



POTTER

food & drink

SPRING
2021





welcome



to the
Spring 2021
collection

Clarkson Potter publishes today's most influential voices in the cooking, drinks, and lifestyle categories. Our award-winning authors, chefs, home cooks, photographers, and illustrators come from a range of experiences and backgrounds, yet all share a singular pursuit: to affect positive change in ourselves and the world around us through delicious food and a life lived with meaning. We are proud to share with you our upcoming season of beautiful cookbooks, and hope that as you to explore the collection, you're as inspired by our authors as we are.



The Pepper Thai Cookbook

Family Recipes from Everyone's Favorite Thai Mom

PEPPER TEIGEN
WITH GARRETT SNYDER

Feed your cravings for pad Thai, sticky rice, and everything sweet-sour-spicy, from Chrissy Teigen's mom, Pepper!

Pepper Teigen is mom to celebrity and cookbook author Chrissy Teigen. Originally from Korat, Thailand, Pepper is prominently featured on CravingsbyChrissyTeigen online. When she isn't cooking, she is spending time with her grandchildren, Luna and Miles.



Known as "Pepper Thai" for her love of spicy chiles, Pepper Teigen whips up more than 80 playful, bold-flavored recipes in her debut cookbook. These are the dishes that fuel the Teigen-Legend household, from her grandma's recipe for coconut-rice flour pancakes that she sold to train commuters while a little girl in Korat to her homey pad Thai that she makes for Chrissy, Luna, and Miles at least twice a week.

Pepper's vibrant repertoire of Thai and "a little Thai" dishes include Fried Chicken Larb, Bow-Tie See Ew, BBQ Pork, and Thai Tea Bread Pudding. Throughout the cookbook are stories about being a young wife and mom, new to the United States, and re-creating Thai dishes with American ingredients when she couldn't find rice noodles or Thai basil. Of course there are plenty of behind-the-scenes stories as well about cooking and eating with her famously outspoken and charming family. This cookbook will leave Chrissy and Pepper's fans hungry for more!



Naked SHRIMP SALAD SERVES 2 TO 4

I'm not sure why this dish is called naked shrimp. Maybe because the raw shrimp don't have their shells, and the shells are like their clothes? But if I like to leave the tails on my shrimp . . . is that like being naked with your socks on? Sounds like a good time.

A popular menu item at American Thai restaurants, naked shrimp, called pla goong in Thai, is somewhere between a salad and a ceviche: barely cooked shrimp dressed in a chile jam, lime juice, and fish sauce mixture that cures the shrimp and gives it an addictive sour-savory-sweet flavor. You could probably eat these tasty plump shrimp on their own as a snack or appetizer, but I prefer to build them out into a salad by adding shredded cabbage and carrots, sliced onion, and a shower of fresh herbs. Naked or not, it's a salad that will light up every corner of your tongue.

- | | |
|--------------------------------------------------------------------|-------------------------------------------------------------|
| 1 pound peeled large shrimp, tails left on | 2 fresh bird's eye chiles or 1 serrano chile, thinly sliced |
| 1 tablespoon light soy sauce | 1 tablespoon vegetable oil |
| ¼ cup fresh lime juice (about 2 limes) | 2 cups thinly sliced green cabbage |
| 2 tablespoons fish sauce | ¼ cup grated carrot |
| 1 tablespoon light brown sugar | ¼ medium red onion, thinly sliced |
| ½ teaspoon Roasted Chile Powder (page 000) | ½ cup chopped fresh cilantro leaves |
| 2 tablespoons sweet chile jam, store-bought or homemade (page 000) | ½ cup chopped fresh mint leaves |

- ◆ In a medium bowl, toss the shrimp with the soy sauce and let it sit for 10 minutes at room temperature.
- ◆ Meanwhile, in a large bowl, whisk together the lime juice, fish sauce, brown sugar, chile powder, chile jam, and sliced chiles. Taste and adjust with seasoning as needed; the dressing's flavor should be sour and savory, with a good balance of sweetness and heat.
- ◆ Heat a dry skillet over medium heat until you can feel the heat coming off the pan when waving your hand over it. Swirl in the vegetable oil. Working in batches, sear the shrimp very briefly until they're whitish-pink on the outside but still uncooked on the inside, 10 to 20 seconds on each side. Transfer to a plate and let cool slightly.

SALADS BUT NOT BORING 59

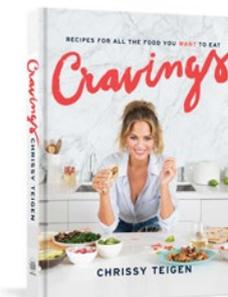


"My biggest hope is that these recipes bring you as much happiness and excitement as they do when we cook them at our home. And of course I have some pretty good stories to share about John and Chrissy, too."

HC ISBN: 9780593137666
95 FULL-COLOR PHOTOS
7 7/16 X 9 1/16 • 256 PAGES
\$29.99 US (\$39.99 CAN)
4/13/21



ALSO AVAILABLE



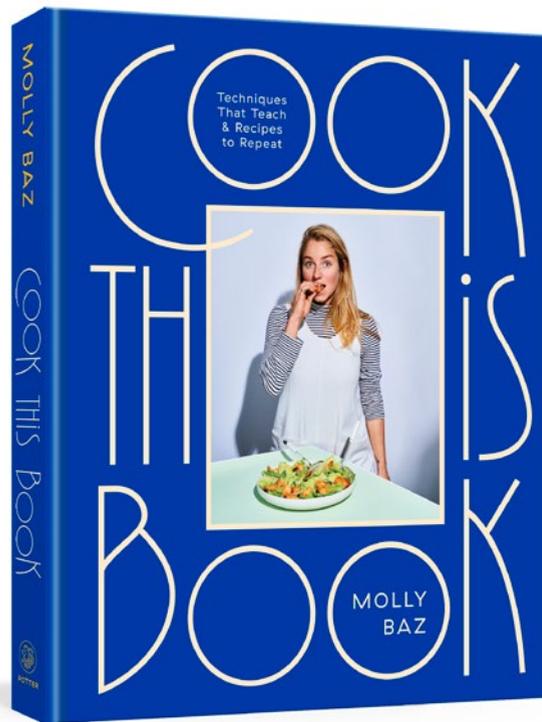
CRAVINGS
HC ISBN: 9781101903919
\$29.99 US (\$38.99 CAN)



CRAVINGS: HUNGRY FOR MORE
HC ISBN: 9781524759728
\$29.99 US (\$39.99 CAN)







Cook This Book

Techniques That Teach and Recipes to Repeat

MOLLY BAZ

A thoroughly modern guide to becoming a smarter, faster, more creative cook.

Molly Baz is a food editor and recipe developer whose stories and recipes have been featured in *Bon Appétit* magazine and who has appeared in the brand's YouTube shows, *Making Perfect* and *Molly Tries*.



Molly Baz is here to equip you with the tools to become a better, more efficient cook. In this, her first cookbook, she breaks the essentials down to clear and uncomplicated recipes like Pastrami Roast Chicken with Schmaltzy Onions and Chorizo & Chickpea Carbonara that deliver big flavor with a side of education. This foundational cookbook teaches the invaluable superpower of improvisation through visually compelling lessons on such topics as the importance of salt and how to balance flavor, giving you all the tools necessary to make food taste great every time.

Throughout, there are dozens of QR codes that, with a quick phone scan, link readers to short technique-driven videos that bring Molly right into the kitchen with them. *Cook This Book* will inspire a new generation to find joy in the kitchen and take pride in putting a home-cooked meal on the table.

HC ISBN: 9780593138274
125 FULL-COLOR PHOTOS
8 1/4 X 10 1/4 • 320 PAGES
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Overripe Tomato & Bread Soup with Crunchy Garlic Oil

Serves 4

PRODUCE

1 large yellow onion
9 garlic cloves
4 pounds very ripe tomatoes
3 large basil sprigs

DAIRY

2 ounces (1/2 cup) grated Parmesan cheese, plus more for serving

PANTRY

5 ounces crusty bread (from about 1/4 round country loaf)

1/2 cup plus 3 tablespoons extra-virgin olive oil, plus more for drizzling

Kosher salt and freshly ground black pepper
1/2 teaspoon red pepper flakes

In the height of tomato season, when your tomatoes are rotting faster than you can keep up with eating them, this overripe tomato soup is here to save you. This is my version of pappal pomodoro, a Tuscan tomato and stale bread soup that was one of the first recipes I learned to cook back in my study-abroad days in Florence. I've made it my own by introducing a spicy, crispy garlic oil that's drizzled over the soup before serving, because I never met a fun spicy condiment I didn't love. Torn crusty bread will function as both a thickening agent in the soup (a very tasty alternative to adding flour, cornstarch, or a roux) and a crunchy crouton for dunking, because what is a soup if not a vehicle for dunkage?

- Position a rack in the bottom and upper third of your oven. Preheat the oven to 450°F.
- Meanwhile, do some prep:
 - Finely chop 1 large yellow onion. **Need some guidance? Pull up this video.**
 - Thinly slice 9 garlic cloves; set about a third of the sliced garlic aside to use in the garlic oil later.
 - Cut out the cores from 4 pounds ripe tomatoes; roughly chop into 1-inch pieces.
 - Tear 5 ounces bread into 1-inch pieces. You should have about 4 cups torn bread.
- Start the soup:
 - Heat 1/2 cup of the olive oil in a large Dutch oven over medium heat.
 - Add the onion and garlic and cook, stirring often, until very soft and fragrant but not browned, 10 to 12 minutes.
 - Stir in the tomatoes, 1 of the large basil sprigs, 1 tablespoon salt, and lots of black pepper.¹
 - Increase the heat to medium-high and bring the mixture to a simmer, then stir in half of the torn bread. Switch to a whisk and cook, vigorously whisking the soup often to break up the bread into smaller, fairly indiscernible pieces and help distribute and incorporate it into the tomatoes, 3 to 4 minutes. It should be still
- Bake the soup and the croutons:
 - Whisk 2 ounces of grated Parmesan (about 1/2 cup) into the soup. Taste it now and adjust the seasoning if needed.
 - Toss the remaining torn bread on a rimmed baking sheet with a good drizzle of olive oil and the remaining 2 tablespoons grated Parmesan cheese. Season with salt and black pepper.
 - Transfer the soup (uncovered) to the bottom rack of the oven and the croutons to the rack above it to bake until the bread is light golden brown and crisp and the soup is thick and bubbling, 16 to 19 minutes longer.
- Meanwhile, make the crispy garlic oil: In a small saucepan, combine the remaining 5 garlic cloves and 3 tablespoons olive oil over medium heat. Cook, swirling the pan constantly so the garlic cooks evenly, until the garlic is very lightly golden brown all over, 4 to 6 minutes. Remember, it's going to continue to cook in the residual heat of the oil, so don't let it get super dark. Remove the saucepan from the heat and stir in 1/2 teaspoon red pepper flakes and a pinch of salt.
- Serve: Let the soup cool slightly; it will be unbearably hot straight out of the oven. Ladle it into 4 serving bowls. Nestle a few croutons into each bowl and drizzle some of the crispy garlic oil over the top. Pick the leaves of the remaining 2 basil sprigs and scatter them over each bowl.

¹ I know, I know, it's a lot of salt, but there's also a lot of water in tomatoes! The soup

will be very bland and watery without that much seasoning.



“After cooking through all the recipes in this book, you’ll realize you just took a culinary-school crash course, but you won’t have noticed because you were having such a ridiculously great time while enrolled.”





Food Between Friends

JESSE TYLER FERGUSON
AND JULIE TANOUS

BFFs Jesse Tyler Ferguson and Julie Tanous whip up California food with Southern and Southwestern twists.

Jesse Tyler Ferguson is a celebrated actor with a passion for cooking, best known for his lead role in *Modern Family*. He lives in LA with his husband, Justin Mikita, and their son. Julie Tanous is a recipe developer whose work has been featured in *Food & Wine*. She lives in LA with her family.



In *Food Between Friends*, *Modern Family* star Jesse Tyler Ferguson and private chef and recipe writer Julie Tanous bring their beloved blog, Julie & Jesse, to life. Drawing inspiration from the chiles and sopapillas that Jesse grew up with in the Southwest, and the buttermilk biscuits Julie was raised on in the South, they seamlessly bring California style to fun and funky recipes close to their hearts, such as Chile Relleno Meatloaf, Grits Soufflés, Gas Station Cherry Hand Pies, and Green Chile Chicken Enchilada Pie. This book feels just like cooking with a friend, because that's exactly what it is.

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100 FULL-COLOR PHOTOS
8 X 10 • 272 PAGES
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3/9/21



MAKES 14 TO 16
PANCAKES

blue cornmeal pancakes with blueberry butter

I wish I could say that I always knew about blue corn, as it's indigenous to the Southwest and was an option in virtually every New Mexican restaurant in Albuquerque but here's the truth: Disney's Pocahontas first exposed me to it. I had never "heard the wolf cry to the blue corn moon" but my interest was piqued! Blue corn? What, Where, When, Why AND How? The next time I noticed it on a menu, I went for it. It felt fancy AND it was referenced in an Oscar winning song. I have since grown to love blue corn for its many other attributes. There is a whole scientific explanation to why blue corn is blue but I seem to have used up all my space talking about my love for Pocahontas. Just know that these crunchy pancakes are a tribute to that unique taste from my childhood... and Judy Kuhn*. ~Jesse

1½ cups blue cornmeal
¼ cup (1½ ounces) all-purpose flour
1 tablespoon sugar
1½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon kosher salt
2 large eggs, lightly beaten

1½ cups buttermilk
¼ cup canola oil
Nonstick cooking spray, for greasing
Blueberry Butter (page 000), for serving
Maple syrup, for serving

1. In a large bowl, whisk together the cornmeal, flour, sugar, baking powder, baking soda, and salt.

2. In a medium bowl or large liquid measuring cup, whisk together the eggs, buttermilk, and oil until smooth.

3. Make a well in the center of the dry ingredients and pour in the buttermilk mixture. Use a rubber spatula or wooden spoon to fold together until just combined. Do not overmix.

Allow the batter to rest for about 5 minutes.

4. Heat a griddle or large nonstick skillet over medium-high heat and grease lightly with nonstick spray. Pour or scoop the batter onto the griddle, using 2 heaping tablespoons of batter for each pancake. With the back of the spoon, gently spread the batter into a 3- to 4-inch circle. Cook for about 3 minutes, or until golden brown. Flip and cook on the other side until

golden brown and the center of the pancake feels slightly firm to the touch, another 3 minutes. Remove from the pan and repeat with the remaining batter.

5. Serve the pancakes hot with the blueberry butter and maple syrup.

*Judy Kuhn is a brilliant Broadway actor who also just happens to be the singing voice of Pocahontas. It should also be said that Vanessa Williams also did a great job with the pop version of the song that played over the closing credits.



“Okay, no, we can’t promise we will literally be your friends, but we hope the spirit of our friendship entertains and maybe even inspires you to get cooking with someone you care about.”





Cook Real Hawai'i

**SHELDON SIMEON
WITH GARRETT SNYDER**

The story of the food of Hawai'i, through recipes that embody the cross-cultural exchange of the islands.

Sheldon Simeon is the chef and owner of Tin Roof in Maui. Sheldon was a finalist and voted Fan Favorite on both Season 10 and Season 14 of *Top Chef*.



As a finalist on two seasons of *Top Chef*, Sheldon Simeon established himself as a proud storyteller of Hawai'i food. Away from resorts and hotels, on local tables, you'll find Japanese stews, Filipino barbecue, Korean pickles, Chinese noodles, Portuguese donuts, Native Hawaiian roasts and, of course, poke—often all at the same time.

Accompanied by stunning on-location photography, these recipes are uncomplicated but full of flavor, infused with a spirit of generosity and community. Through them, we see Hawai'i food as an American story—a symbol of how many cultures come together to be one.

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120 FULL-COLOR PHOTOS
8 X 10 • 304 PAGES
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3/30/21



MIKI NOODLES SERVES 4

When I think about my late mom—Juanita Janet “Joanne” Moreno Simeon—the dish that comes to mind is her *miki* noodles. A hearty chicken noodle soup colored with red annatto seed, *miki* was a honey staple from *loco*s that she usually cooked for my brother and me when we were under the weather. Even though it had noodles in it already, we’d eat it with bowls of rice, just to soak up every last drop. I still refer to *miki* as my ultimate “death row meal.”

Since Filipinos are big on mixing pork with seafood, I’ve enriched this deluxe version with smoked ham hock and a little bit of fresh shrimp. The hocks add a porky oomph of flavor to the soup, and you can use the shredded meat to garnish the noodles.

About those noodles: what sets *miki* apart for me is that the noodles are always cooked in the broth until they’re soft and supple, which makes them give off their starch and thicken the luscious broth. What you end up with is a lot like chicken and dumplings. For this purpose, fresh noodles can’t be beat. I know making your own noodles at home sounds intimidating, but for these very simple flour noodles it’s incredibly straightforward: just three ingredients and a rolling pin. Don’t worry about making your noodles look picture-perfect—rustic strands that vary are part of the charm.

- | | |
|--------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 4 dried shiitake mushrooms | 4 peeled and deveined large shrimp, roughly chopped |
| 2 large smoked ham hocks (about 2 pounds total) | 2 tablespoons fish sauce, plus more to taste |
| 8 cups chicken broth | 1 teaspoon ground annatto (or ½ teaspoon paprika plus ½ teaspoon turmeric) |
| 4 cloves garlic, crushed and peeled, plus 6 garlic cloves, thinly sliced | 1½ pounds Easy Handmade Noodles (recipe follows) |
| 1 medium yellow onion, halved | |
| 2 bay leaves | FOR SERVING |
| 1 teaspoon black peppercorns | 1 bunch scallions, thinly sliced |
| 2 tablespoons neutral oil | Fried Garlic (page 000) |
| 8 ounces boneless, skin-on chicken thighs, cut into 1-inch pieces | Soft-boiled eggs, peeled and halved |
| | Lemon Olive Oil (page 000) |

Place the dried shiitakes in a bowl, cover with ½ cup hot water, and set aside to soften.

In a pressure cooker or Instant Pot (see Note), combine the ham hocks, broth, crushed garlic, onion, bay leaves, and peppercorns. Cook on high pressure for 25 minutes. Quick-release the pressure. Strain the broth, reserving the ham hocks and broth. When cool enough to handle, pick the meat from the hocks (discard the bones). Set the broth and meat aside.

Drain the soaked shiitakes, reserving the soaking liquid. Cut off and discard any stems, and thinly slice the caps.

(recipe continues)

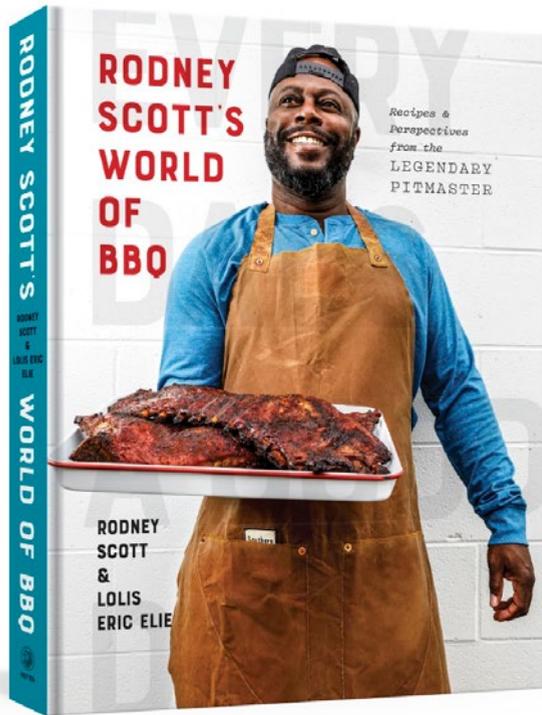
rice and noodles

185



“Hawai'i food, local food, tells a story of where we come from. It's not just about *'ono grinds* (delicious food), it's about connecting what we love to eat with culture and community.”





Rodney Scott's World of BBQ

Every Day Is a Good Day

RODNEY SCOTT AND LOLIS ERIC ELIE

The first barbecue cookbook by a Black pitmaster, celebrating his life story and unmatched dedication to his craft.

Rodney Scott is the chef and co-owner of Rodney Scott's BBQ in Charleston, Birmingham, and Atlanta (opening in 2021). He won a James Beard Award in 2018 and is featured in the Netflix series *Chef's Table: BBQ*. Lolis Eric Elie is an award-winning writer and filmmaker whose work has appeared in *Best African American Essays* and the *New York Times*. He is one of the founders of the Southern Foodways Alliance.



Rodney Scott cooked his first whole hog when he was 11 years old at his family's barbecue spot in Hemingway, South Carolina. Now he owns one of the country's most beloved, awarded, and talked-about barbecue joints, Rodney Scott's BBQ in Charleston. In *Rodney Scott's World of BBQ*, he spills what makes his pit-smoked turkey, barbecued spare ribs, fried catfish, hush puppies, banana pudding, and award-winning barbecued whole hog so special. From the ins and outs of building your own pit to poignant essays about Rodney's life and South Carolinian traditions, this cookbook, rich with stunning images from photographer Jerrelle Scott, is both a barbecue reference and a powerful work of storytelling.

HC ISBN: 9781984826930
 100 FULL-COLOR PHOTOS
 8 X 10 • 224 PAGES
 \$29.99 US (\$39.99 CAN)
 3/26/21



Rodney's Spare Ribs

SERVES 6

IN this recipe I'm talking strictly about pork spare ribs with the rib tip at the top intact. The first thing we do is "peel" the ribs by removing the membrane that covers the bone side of the slab. The membrane makes the ribs tough to eat. Peeling off the membrane also allows more seasoning to get into the meat, from the rub to the sauce; in fact, the vinegar in the sauce doesn't just flavor the meat, but also tenderizes it.

Now, there's always going to be preferences within barbecue. Some people think the rib tips are too bony or too tough compared to the meat between the ribs—but I don't mind. I like the slight resistance you get when you bite into our ribs—I consider them perfect. That said, this recipe will work for St. Louis cut ribs (which have the rib tips removed) and tender, quicker cooking baby back ribs, too. For St. Louis cut, flip the ribs after 1 hour to 1 hour 15 minutes of cooking, while baby backs will be ready to turn after 30 to 45 minutes.

3 slabs pork spare ribs, membranes removed
 1½ tablespoons Rib Rub (page 207)
 2 to 3 cups Rodney's Sauce (page 211)

Fire up your grill to between 200°F and 250°F (see Grilling Technique, page 93).

Season each slab with the rib rub. Make sure you get under the flap, the little piece of meat that dangles on the bone side of the ribs.

Place the seasoned ribs on the grill grate bone-side down, with the fatty end toward the middle of the grill. The middle of the grill tends to be hotter, so that will ensure that the thicker part of the rib gets cooked properly. Close the grill and cook: You are looking for caramelization on the rib before you flip them. That should take about 1½ hours. Open the grill and look for caramelization on the bone.

If it's ready, use the mop-flip-mop method (see Box). Close the grill. Bring the grill back up to temperature between 200°F to 250°F. Cook the ribs until the second side gets that same caramelized look. To check doneness, we pick up a slab of ribs with a pair of tongs and check how much give there is. When you pick the slab up, it should sag or flop easily. If a slight tear develops in the meat between the bones, that's another sign of doneness.

Mop-Flip-Mop

We use this method for all meats. It goes like this:

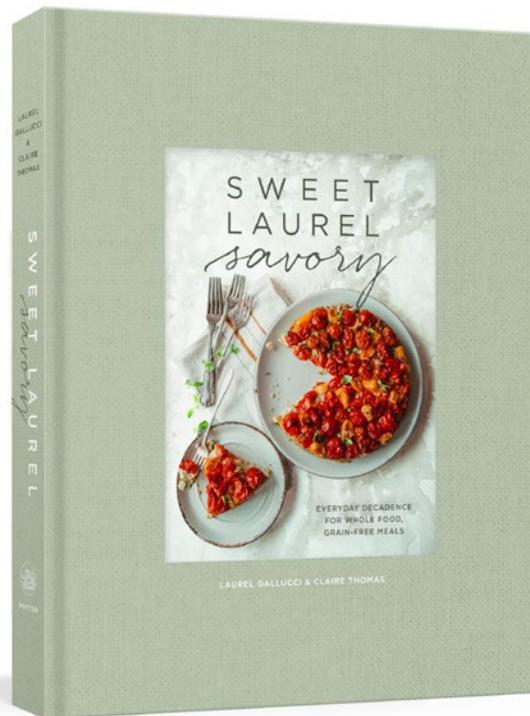
1. Mop the visible side of the meat with sauce.
2. Flip the meat over.
3. Mop the meat again.

FROM THE GRILL • 101



“One of the great things about cooking whole hog is that it takes so long to do it; you gather around the pit with good friends while the meat and wood do their thing. This book is all about inviting you into that fellowship. Once you put these recipes to use, you'll officially be one of us.”





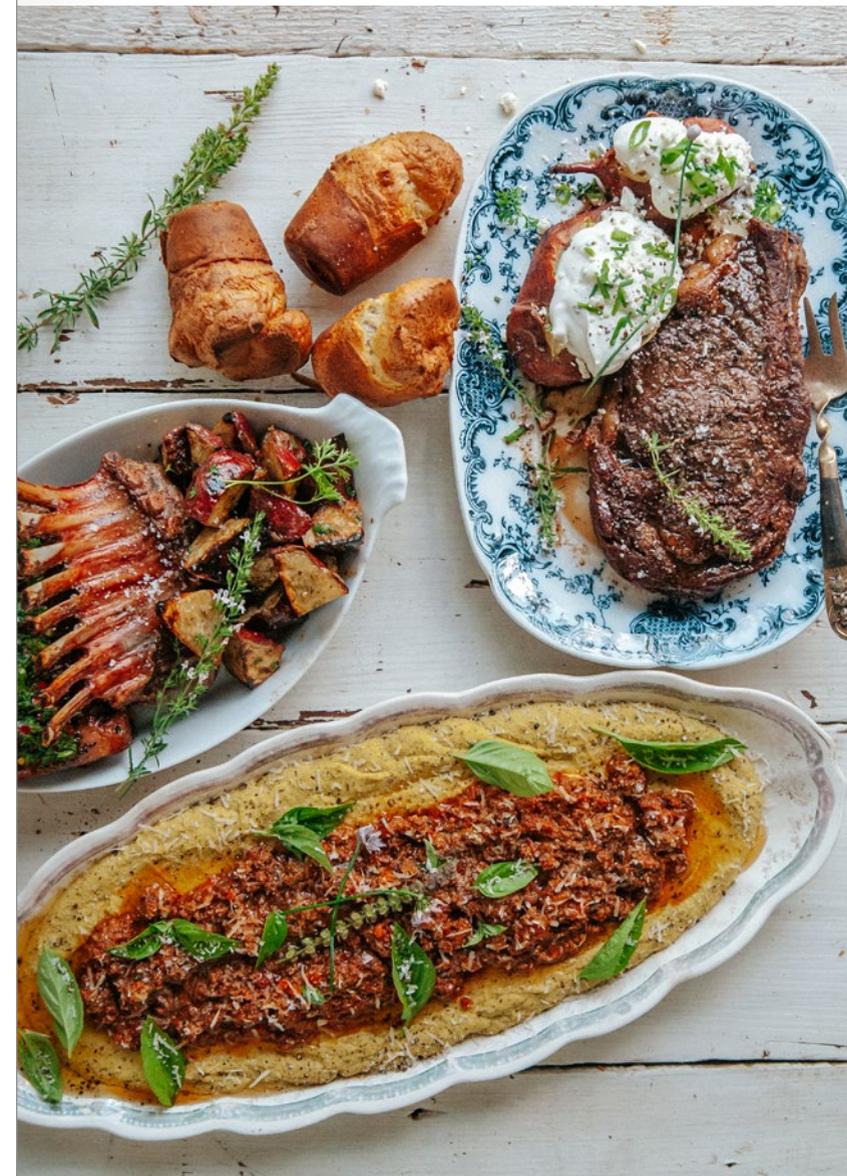
Sweet Laurel Savory

Everyday Decadence for Whole Food, Grain-Free Meals

LAUREL GALLUCCI
AND CLAIRE THOMAS

Eighty-five recipes for breakfast, lunch, dinner, and snack time from Sweet Laurel Bakery, LA's favorite source for gluten-free, refined-sugar-free, and dairy-free treats.

Laurel Gallucci started Sweet Laurel Bakery after being diagnosed with an autoimmune disorder and began creating recipes of her own. Claire Thomas is the cofounder, creative director, and photographer of Sweet Laurel Bakery. She is also the cook, writer, and photographer behind The Kitchy Kitchen.



In *Sweet Laurel Savory*, Laurel Gallucci and Claire Thomas apply the same philosophy to savory baking and cooking as they did to sweets in their celebrated first cookbook, *Sweet Laurel*—just because food is grain-free, refined-sugar-free, and dairy-free doesn't mean it can't be delicious, too. With recipes for breads, pizza, pastas, quiches, pot pies, bowls, and more, home cooks will delight in meals that are as wholesome as they are decadent. Whether readers are looking for health-supportive solutions or simply crave more wholesome, nutritious options, *Sweet Laurel Savory* makes it possible to enjoy all the foods you love without worrying about what's in them.

HC ISBN: 9781984825551
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“Just as we believe everyone should be able to have a slice of cake on their birthday, we also believe everyone should be able to enjoy pancakes in bed or a fun Taco Tuesday.”

ALSO AVAILABLE



SWEET LAUREL
HC ISBN: 9781524761455
\$28.00 US (\$37.00 CAN)



ROSEMARY ROASTED GARLIC FOCACCIA

Makes one 8- or 9-inch loaf

If we had our own “small pleasures” sequence like in the film *Amélie*, sticking our fingers into soft, warm bread dough would be ours. It’s a strange, tactile satisfaction. Baking is meant to be a hands-on experience, but creating grain-free breads, which are usually made with more of a batter than a dough, can sometimes feel a little disconnected from the physical act of baking. Not so with this recipe, which encourages hands-on handling, as with traditional focaccia. So get ready to get your hands dirty, because this recipe is worth it.

- 1 head garlic
 - 1 tablespoon olive oil
- FOR THE DOUGH**
- 2 teaspoons active dry yeast
 - 2 teaspoons pure maple syrup or honey
 - 1/4 cup warm water (100° to 110°F)
 - 2 1/2 cups almond flour
 - 7 1/2 cups arrowroot powder
 - 7 1/2 teaspoons baking powder
 - 1/2 teaspoon Himalayan pink salt
 - 1 large egg, at room temperature
 - 3 large egg whites, at room temperature
 - Extra-virgin olive oil, plus more as needed
 - 2 teaspoons cider vinegar
 - 2 teaspoons coarsely chopped fresh rosemary, plus more for garnish
 - Flaky sea salt

1. Preheat the oven to 400°F.
2. Chop off the top half of the garlic head to reveal the cloves. Peel off any excess papery skin from the head, being sure to keep the head intact. Place the garlic on a small piece of aluminum foil. Drizzle with the olive oil and wrap the foil around the garlic to enclose it completely. Roast for 30 to 40 minutes, until the cloves are golden brown and soft. Remove the garlic from the foil and let cool slightly. Squeeze the cloves into a small bowl, discarding the papery skins, and set aside to cool.
3. Make the dough. In a large bowl, combine the yeast, maple syrup, and warm water. Cover with a damp kitchen towel and let sit in a warm area—in direct sunlight, for instance (about 80°F is ideal)—until foaming and bubbling, 5 to 10 minutes.
4. In a medium bowl, whisk together the almond flour, arrowroot, baking powder, and Himalayan pink salt until fully combined.
5. Add the egg, egg whites, roasted garlic cloves, 1 tablespoon olive oil, and vinegar to the bowl with the yeast mixture. Using a whisk or a handheld mixer on low, mix for 2 to 3 minutes, until light and frothy. Add the flour mixture and the rosemary in two batches and mix until a soft dough forms. Cover with a damp kitchen towel and let the dough rise for 1 to 2 hours, until it has expanded by about 30 percent.
6. Line a 10-inch skillet or baking dish with parchment paper and grease the skillet and parchment with olive oil.
7. Transfer the dough to the prepared skillet. Dip a spatula or your fingers in water and spread the dough to an even thickness in the skillet.

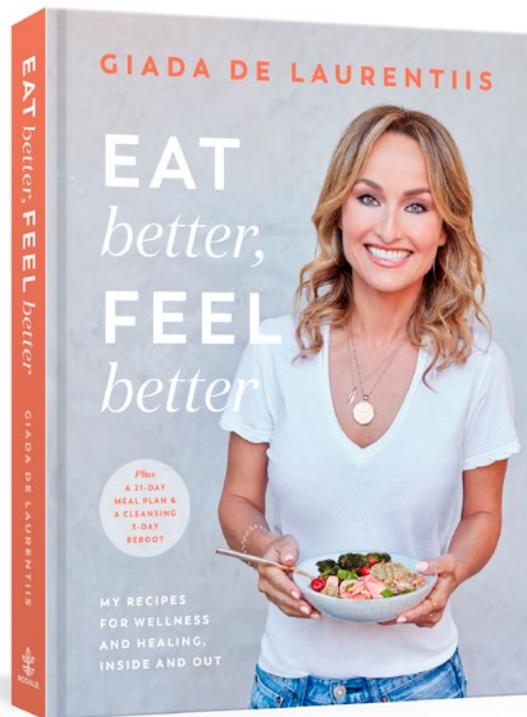


With wet fingers, make indentations in the dough. It's fine if they're a bit irregular—it makes the focaccia look more rustic. Sprinkle the dough with rosemary and flaky salt, then drizzle generously with olive oil. Cover with a clean kitchen towel and place in a warm place for 40 to 80 minutes, until noticeably risen and a bit puffy.

Bake for 30 to 32 minutes, until the bread is golden brown. Remove the focaccia from the skillet, set on a rack, and let cool for 15 minutes before serving. Serve this bread slightly warm, with a dish of olive oil for dipping. Wrapped in plastic wrap, it will keep at room temperature for 3 to 4 days.

Preheat the oven to 375°F





Eat Better, Feel Better

My Recipes for Wellness and Healing, Inside and Out

GIADA DE LAURENTIIS

Boost gut health and immunity with a delicious approach to wellness that nourishes mind, body, and spirit.

Giada De Laurentiis is the author of nine *New York Times* bestselling books and is the creative force behind the lifestyle platform Giadzy. Born in Rome, she grew up in Los Angeles, where she now lives with her daughter, Jade.



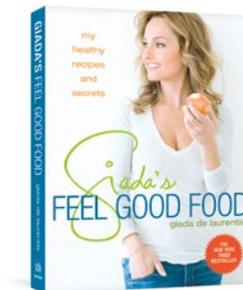
Giada De Laurentiis feels better than ever thanks to her thoughtful, food-first approach to health and wellness. In her newest book, she shows you ways to select foods to control inflammation and support a healthy body and mind. She also shares her methods of using intermittent fasting, meditation, and other self-care routines to optimize well-being.

There's also a 3-day reboot chapter and dozens of dairy-free, sugar-free, and gluten-free recipes to accompany the plan, as well as a 21-day menu that makes cooking for good easy to implement at home. *Eat Better, Feel Better* features more than 100 new recipes, like Quinoa Pancakes and Sheet Pan Parmesan Shrimp and Veggies, along with plenty of Italian-influenced recipes, such as Fusilli with Chicken and Broccoli Rabe and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce. *Eat Better, Feel Better* is the perfect jump-start to wellness.

RODALE BOOKS
 HC ISBN: 9780593138434
 75 FULL-COLOR PHOTOS
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ALSO AVAILABLE



GIADA'S FEEL GOOD FOOD
 POTTER
 HC ISBN 9780307987204
 \$32.50 US (\$35.00 CAN)



GIADA'S ITALY
 POTTER
 HC ISBN 9780307987228
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STEAK SALAD WITH WHITE BEANS and SWEET SHALLOT DRESSING

SERVES 4

Honestly, who doesn't like a steak salad? It's about the easiest thing there is to make and it's a true crowd-pleaser. In this version I've paired cannellini with a relatively modest portion of beef, and the effect is almost like steak-and-potatoes in salad form. The warm steak wilts the greens slightly, and it's all bathed in a shallot-mustard dressing—irresistible! If you cook this outside over a gas or charcoal fire, the timing would be the same; just don't cook the meat with the lid down.

FOR THE STEAK
 1 pound skirt steak
 1½ teaspoons kosher salt
 1 teaspoon olive oil

FOR THE DRESSING
 2 shallots, sliced into thin rings
 3 tablespoons olive oil
 ½ teaspoon kosher salt
 1 tablespoon Dijon mustard
 2 tablespoons cider vinegar

FOR THE SALAD
 1 cup cooked cannellini beans (page 00)
 4 radishes, thinly sliced
 3 tablespoons chopped fresh tarragon
 1 small head of escarole or romaine, cut into 1-inch pieces

Ten minutes before cooking, take the steak out of the refrigerator. Heat a grill pan over medium-high heat. Dry the meat well with paper towels and season with the salt. Drizzle it with the olive oil, place it on the grill pan, and top with a heavy pan or aluminum-covered brick to ensure it makes contact with the hot ridges. Cook the steak without moving it for about 4 minutes, until a deep golden crust has formed. Flip the steak and cook for an additional 4 minutes. Transfer the steak to a plate to rest for at least 10 minutes.

Meanwhile, in a small skillet, combine the shallots, olive oil, and salt. Place over medium heat and cook for about 3 minutes, until soft and fragrant. Remove from the heat and allow to cool in the pan for 5 minutes.

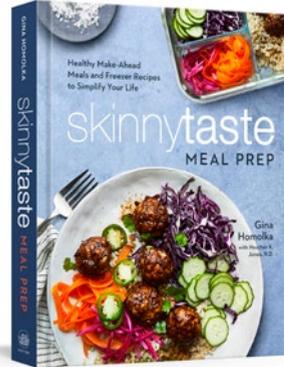
Transfer the shallots to a large bowl and whisk in the mustard and vinegar until the dressing is emulsified. Add the cannellini beans, radishes, tarragon, and escarole and toss to coat with the dressing. Thinly slice the rested steak against the grain and add it to the salad. Toss one more time and serve.

Eat Better, Feel Better • 158

“My cooking still reflects the amazing ingredients and flavors of the Italian cuisine that I love best, but tweaked a bit to make me feel and function my best.”



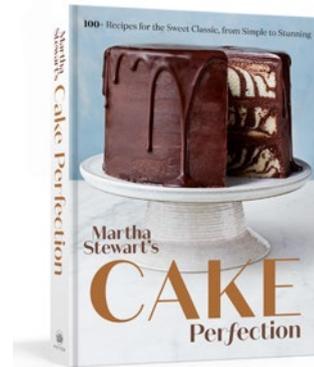
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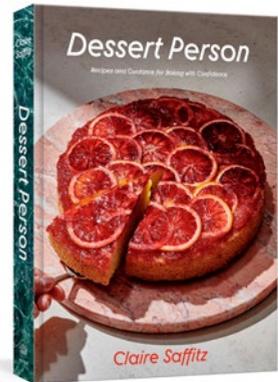
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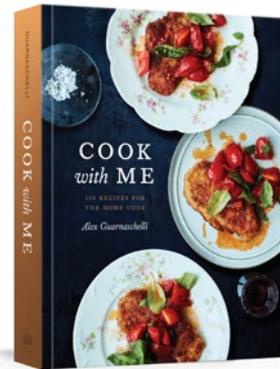
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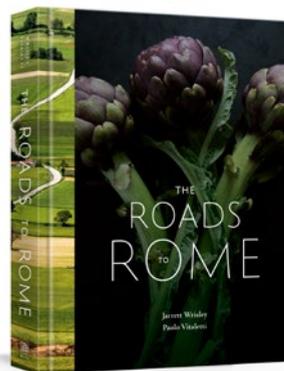
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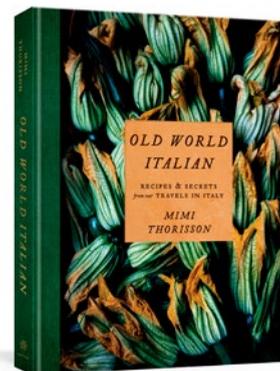
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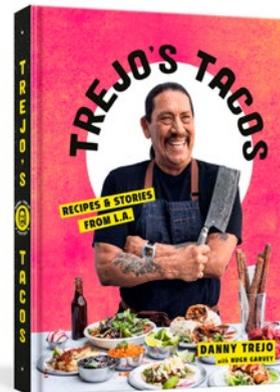
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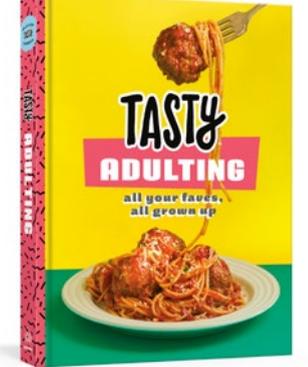
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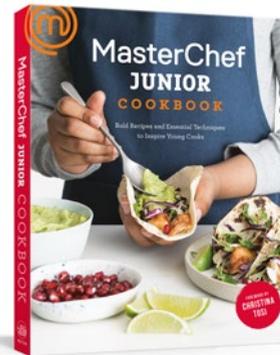
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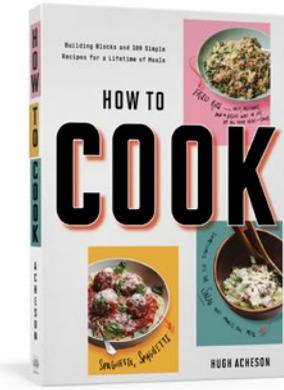
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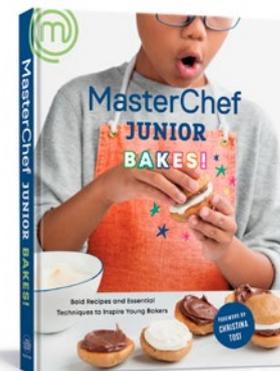
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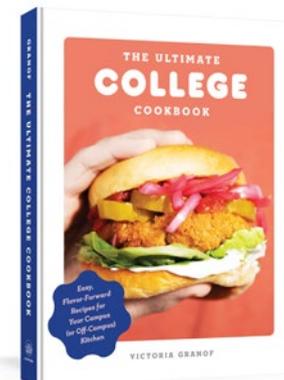
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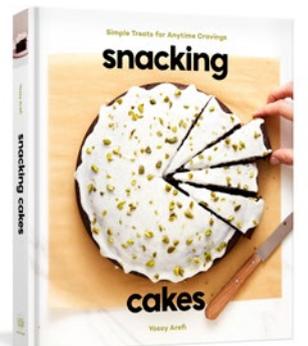
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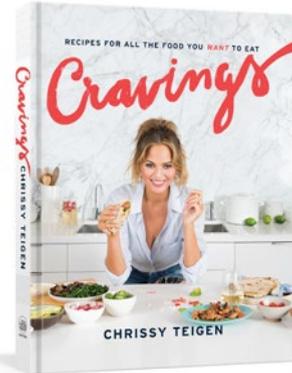
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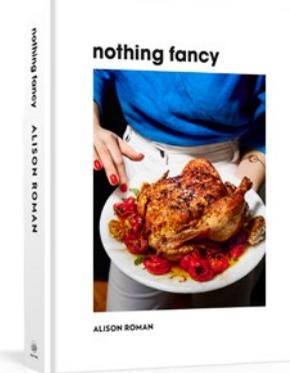
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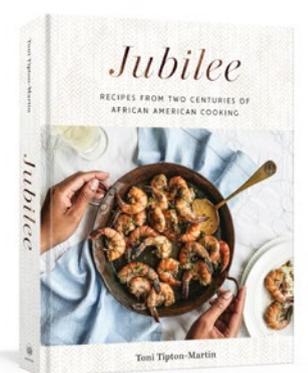
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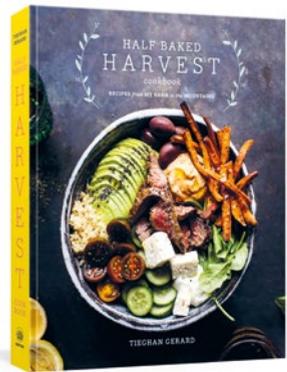
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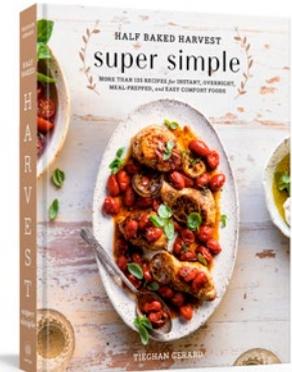
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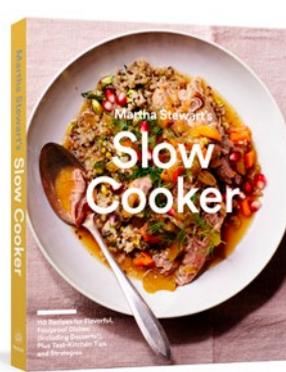
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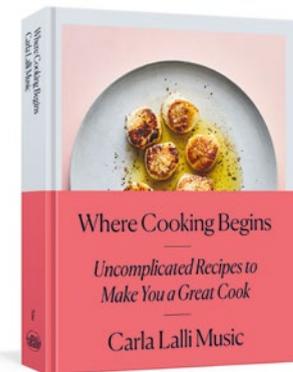
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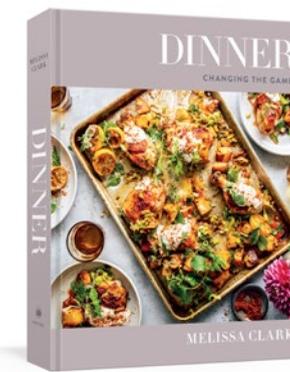
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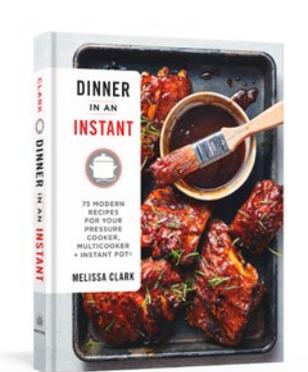
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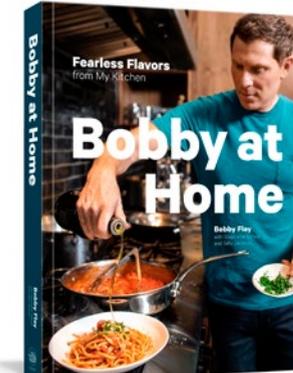
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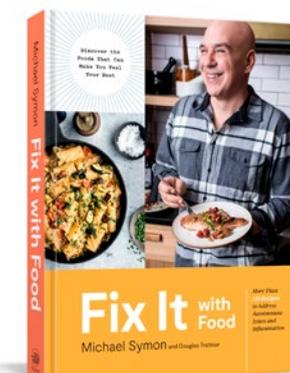
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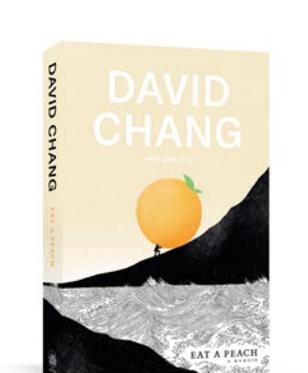
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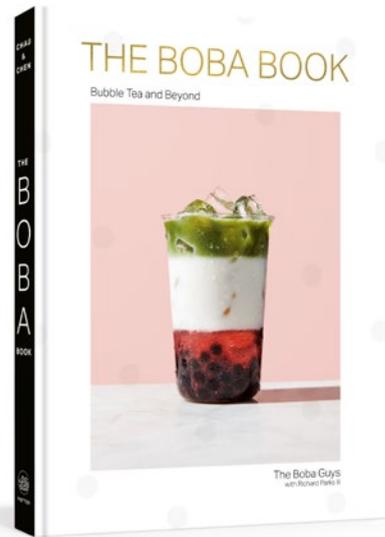
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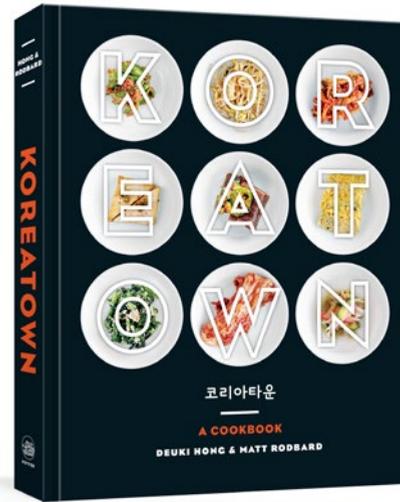
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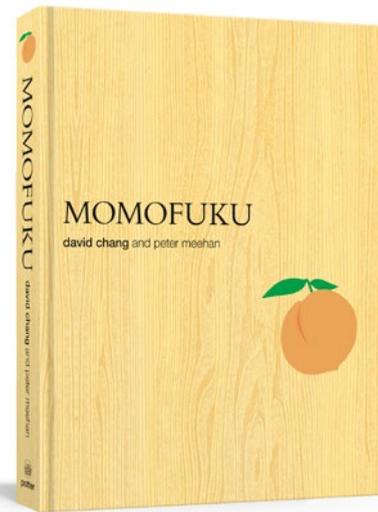
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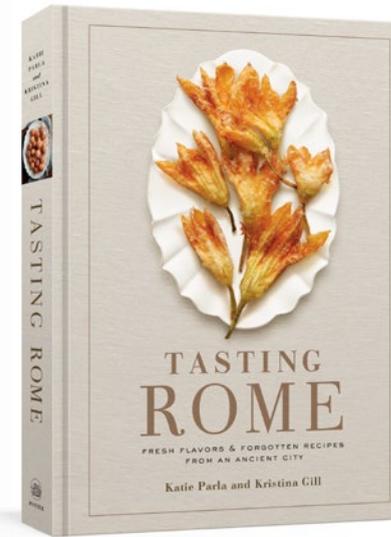
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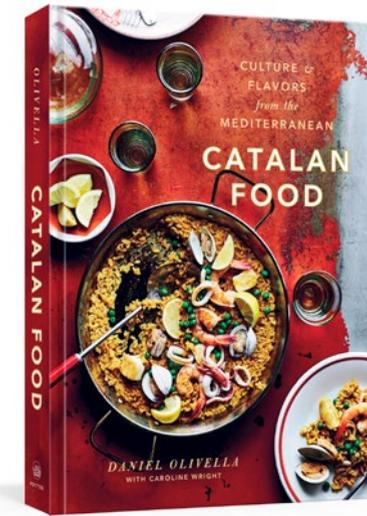
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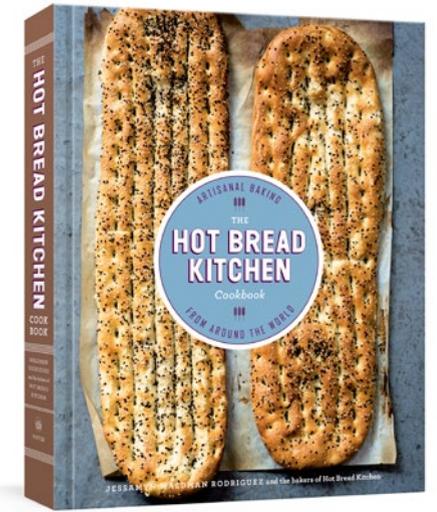
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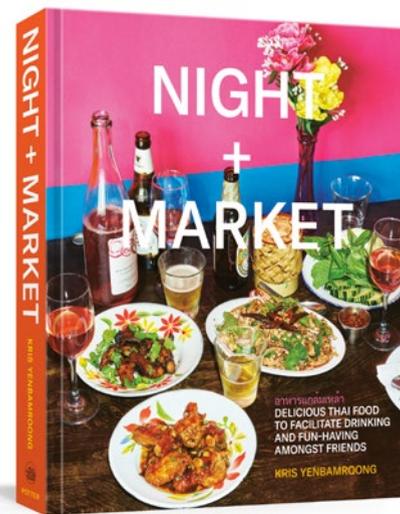
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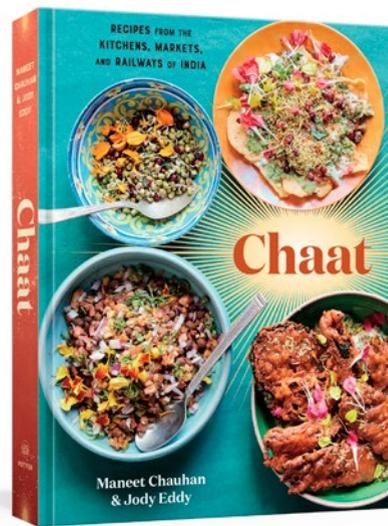
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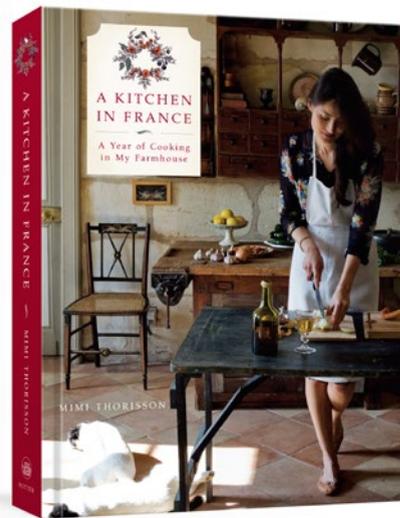
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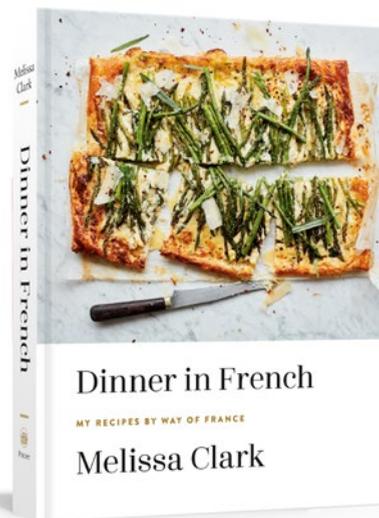
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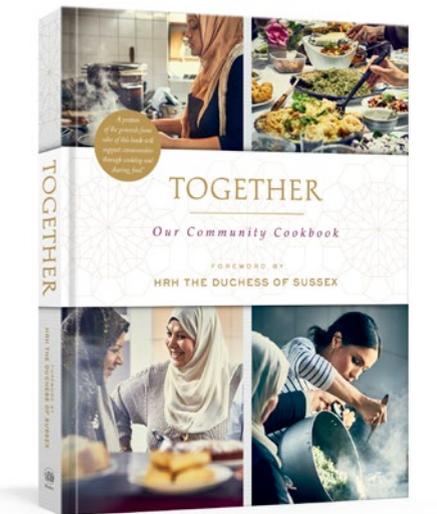
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