

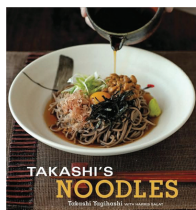
perhaps someday we'll tire of them. But not if they continue to arrive from maestros like Gerald Hirigoyen, chef/owner of two stellar San Francisco restaurants, Piperade and Bocadillos.

Pintxos, pronounced "pinchos" in Spanish, is the Basque word for tapas. By definition, a single almond in a bowl qualifies, but the beauty of tapas lies in the one-or-two-bite factor. Otherwise tapas rules are limitless: a cube of manchego stuck with toothpick, a devilled egg spiked with anchovies, a green olive stuffed with wedge of fresh red pepper.

Hirigoyen offers ten versions of tapas divided into chapters ranging from A La Plancha (on the griddle) to Bocadillos (little sandwiches), Fritos (fried bites), Organos (innards), Ensaladas, Pinchos (skewers), and Sopas, to Montaditos (bites on bread). He also offers a list of recipes for pantry items to keep on hand. "Confit of Lemon," for example, "Fried Shallots, and Moscatel Vinegar Reduction," and "Ham Dust" (yes, exactly what you imagine it to be), amongst other flavorful accents and accompaniments.

Several Hirigoyen recipes in *Pintxos* demand comment. "Figs Marinated in Sherry with Aged Goat Cheese and Basil" is served as a small decadent sandwich, "Baby Beets, Cucumbers, Olives, and Feta Skewers," and "Eggplant [roasted with garlic and served on toast] and Aged Goat Cheese." And because Basques will not under any circumstance discard with any part of an animal, we also find "Calf's Liver and Carmelized Shallot Brochettes," "Oxtail Empanadas," and "Braised Veal Sweetbreads in Madeira."

This is Hirigoyen's third book. Twice he has been named Best Chef in the Bay Area by *San Francisco Magazine*, a fantastic honor with heavyweights like Waters, Keller, and Danko to compete with. (February) *Matt Sutherland*



Takashi's Noodles

Takashi Yagihashi
Ten Speed Press
Softcover \$24.95 (176pp)
978-1-58008-965-4

A short list of the most revered Midwestern restaurant chefs over the past twenty-five years includes the likes of Charlie Trotter, Rick Bayless, Jean Joho, Rick Tramonto, Jimmy Schmidt, Michael Symon, and Takashi Yagihashi, former chef at metro Detroit's Tribute and Chicago's Ambria, and currently the chef/owner of Takashi in Chicago. As with the others, Yagihashi is a *Food & Wine* magazine Ten Best New Chefs award-winner. Japanese-born, his culinary style embraces, almost in equal parts, both Asian and French cuisine. While under Yagihashi's care, the *New York Times* named Tribute the best restaurant between New York and Chicago for its full embrace of haute cuisine with gentle though rapturous contributions from Asia's palate of intense flavors and meticulous albeit less fussy cooking techniques.

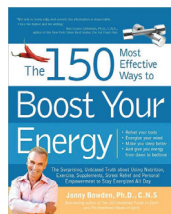
All of which adds intrigue to Yagihashi's decision to author a book (his first) on noodles, i.e., Japanese comfort food. One might liken this to Frank Lloyd Wright choosing to publish a treatise on garden shed design.

In truth, Japan makes use of noodles from all over the world. In his introduction, Yagihashi describes the gamut: "hearty buckwheat soba, chewy udon, vermicelli-like somen, and Chinese noodles, or ramen, which is extremely popular throughout the country. Pan-Asian noodles, from Thailand, Vietnam, and Korea, are also fashionable, as is Italian pasta, like the kind I first tasted back in Mito. But as these imports have become a part of the cuisine, they've adopted a uniquely Japanese character." In Yagihashi's hands, they are transformed into something divine.

He offers seventy-five recipes. Each chapter proceeds cautiously from the relatively simple, classic approach to each noodle type, for example "Hot Soba" is topped with dashi broth, pea pods, sliced scallions, and enoki mushrooms. More elaborate productions incorporate any number and type of ingredient from all corners of the earth. "Soba Gnocchi with Celery Root Foam" is a nod to both the Italian use of potato in pasta as well as the current molecular gastronomy movement.

Other unsuspecting ingredients include okra and grated Japanese mountain yam in another no-fuss soba dish, a spicy eggplant and pork sauce, curry and thinly sliced beef over wheat-based udon noodles, "Slow-Cooked Oxtails with Rice Noodles," and "Cassoulet of Crab," "Kimchi," and "Harusame." Yagihashi finishes with a dozen-plus hearty appetizers inspired by *izakayas*, (Japanese pubs). (March) *Matt Sutherland*

HEALTH & FITNESS



150 Ways to Boost Your Energy: The Surprising, Unbiased Truth About How to Banish Fatigue and Stay Energized All Day

Jonny Bowden
Fair Winds Press
Softcover \$24.99 (304pp)
978-1-59233-341-7

Health- and energy-enhancing tips in 150 bite-sized servings provide immediate and long-term strategies for dealing with what Jonny Bowden calls the "other energy crisis." Bowden, certified nutritionist and author of five bestsellers including *The 150 Healthiest Foods on Earth* and *The Healthiest Meals on Earth*, is an expert on weight loss, nutrition, and health. Philosophically, Bowden takes a whole-person approach, addressing all aspects of human well-being and personal vitality.

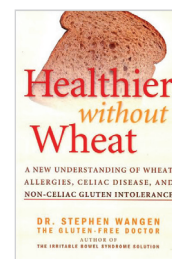
Divided into ten chapters, the book covers what to eat and drink, sleep and exercise tips, supplements, detoxing, combating stress, energy

from the sun, health checks, organizing, and making personal changes, which all lead to increased personal energy. Says Bowden, "... energy doesn't just happen. It comes out of everything that makes you unique as a person. It's a by-product of your physical, mental, and emotional life. Energy is what shows up naturally when you remove all the obstacles to well-being..."

The first chapter, on what to eat and drink, offers the largest number of tips, with suggestions for cutting sugar and salt, exploring spices and teas, and (surprise java junkies) the news that coffee isn't so bad. This section also includes a simple quiz for determining the reader's "nutritional type," and sample meal plans for each type.

Bowden's advice tends toward the realistic, advising readers, for example, to "skip the equipment and enjoy what you do." The chapter on exercise outlines a variety of approaches, with four ten-minute workouts including low and high intensity at home, as well as moderate intensity with outdoor and gym variations. He also shares his favorite "no-frills-no-excuses-anytime-anywhere" workout: run a mile; do some squats; do some push-ups; do some crunches...simple, elegant, and very effective." In fact, the entire book lives up to that very high standard.

The resources list features the author's "off the beaten path" discoveries. Health and nutrition collections will be well served with this compendium of straightforward suggestions for improving lagging energy. Whether seeking to revitalize their lives or remove energy blocks, readers will be able to connect with practical solutions that make a difference. (January) *Bobbye Middendorf*



Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance

Stephen Wanger
Innate Health Publishing
Softcover \$19.95 (275pp)
978-0-9768537-9-4

Millions of people may currently be suffering numerous health problems from a culprit found in wheat called gluten. Gluten intolerance is often overlooked and frequently unrecognized by today's physicians, according to state licensed and board certified physician Dr. Stephen Wanger. While most people have heard of celiac disease, it is but a small part of a bigger problem called gluten intolerance.

The author of *Healthier Without Wheat* explains to readers and professionals how our culture first became infatuated with and later dependent upon wheat and the resulting problems that have since occurred. Author of *The Irritable Bowel Syndrome Solution*, Dr. Wanger