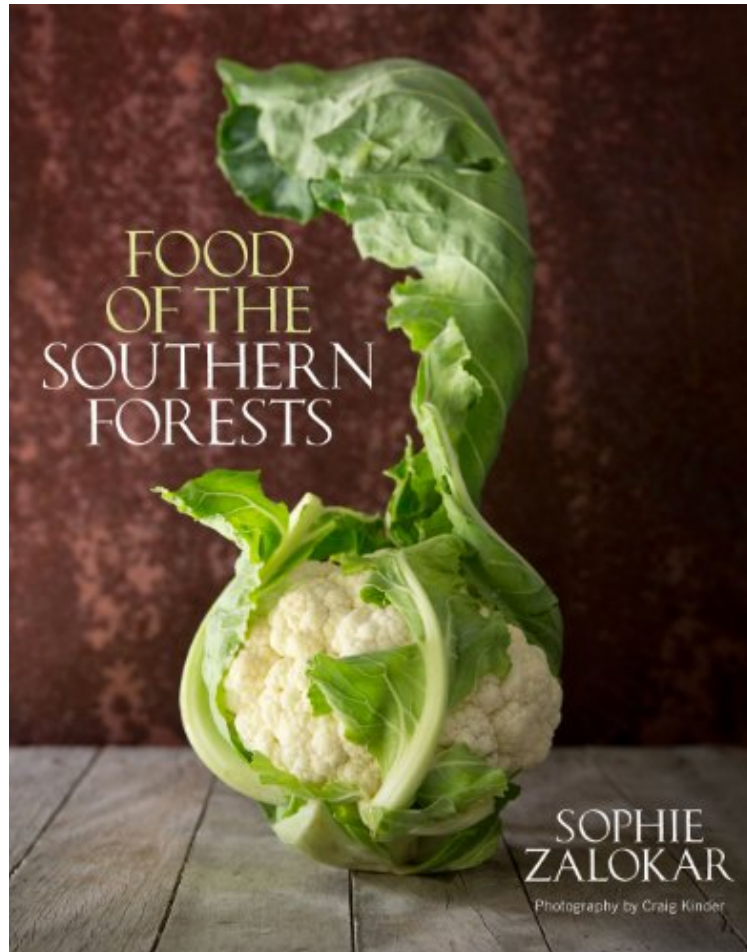


## Food of the Southern Forests

*Sophie Zalokar*

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**Sophie Zalokar : Food of the Southern Forests** before purchasing it in order to gage whether or not it would be worth my time, and all praised Food of the Southern Forests:

The Southern Forests region of Western Australia is one of the chief food-producing areas in the whole country. It is home to an extraordinary range of primary producers, from beef to bamboo shoots. Well-known Western Australian chef Sophie Zalokar (from the popular Foragers Field Kitchen Cooking School in Pemberton, Western Australia) brings together 40 producers and gatherers - from the land, freshwater, and sea - and creates recipes that show her love of authentic and exciting regional food, alongside the stories of the down-to-earth people who grow it. With wonderful photography by Craig Kinder, Food of the Southern Forests is an inspiration for the creative forward-thinking cook. Zalokar sources seasonal produce from a diverse and abundant region of Australia to offer surprising creations. Kale

and ricotta wraps are served beside a wattleseed za'atar. Mulled blueberries join elderflower fritters and sweet labna. Wild mushrooms are foraged. Fingerlimes garnish marron and avocado. Salted caramel butter is spread on a macadamia and dried pear loaf. Food of the Southern Forests is a must for anyone interested in eating fresh and sustainable produce. \*\*\* "...striking, full-color photography of the recipes and of farm life in Australia's Southern Forests region....a gorgeous cookbook.... Vignettes from small farmers pepper the recipe collection, making Food of the Southern Forests enlightening and fascinating to browse. Highly recommended especially for cookbook connoisseurs." - Midwest Book Review, Library Bookwatch: September 2015, The Cookbook Shelf [Subject: Australian Studies, Agriculture, Cooking]