



My Kitchen Year: 136 Recipes That Saved My Life

Ruth Reichl

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NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY PUBLISHERS WEEKLY

In the fall of 2009, the food world was rocked when *Gourmet* magazine was abruptly shuttered by its parent company. No one was more stunned by this unexpected turn of events than its beloved editor in chief, Ruth Reichl, who suddenly faced an uncertain professional future. As she struggled to process what had seemed unthinkable, Reichl turned to the one place that had always provided sanctuary. “I did what I always do when I’m confused, lonely, or frightened,” she writes. “I disappeared into the kitchen.”

My Kitchen Year follows the change of seasons—and Reichl’s emotions—as she slowly heals through the simple pleasures of cooking. While working 24/7, Reichl would “throw quick meals together” for her family and friends. Now she has the time to rediscover what cooking meant to her. Imagine kale, leaves dark and inviting, sautéed with chiles and garlic; summer peaches baked into a simple cobbler; fresh oysters chilling in a box of snow; plump chickens and earthy mushrooms, fricasseed with cream. Over the course of this challenging year, each dish Reichl prepares becomes a kind of stepping stone to finding joy again in ordinary things.

The 136 recipes collected here represent a life’s passion for food: a blistering ma po tofu that shakes Reichl out of the blues; a decadent grilled cheese sandwich that accompanies a rare sighting in the woods around her home; a rhubarb sundae that signals the arrival of spring. Here, too, is Reichl’s enlivening dialogue with her Twitter followers, who become her culinary supporters and lively confidants.

Part cookbook, part memoir, part paean to the household gods, *My Kitchen Year* may be Ruth Reichl’s most stirring book yet—one that reveals a refreshingly vulnerable side of the world’s most famous food editor as she shares treasured recipes to be returned to again and again and again.

Praise for *My Kitchen Year*

“Ruth is one of our greatest storytellers today, which you will feel from the moment you open this book and begin to read: No one writes as warmly and engagingly about the all-important intersection of food, life, love, and loss. This book is a lyrical and deeply intimate journey told through recipes, as only Ruth can do.”—**Alice Waters**

“What will send this book to the top of bestseller lists is the lovely way Reichl describes how dishes come together, like the Greek chicken soup with lemon and egg known as avgolemono, and her talent for assembling a collection of recipes her legions of former *Gourmet* fans will want to make themselves.”—***The Washington Post***

“The recipes make for lovely reading, full of Reichl’s elemental wisdom. . . . In the best way possible, *My Kitchen Year* is cozy, the reading equivalent of curling up next to a fire with a glass of red wine and perhaps the scent of bread in the oven wafting over.”—***Vogue***


“If anyone can convince us that a dessert, plus two more fabulous dishes, can turn a crummy day around, it’s

culinary writer Ruth Reichl, who knows firsthand just how powerful food can be.”—*O: The Oprah Magazine*

“The voice is pure Reichl in a way that makes the reader yearn for a house in the country with a pantry full of staples. . . . And as she finds solace through cooking, we find comfort too.”—*Eater* (Fall 2015’s Best Cookbooks)

“Fun and uplifting . . . Reichl reminds readers that getting lost in a recipe can be excellent therapy.”—*Publishers Weekly* (starred review)

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blown away your mind but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary spending spare time activity?

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