really excited to see they were publishing a cookbook. The dishes I enjoyed at the restaurant are all in here, particularly the beef short ribs and the mushroom udon soup. These recipes are quite demanding of your time, patience, and pocketbook. Even recipes that look simple actually involve a lot of mini-steps to get to the final dish. To test this cookbook, I settled on making the mushroom udon soup, because it seemed like a cheaper entry point than the beef short ribs. Not to say that all the mushrooms called for by the recipe were necessarily cheap. We started at about 5 or 5:30, and with two people prepping/cooking

the entire time, dinner was ready just after 7:30pm. The dish was not exactly what I remembered it tasting like, but it was about 90% as good as I remembered, which is still really incredible. Next, I plan to test the short ribs recipe and the famous chocolate candy bar recipe.

Finally, written recipes that are easy to follow. I'm so impressed with the thought that went into writing recipes that you're average cook could understand. A wine pairing suggestion comes with each recipe, love that! Each recipe comes with a picture and a final paragraph stated "at service" that explains plating and presentation details. Now I look like the gourmet chef. I own many recipe books but never one that I wanted to make every recipe listed. I'm so glad it arrived just in time for my holiday meal planning.

Beautiful book

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