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# Brassicas

## Cooking the world's healthiest vegetables

LAURA B. RUSSELL

Kale has taken the world by storm and there's hardly a restaurant around that doesn't have Brussels sprouts on the menu. The rising popularity of brassicas (including cauliflower, broccoli, cabbage, mustard greens, and more) is not only due to their extraordinary health benefits and "superfood" status, but also a growing appreciation for how great they taste when properly prepared.

Brassicas are nutritional powerhouses chock-full of vitamins, minerals, and sulfur-rich phytonutrients. Their health benefits are enormous, and now the ways to enjoy them are equally boundless. Laura B. Russell's striking new

cookbook invites home cooks of all levels to celebrate the world's healthiest vegetables and their rich natural flavors. From the inherent sweetness in roasted Brussels sprouts to a delightful peppery punch in watercress or arugula salad, **Brassicas** unveils the beauty and bounty of these vegetables in a diverse range of recipes, including simple sides and salads, breakfast dishes, soups, snacks, and even smoothies! Some recipes demonstrate the easiest way to enjoy a vegetable, such as simply sautéed kale, roasted rutabagas, or stir-fried bok choy. Others, like a Moroccan-inspired braise of turnips and chickpeas, take a home-cooked meal to the next level without being overly complicated.



Each chapter is devoted to a single vegetable or class of brassicas (such as leafy brassicas, Asian brassicas, or root brassicas), beginning with key information on selection, preparation, and nutrition and followed by recipes that capture the best flavors that each has to offer—so even a beginner can feel confident in the kitchen. Commonplace brassicas—such as broccoli, cauliflower, cabbage, kale, and Brussels sprouts—take center stage and account for most of the recipes in the book, while other favorites, like collard greens, kohlrabi, and broccoli rabe, are showcased in ways that are equally enticing. And for the harder-to-find vegetables (Chinese broccoli, mizuna, or tatsoi), Russell always offers accessible substitutes easily found at any supermarket. With 35 gorgeous, full-color photographs and eighty delicious recipes, **Brassicas** is a feast for the eye as much as the palate. From the innovative **Roasted Radish Salad with Blue Cheese**, to the **Charred Brussels Sprouts with Pancetta and Fig Glaze**, to the decadent **Creamy Cauliflower Gratin**, this book artfully inspires us with exciting new ways to finally do as we have always been told and (gladly) "eat more vegetables."

**LAURA B. RUSSELL** is food writer and recipe developer based in Portland, Oregon. Laura is a "FoodDay" columnist for the *Oregonian*, author of *The Gluten-Free Asian Kitchen*, and former associate editor of *Food & Wine's* cookbook division. She has contributed articles and recipes to many food publications, including *Prevention*, *Living Without*, *Easy Eats*, *NW Palate* and Portland's *MIX* magazine. She is available for interviews. For more healthy recipes and cooking tips, visit [www.laurabrussell.com](http://www.laurabrussell.com).

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