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# Cookbook as Catalyst

What's coming next in the series of World Community Cookbooks.

Some of you may be familiar with the 1976 Mennonite *More-with-Less Cookbook* by Doris Janzen Longacre. This plain and unfussy book, the first in the Mennonite Central Committee's World Community Cookbooks series, is sort of the ultimate spiral-bound church cookbook, a collection of recipes from around the world compiled by Longacre and MCC. Interspersed between recipes for casseroles and quick breads, however, are philosophical tidbits and tips on progressive food choices to make the world a better place: eating animal proteins more sparingly; avoiding over-processed foods and pre-mixed products; making your own bulk pancake, cocoa mixes, granola, etc. The philosophy behind the series is best summed up by a quote from the *More-with-Less Cookbook*: "We are what we eat. And what we eat shows our theology. ... It speaks not only to our physical bodies but to our souls. It is soul food. And we need it more than ever." For some readers, *More with Less* has proven itself as more than a cookbook, and even more than just a catalyst for lifestyle changes — it has been a tool for survival: A Spotlight Review for *More with Less* at amazon.com is titled, "A book that helped us live through poverty."

In this tradition of cookbooks that have an impact on people's lives and life philosophies, MCC and authors Mary Beth Lind and Cathleen Hockman-Wert are planning *Simply in Season* as the third publication in the World Community Cookbooks series.

Lind, of rural West Virginia, is a nutritionist and author of *Recipes from the Old Mill: Baking with Whole Grains*. She co-authors the book with Corvallis writer and editor Hockman-Wert, who says of the *Simply in Season* project, "The emphasis on food is new for me, born out of a passion for good food and a belief that a cookbook can be a wonderful educational tool."

She explains that through stories and simple "whole foods" recipes, those that feature local, seasonal produce, *Simply in Season*, scheduled for release July 2005, will explore how the food we put on our tables impacts our local and global neighbors as well as the environment. "It will show how our daily food choices can help bring security and health to our communities, the land, body and spirit," says Hockman-Wert.

She describes the philosophy and motivation for *Simply in Season* by saying, "We live in a society where people have much more than we need yet so many are not happy. There is enormous hunger for meaning in life. Yet ordinary daily activities — such as eating — can be infused with meaning when done mindfully, in ways that show care for the earth and for other people." She says this philosophy is important to her because "the violence of the world — the harm people are doing to the planet and to each other — can be overwhelming, tempting me to think there's nothing I can do that will make a difference. But my choices, our choices, do matter. And eating local, seasonal foods, well, that's so easy ... It feels good to shop at a farmers' market, to know where those eggs, that lettuce came from, to take a whole pepper and chop it up and share it with family and friends, remembering with gratitude the



Cathleen Hockman-Wert at the farmers' market in downtown Corvallis.

farmer who harvested it as well as God who made it grow."

Hockman-Wert believes this book could be of particular interest to residents of the Willamette Valley because "the enthusiastic support of local farmers' markets and CSAs shows that many Oregonians have discovered the joys of eating local foods. *Simply in Season* will offer the broader picture of why it's important to support local farmers."

Lind and Hockman-Wert are still collecting and testing recipes. They would love to see Oregonians participate in either capacity. For information on how to get involved, visit [www.morewithless.org](http://www.morewithless.org)

Contributed by Bernita Boyts of Shawnee, Kansas, for *Simply in Season*...

**Salmon in a Skillet**  
Makes 3 to 5 servings

- 1 to 1 1/2-lb. wild salmon filet (small enough to fit in your skillet)
- 1 t. oil
- salt and pepper to taste
- 2 T. butter
- 1 clove garlic, very finely chopped
- 1/4 to 1/2 c. white wine or water
- 2 T. capers
- 2 green onions, finely chopped
- 1 t. fresh or 1/4 t. dried dill
- 1 medium tomato, chopped
- 1 T. lemon juice

Rinse salmon filet in cool water; pat dry. Heat oil in a large skillet until hot (if using olive oil, be sure not to reach the smoking point).

Salt and pepper the filet and place in skillet, skin side up. Cook over medium heat until browned (7 to 10 minutes); turn and cook other side another 3 to 5 minutes, allowing longer time for a thick filet. Place on a platter and cover. (Don't overcook in skillet; it will finish on the platter.)

Melt butter in skillet and add garlic. Stir and cook about 30 seconds. Add wine or water and heat until bubbling, scraping browned bits into the liquid. Add capers, onions and dill. Cook another minute. Add chopped tomato. Pour lemon juice over salmon, top with sauce and serve. Leftovers are wonderful served cold on top of green salad.

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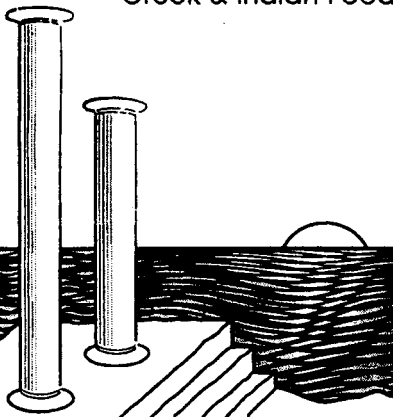
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