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Good Food Simply Prepared

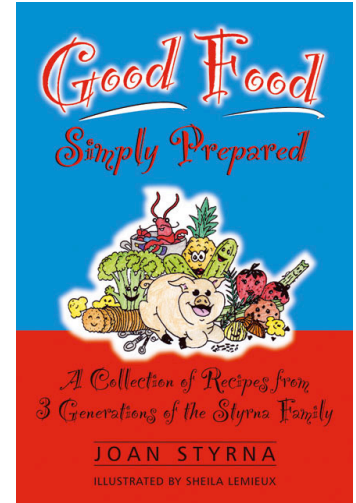
A Collection of Recipes

from 3 Generations of the Styrna Family

Publication date—January, 2006
\$19.95, 254 pgs, soft, 6" x 9"
ISBN# 0-9771986-4-2

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 a history of how they 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 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.



Advance praise;

Good Food, Simply Prepared is a **charming** cookbook. I love the stories and anecdotes, which are filled with loving memories.

Melissa Weinelt, Student, Johnson and Wales

Good Food, Simply Prepared is way **more than an ordinary cookbook**. With family history and personal stories providing the framework, Joan's recipes come alive in this delightful book. Whether you are a cook or just a reader of good stories, you will find yourself transported to a cottage in Maine, an executive dining room in California, or a classroom filled with high school students in New Hampshire, loving the stories and variety of recipes that Joan Styrna shares.

Peggy Stout, Author of Wise Women Speak to The Women Turning Thirty

Thank you, Joan! This book gives the reader a glimpse of Joan's **thoughtful, creative and loving approach to preparing wonderful food** of all kinds. In this book you share not only your enthusiasm for preparing good food simply, but also teach us how to savor the atmosphere, people and places that can make any experience memorable.

Lois Ford, President, Bellows House Bakery, Walpole, New Hampshire

About the Author

Joan Styrna, B.S., Keene State College, New Hampshire, studied at Madeleine Kamman's Modern Gourmet Boston, the San Francisco Culinary Academy, and the Culinary Institute of America. Joan has been both a chef and a teacher. Through the Timberlane Regional School District in Plaistow, NH, Joan developed a culinary arts program, and wrote and taught an extensive curriculum for many years. She resides in coastal New Hampshire.

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