



True Blueberry: Delicious Recipes for Every Meal

Linda Dannenberg

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From the restaurants of today's most creative chefs to the kitchens of savvy home cooks, blueberries have become a favorite ingredient not just for breakfast and dessert but for dishes at every meal. And the doctor approves. Recent medical studies have shown that blueberries are one of nature's most beneficial foods, known to help fight cancer and diabetes, and may aid in lowering cholesterol and combating aging.

True Blueberry is a celebration of the fruit long prized by cooks for its distinctive color and delicate sweet flavor. The book begins by highlighting the health benefits of blueberries, and then presents 80 fresh, innovative recipes that will appeal to every palate. Featured are such winning creations as Lemon-Ricotta Pancakes with Blueberry-Peach Compote; Fennel, Arugula, Orange, and Blueberry Salad; and Blueberry Martinis, gathered from home cooks and renowned chefs, including Debra Ponzek and Alain Ducasse, as well as venerable restaurants such as Moody's Diner in Maine. AUTHOR BIO: Linda Dannenberg writes about European cuisine, travel, and decorative arts for publications including *Wine Spectator* and *Travel & Leisure*. She is also the author of *Perfect Vinaigrettes* (STC). Zeva Oelbaum is an award-winning commercial and fine-art photographer. Her work has appeared in *Bon Appétit*, *House Beautiful*, and other periodicals, as well as STC's *The Perfect Wedding Cake*.

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