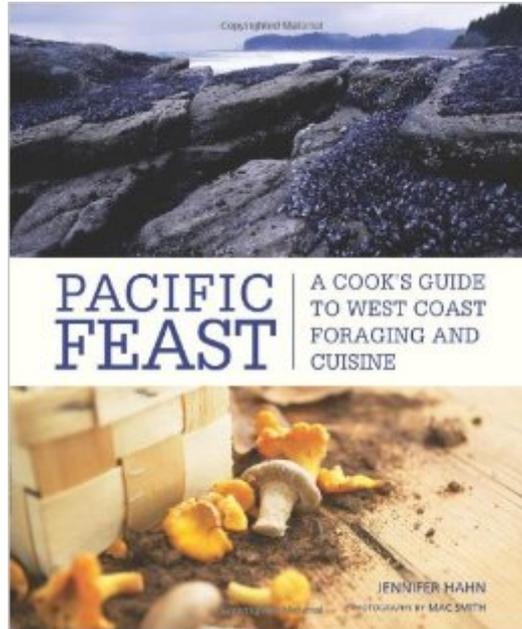


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# Pacific Feast: A Cook's Guide To West Coast Foraging And Cuisine



## Synopsis

An intimate yet informative guide to harvesting and cooking wild foods from beach to forest. Once thought to be the stuff of back-to-the-landers, foraging has become a gourmet pastime, and there are a growing number of wild-food classes in which experts teach hungry folks how to spot the food at our feet. Especially fortunate are those of us who live along the Pacific Coast from the San Francisco Bay area to Puget Sound to Anchorage where the climate provides many a delicacy in our wild (and not so wild) spaces. THE PACIFIC FEAST shares expert advice on how to identify the good eats, harvest responsibly, and create delicious meals with your finds. Author Jennifer Hahn provides detailed field notes on more than 40 species, including where to find them, which parts are edible, and their best culinary uses. In addition to the delectable recipes from well-known coastal chefs, readers will also appreciate Hahn's intimate stories of reveling in nature's bounty and Mac Smith's lush identification photographs.

## Book Information

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## Customer Reviews

I love the idea of this book and I think the content is good too. It goes over a bit of each ingredient prior to digging into some recipes, which I think is a really good format and quite handy. It's really amazing what I walk by every day in the woods and beaches and don't know how tasty they could be. My only complaint is the lack of pictures. In general, I think cookbooks without pictures aren't great. You really need an idea of what you're working towards. However, in this case, I think it is essential. Since we are foraging for unusual ingredients, there needs to be some more and better pictures (plus further explanations) on what each item looks like and where to find it, etc. As it is, there is only a few pages in the middle full of 1 colour picture for each ingredient (and it's so sparse,

I'm not sure it covers everything in the book).Excellent reference to have on my shelf, but could be better.

I returned this book because it's scope was very limited and the recipes, although written by professional chefs were not what I was looking for. In the beginning of the book the author talks about First Nations people who were able to improve their health by eating a diet limited to foraged foods. Great! However, the recipes included in the book rely heavily on traditional western ingredients of flour, cream, butter, and sugar. So in other words the recipes do not support one of the stated reasons to forage for your own food. Also I had hoped for recipes that were more like the Northwest's version of Rene Redzepi. Although the chefs who provided recipes are first rate their experience with cooking with foraged foods seems to be limited. It would have been better to have a chef like Matt Lightner contribute recipes as he has more experience with the intended outcome of the book and worked at Noma. Also the scope is so limited in the items mentioned for foraging it is a fault in this book. After purchasing this book I did a basic search of the internet and discovered the Foraged and Found website (professional Northwest foragers). I found a much more thorough list of items that can be found at different seasons in the Northwest than what is in the book. Also if you are including information about picking mushrooms in a book I don't think it's professional to do so without pictures of every species mentioned in the book. When you are mentioning a type of mushroom and 3 or 4 look a like mushrooms that can kill you being as clear as possible and including pictures showing the difference is more important than some of the other material in the book. This book was not at all what I had hoped for.

I just recieved a copy of Jennifer Hahn's Pacific Feast. while I live in the midwest and do not have easy access to some of the seaweeds, and kelp available in the northwest much of the vegetation can found through out the USA.She takes the time to describe the different edible weeds, berries, roses and mushrooms to name a few in great detail. She informs the reader where the species is native to and how it can be used.Equally enjoyable are her short essays. While I looked forward to trying some of the recipes, I was capitvated by her essays. You can feel her engery and love of mother earth (and berries) while reading of her adventures in the wild. I found the short stories to be addiciting reading one after another.I would encourage everyone who has a love for the great outdoors to pick up a copy of Ms. Hahn's book and sit back for an enjoyable read and some great recipes from some Great Chefs.

I found this book through my interests in kayaking and cooking (well eating is more accurate) The writing is inviting, intriguing, and tremendously informative while being very quick and straight forward. The harvesting and preparation is very well laid out and dissolves any difficulty like butter liquefying in a skillet. Practical, cultural, medical, historical nuggets are stirred in and add flavor and moisten the text and impressively do not side track the author or my reading of the book. With many of the plants coming into season at different times it looks easy to see what to watch for ripening next and read up on that. The recipes are not complicated and very enjoyable with many fun twists. I also purchased the laminated foraging guide as it is suited to the weather here and is ready made for field work. This book is tremendously accessible, empowering, encouraging, a lot of fun and even healthy!

I LOVE LOVE LOVE Jennifer Hahn's book, Pacific Feast! I tried out several of the recipes in it when I worked as the naturalist at a summer camp in the San Juans this summer. (The chocolate sea pudding was a big hit!) This book has inspired me to integrate foraging practices into my daily life in order to pursue a healthier diet and a connection to my food and natural surroundings. The recipes are clear, simple, and un-intimidating to beginner cooks and foragers! I strongly recommend everybody treat themselves to this fabulous book - I guarantee it will be a treat to the mind and the tastebuds!

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