



# Heartland: The Cookbook

*Judith Fertig*

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Although much of the nation is only beginning to embrace the farm-to-table movement, residents of the Midwest have been living off the bounty of the land since the pioneer days. Judith Fertig's *Heartland* melds contemporary cooking with an authentic and appreciative approach to the land, presenting 150 recipes for farm-bounty fare with a modern twist. With a focus on ethnic food traditions as well as seasonal and local flavors of artisan producers, heirloom ingredients, and heritage meats, *Heartland* embraces the spirit and flavors of the modern farmhouse. Inside, offerings such as Lemon Ricotta Pancakes with Blackberry Syrup, No-Knead Caraway Rye Bread, and Brew Pub Planked Cheeses come along with recipes such as Wild Rice Soup with Flyover Duck Confit, Heartland Daube with White Cheddar Polenta, and Italian Fig Cookies.

In addition to the mouthwatering recipes and time-proven wisdom, *Heartland* includes an ample mix of humorous storytelling, literary and cooking references, and lush full-color landscape and food photography that showcases the heart of American cooking from the nation's heartland.

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