

Cookbook hits college stoves

"The College Cookbook" By Geri Harrington. Charles Scribner's Sons; (paperback) \$2.95. Cookbooks published for the college market are too often filled with the author's idea of relevance.

vince boucher footnotes

And most of them are pretty bad. Harrington's cookbook is an exception. She has polled students across the nation, asking for their recipes, and has presented her product in a compact, readable form. She says she looked for recipes that "would tend to be easy, inexpensive and good to eat both in terms of taste and nutrition. They wouldn't require elaborate equipment or three days to make."

Basics explained

In her opening chapters she lays down the basics. How to shop for food, how to make sense of labels and meat cuts and how to recognize bargain food.

Cooking terms are explored. What is the difference between braising and sauteing, between beating and folding? Common

ingredients such as meat, cheese, oil and eggs are explained.

What do students like to eat? Harrington found they eat about the same things as everyone else, particularly if they cook in groups. They eat granola and they bake bread, they eat hamburger and soups; some eat fish and meat and some are vegetarians. They eat omelets and chicken and casseroles.

Preparation from experience

The main ingredients and any specialty items are listed at the beginning of each chapter, for reference before marketing. And the recipes are given by the students, with variations and observations about the preparation gained only from experience. For instance, one student described a roommate's "almost foolproof" chocolate soufflé.

"It's astonishingly durable. The last one survived a partial cooking, followed by refrigeration for 10 hours before it was finally cooked. It was a little heavy on the bottom, but it still had enough energy to soufflé."

The final chapter gives some good recipes for eating when you are studying all night. Ranging from quick-energy milkshakes to goodies such as baby pizzas (made on English muffin halves), they should strike home with students.

If you like to eat, and to cook, you may find this large-format paperback one of the most useful books you can carry home with your geology and anthropology texts.

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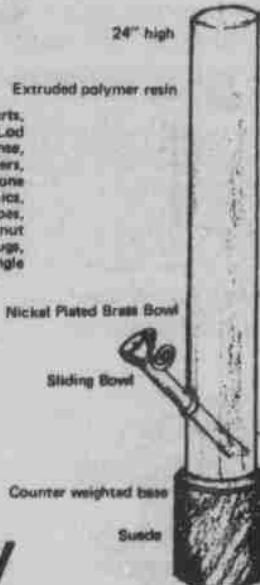


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