



Contact: Blueline Publicity
PO Box 4726
Portsmouth, NH 03802
603-431-5667 / 603-205-0552 cell
deidre@perpublisher.com
<http://www.perpublisher.com/>
<http://www.joancooks.com/>

Portsmouth, NH – Peter E. Randall Publisher announces the publication of *Good Food, Simply Prepared: A Collection of Recipes from 3 Generations of the Styrna Family*, by Chef/Teacher Joan Styrna. The simple and entertaining cookbook contains over 100 recipes passed down from Styrna’s Polish-Lithuanian grandparents and parents. These delightful recipes are now a part of Styrna’s own unique culinary repertoire. Styrna, who developed a culinary arts program at the Timberlane Regional School District in Plaistow, NH, resides in coastal New Hampshire, but her culinary roots go back to Old World ways and flavors, as well as to summers spent in coastal Maine.

Each recipe in this collection from three generations of one family has a story to tell about the home and culinary values and traditions that influence every modern cook. Each chapter contains not just easy and tempting recipes, but an entertaining history of how the dishes came to this country and how they were passed, and in some ways changed, from grandparent to parent to the author herself. This charming book is the perfect example of a culinary movement that is sweeping the nation—simple food made with fresh from the farm ingredients with a nod to our roots. Many of the easy-to-create recipes have been supplemented with a lively anecdote or story that will bring the reader into another time, place and flavor that shows how culinary traditions are made and kept.

For more information on Joan Styrna, visit www.joancooks.com. To interview or book an event with Joan Styrna, please contact Deidre Randall at Blueline Publicity at (603) 205-0552, or email: deidre@perpublisher.com.