



Scratch: Home Cooking for Everyone Made Simple, Fun, and Totally Delicious

Maria Rodale

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Maria Rodale was raised on real food. She doesn't think of eating homemade, from-scratch meals as part of a trend or movement; it has always been her life. Raised in a family of farmers, bakers, chefs, gardeners, and publishers, Maria is used to growing, cooking, reading and writing about, and eating organic, delicious food. And now, for the first time ever, she's sharing her tried-and-true family recipes.

Scratch is full of comfort food recipes that aren't focused on any one healthy trend, but are instead innately healthy, because Maria inspires you to return to your kitchen and cook with real, organic food. Recipes like Pasta Fagiole, Maria's Fried Chicken, and Lamb & Barley Soup will be crowd pleasers for sure, but Maria throws in some unique-to-the-family recipes that are going to delight as well, such as her Pennsylvania Dutch Dandelion Salad with Bacon Dressing, Ardie's Pasties, and Homemade Hoppin' John (a black-eyed pea stew made with smoked turkey or ham).

Besides sharing her family's favorite recipes, Maria's book also gives you a peek into her life as a Rodale, with personal family portraits and stories. With this cookbook, you can eat like the Rodale family every night of the week with delicious food to make at home, from scratch. Naturally healthy, bacon included.

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