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## What We're Reading...

Updated 09-07-05

### Simple, Fresh, Delicious

By Lovoni Walker,  
photographs by Merie Prosofsky  
Fabulous Food Creations, Inc. 152 pages,  
\$24.95cdn, 19.95US

Available at [www.fabulousfoodcreations.com](http://www.fabulousfoodcreations.com) and selected retail stores in Canada and the U.S.



"I love good food," Canadian-based author Lovoni Walker declares in the introduction of a cookbook that is as charmingly simple as its opening line.

Using a set of polished culinary skills from her careers as a food stylist, recipe writer, and cooking class instructor, Walker presents more than 85 recipes with the ease of a true professional. Yet, with its "fuss-free" instructions and bundle of 30-minute meals, this very stylish book manages to cater to the amateur, time-constrained chef who never imagined cooking with such flair.

Though this book is not alone in its pitch to provide quick, basic instructions for delicious dining, it trounces others in the easy-cooking genre with an ingenious design, tantalizing photography, and artistic food pairings. Walker makes a noble effort to use oft-overlooked, yet accessible, ingredients to create traditional meals with a twist. The roasted sweet potato and bacon frittata, for instance, is a versatile dish that marries chopped yams to crumbled goat cheese and transfers easily from brunch to a light evening meal. Her recipes harness robust flavors that other quick meals like TV dinners, pre-tossed salads, and frozen pizza can't—DiGiorno's just won't satisfy palates in the same way as Walker's tangy orange-spiced roast chicken, fruity Moroccan lamb stew with almond couscous, or sweet, moist banana and macadamia cake with maple sauce.

Walker takes care to streamline the cooking process with detailed instructions, preparation tips, and simple, no-recipe-required side dish suggestions for the less-experienced home chef. If you've been neglecting your culinary potential, Walker's no-nonsense approach and beautifully packaged recipe collection will help you unleash it.

—Ashley Griffin