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Salad For President: A Cookbook Inspired By Artists



Synopsis

The creator of the immensely popular Salad for President blog presents a visually rich collection of more than 75 salad recipes, with contributions and interviews by artists/creative professionals like William Wegman, Tauba Auerbach, Laurie Anderson, and Alice Waters. Julia Sherman loves salad. In the book named after her popular blog, Sherman encourages her readers to consider salad an everyday indulgence that can include cocktails, soups, family style brunch dishes, and dinner-party entrées. Every part of the meal is reimagined with a fresh, vegetable obsessed perspective. This compendium of savory recipes will tempt readers in search of diverse offerings from light to hearty: Collard Chiffonade Salad with Roasted Garlic Dressing and Crouton Crumble, Heirloom Tomatoes with Crunchy Polenta Croutons, or Flank Steak and Bean Sprouts with Miso-Kimchi Dressing. On the lighter end there are Grilled Hearts of Palm with Mint and Triple Citrus, Persimmon Caprese, and fresh Blood Marys. The recipes, while not exclusively vegetarian, are vegetable-forward and focused on high-quality seasonal produce. Sherman also includes insider tips on pantry staples and growing your own salad garden of herbs and greens. Salad is a game of endless combinations, not stifling rules. And with that in mind, Salad for President offers a window into how artists approach preparing their favorite dishes. She visits sculptors, painters, photographers, and musicians in their homes and gardens, interviewing and photographing them as they cook. Utterly unique in its look into the worlds of food, art, and everyday practices, Salad for President is at once a practical resource for healthy, satisfying recipes and an inspiring look at creativity.

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Customer Reviews

"Part relational art, part self-discovery, Salad for President turns our notion of "salad" on its head in a funny, beautiful, and most personal way." (Alex Grossman Bon Appétit) "Salad For President" makes even the most unrepentant meat eater consider their leafy greens; it was a decidedly bitter, yet delicious, pill to swallow. (John Martin Munchies) "A salad is a composition. I am perfectly happy to see cars or clouds or salads as artworks . . . You can use anything to call attention to the structure and meaning and beauty of things. It's what you do with them and how you contextualize them that matters." (Laurie Anderson) "Julia Sherman is one of those 'natural' artists in the sense that she cannot help but bring the same careful attention, beauty, and enthusiasm to virtually everything she touches. This cookbook is no exception. Buy it! Eat salad! I promise you won't regret it." (Mia Locks curator of the 2017 Whitney Biennial)

Julia Sherman is an artist, photographer, and the creator of Salad for President. Alongside her culinary work, Sherman is an exhibiting mixed-media artist. She received her BFA from the Rhode Island School of Design and her MFA from Columbia University.

Thank you!! Love the book and the stories in it of different artists!! Glad I got it!!!

I love everything about this book. The illustrations are gorgeous, and the interviews with the artists are enjoyable reads. Great photos, great recipes.

A wonderful book of restauranteurs that have built cuisine foundations for decades to come. Lovely tribute to Alice Waters. And, the salad recipes are easy to follow!

Wonderful gift for the person who loves to cook and enjoys artistic expression.

If you are familiar with the Salad for President Blog then you know what to expect from this cookbook. Julia Sherman is an artist/gardener/chef who blends art and salads. This is a cookbook meant to be read. There are interviews with the artists as well as recipes. Some of the artists will be

familiar and others will be new to you just like the ingredients. The recipes range from very simple to more complex with more exotic ingredients. The food photography is wonderful and showcases the Salad Art. This book will make a wonderful gift for any foodie. Anyone with an interest in art/gardening/cooking will enjoy this book.

Such a great idea for a book. Wonderful recipes, delightful and interesting stories of the artists and beautiful photography. I haven't been this taken with a book for quite awhile.

I love this book! This is not your everyday cookbook. Nor is it your everyday salad. This book is a work of art! Food art, food stories, and helpful cooking information. The photography is beautiful. The stories that go along with each recipe is fun to read. The author's salad journey over the years, added additional spunk to the recipes. My dinner guest loved the roasted beet and potato salad. The Bloody Mary is the best ever. It has changed the way I look at a salad. I now "create" a work of art, and it's delicious. This is a great gift for people who love to eat and want to experience real food.

This is not just a cookbook- it's a window into an artist's life, how she thinks, cooks, interacts with other artists, and beautifully photographs the process. Her passion allows you to see fresh produce both aesthetically and deliciously! Like a painter, she picks the best supplies/seasonal ingredients and turns them into salads that are not just palatable, but pleasing to the eye- like a piece of art! Helaine

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