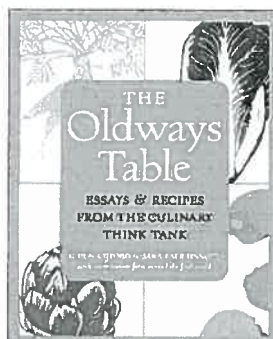

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Oldways brings wisdom to the kitchen table BOOKS FOR COOKS



It would be folly to describe *The Oldways Table* (10 Speed Press, \$32.50) by K. Dun Gifford and Sara Baer-Sinnott as just another cookbook.

Certainly there are recipes in this provocative book — for dishes as eclectic as New Hampshire Autumn Zucchini Bread, Broiled Salmon Fillets with Soy and Brown Sugar Glaze, Momo's Pork Osso Buco, Vermont Butter Cookies and Baba Limoncello with Lemon Cream.

But *The Oldways Table* is a thinking chef's cookbook that abides by the mission of Oldways, a culinary think tank that promotes a philosophy of sustainable agriculture, traditional foods and healthy eating, drinking and exercising.

Ninety essays by Gifford and scores of culinary luminaries are interspersed among recipes. Read essays written by Nancy Harmon Jenkins ("How and Why to Cook With Olive Oil"), Bill Niman ("Niman Ranch Pork") and Deborah Madison ("The Farmers' Market and Its Web of Connection").

The cookbook has unusual chapter headings: grains, fruits and vegetables, beans and legumes, nuts and peanuts, on through to wine. Organizing chapters in this way emphasizes the food pyramid that Oldways advocates, one based on daily physical activity and the Mediterranean diet rich in whole grains, fruits, vegetables and beans.

For those who read cookbooks like novels, this one is a thought-provoking gem. For those who believe we can and should eat, drink and cook better, *The Oldways Table* will read like a Bible.

| Lauren Chapin, *The Star*