Spring's Hottest New Reads

Our lineup of the latest cooking and wellness books will help you savor the season to the max!

BY ANNA LEE BOSCHETTO, PHOTOGRAPHY BY VINCENZO PISTRITTO
GATHER & GRAZE

Author, restaurateur and chef Stephanie Izard’s cookbook, Gather & Graze: 120 Favorite Recipes for Tasty Good Times, is a food lover’s celebration of globally inspired recipes utilizing seasonal garden varieties, seafood and good-quality meats that make meal prep a lot more interesting. The section “Veggies Are Fun, Too!” puts the spotlight on vegetables, with creative ways to use and prepare various types. From grilling recipes to dishes for brunch and celebratory events such as picnics, each chapter involves minimal effort and maximizes the pure flavors of real, farm-fresh fare. (Just keep an eye out for ingredients such as fish sauce and sugar in a few recipes.) Izard beckons you to join her in having fun with food, enjoying the simplicity of the ingredients from fish to fish sauce and homemade spice blends. After all, food is meant to be enjoyed with your family and friends. There’s nothing complicated about that. By Stephanie Izard with Rachel Holtzman ($35, Clarkson Potter)

KINTSGUI WELLNESS

Using the simple rituals of her Japanese heritage, in Kintsugi Wellness: The Japanese Art of Nourishing Mind, Body, and Spirit, chef and author Candice Kumai offers a guide for living a more balanced, nourished and enriched life. Organized in four sections—Strengthen, Nourish, Lifestyle and Heart—readers will discover healing rituals and recipes that are easily incorporated into your daily routine. To help you add a bit of Asian flavor to your cooking repertoire, Kumai includes a rundown of Japanese pantry basics, along with a guide to purchasing quality tea. Kumai also encourages home cooks to approach the kitchen with creative ways to use and incorporate into your daily routine. The selection of recipes, including a Heart—readers will discover healing recipes utilizing seasonal garden varieties, seafood and good-quality meats that make meal prep a lot more interesting. The section “Veggies Are Fun, Too!” puts the spotlight on vegetables, with creative ways to use and prepare various types. From grilling recipes to dishes for brunch and celebratory events such as picnics, each chapter involves minimal effort and maximizes the pure flavors of real, farm-fresh fare. (Just keep an eye out for ingredients such as fish sauce and sugar in a few recipes.) Izard beckons you to join her in having fun with food, enjoying the simplicity of the ingredients from fish to fish sauce and homemade spice blends. After all, food is meant to be enjoyed with your family and friends. There’s nothing complicated about that. By Stephanie Izard with Rachel Holtzman ($35, Clarkson Potter)

ONCE UPON A CHEF, THE COOKBOOK

In Once Upon a Chef, the Cookbook: 100 Tested, Perfected, and Family-Approved Recipes, European-trained chef Jennifer Segal takes recipe creation to the next level. For Segal, time is of the essence, and you can’t afford to have a recipe that’s off the mark, so she’s done everything in her power to make it work for you. By Jennifer Segal ($30, Chronicle Books)

TRUE ROOTS

Stemming from their shared passion for simple, rustic food, Kristin Cavallari teams up with chef Michael Kubiesa to bring to life a cookbook that offers more than 100 recipes free of gluten, dairy and sugar. True Roots is a welcome guide for when you’re cooking for family or friends with dietary restrictions. From your morning meal to late-night snacks, each chapter offers approachable recipes using seasonal ingredients that make it a cinch to pull together a meal. In addition, when you need to build a menu for weekend entertaining, you’ll find it easy to select recipes for pairings, such as the Summer Salad with Sweet Basil Vinaigrette and the Seared Scallops with Blackened Cherry Tomato and Sautéed Fennel. By Kristin Cavallari ($26, Rodale)