

# If You Thought Culinary Surprise Was a Thing of the Past, It's Time to Reconsider

This sumptuous cookbook, with its fresh and distinctive vantage point, offers nearly two hundred recipes, along with an engaging look at where the plant world and culinary world intersect.



"*The Anatomy of a Dish* is a striking original work! Not only does the very talented Diane Forley teach you how to cook, but she encourages you to understand how each dish literally comes straight from the garden. This book will fill a critical void in any cook's library. My copy already sits wide open on my desk!" —CHARLIE TROTTER

"A cookbook that classifies vegetables, fruits, and grains by their relatives and relations is not only very informative, but it is as much fun to cook from as it is to read."

—JEAN-GEORGES VONGERICHTEN

"Having a sound grasp of the plant world gives us the best foundation we can have to work from as cooks. I'm delighted to find this relationship so well expressed in Diane Forley's beautiful book."

—DEBORAH MADISON, author of *Local Flavors* and *Vegetarian Cooking for Everyone*

## A SAMPLING OF RECIPES BY PLANT FAMILY

### CRUCIFERAE

**Peppercress** Salad with Yellow Pepper Vinaigrette  
Farfalle and **Cauliflower** with Bread Crumbs  
**Horseradish** Dumplings

### COMPOSITAE

**Artichoke** Griddle Cakes  
**Bibb**, **Endive**, and Blue Cheese Salad with Apple Vinaigrette  
**Sunchoke** Ravioli with Kale Pesto

### CHENOPODIACEAE

Ruby (**Beet**) Risotto with Winter Greens  
Braised Greens (**Swiss Chard**) Tart  
**Quinoa**-Crusted Chicken

### SOLANACEAE

Halibut with **Tomato**-Cumin Sauce  
**Potato** Galette with Duck Confit  
Baby Lamb Chops with Roasted **Eggplant** Salad

### UMBELLIFERAE

Roasted **Winter Vegetable** Stew  
Seared **Celery Root** and Smoked Trout Salad  
Poached Chicken with **Carrots**, **Celery**, **Fennel**, **Parsley**, and **Coriander**

### CUCURBITACEAE

**Tomato** and **Cucumber** Salad with Avocado Cream  
**Zucchini** Soup with Rosemary  
**Butternut Squash** Ravioli with Roasted Orange Reduction

### LEGUMINOSAE

**Split Peas** with Sausage  
Bulgur Wheat Salad with **Fava Beans**  
Cabbage and **Lentil** Stew with Spaetzle

### GRAMINACEAE

Mushroom **Barley** Soup  
Rolled Roasted Turkey with Mushroom Gravy and **Corn Bread**  
Mussels in Curried Broth with Coconut **Jasmine Rice**

### LILIACEAE

**Asparagus** Crepes  
**Chive** Popovers  
Sautéed Scallops with **Onion** Pan Gravy