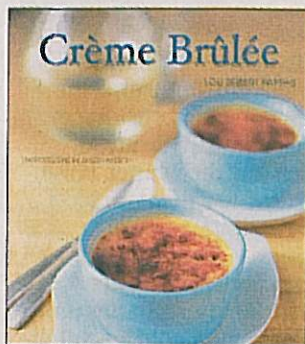


## What's on our desk

**Crème Brûlée**

Lou Seibert Pappas, *Chronicle Books*, \$14.95, 96 pages

**In a nutshell:** Little did you know that crème brûlée isn't just a dessert – it's a lifestyle. How else to explain the need for 50 recipes? Pappas, author of seven other cookbooks, takes this simple, elegant classic and turns it into all things custardy and crusty, even sa-

vory. And where did she manage to come up with so many different ramekins?

**Take a taste:** Thai-Style Lemongrass Crème Brûlée; Apple-Calvados Crème Brûlée; Cappuccino Crème Brûlée; Gorgonzola and Leek Crème Brûlée

**What's hot:** Newbies will like the tips on caramelizing sugar with a blowtorch or broiler, oven-drying brown sugar and chilling custards before caramelizing.

**What's not:** Peanut Butter Crème Brûlée may be taking things a little too far.

– Katherine Miller

## What we're loving

**La Tortilla Factory  
Hand Made Style  
Corn Tortillas**

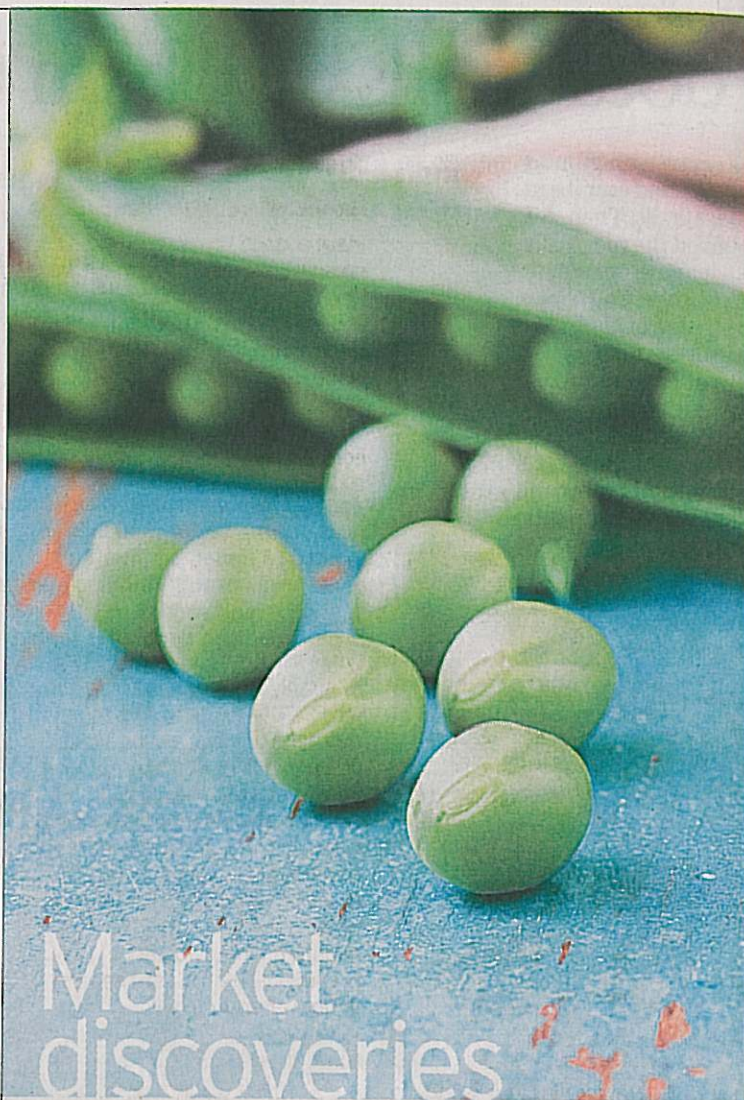
Made with a blend of white corn and wheat gluten, these taco-size tortillas have a fresh-from-the-taqueria feel: soft, pliable, thick and tasty. Sure, they're not authentic, but we love how they taste with grilled vegetables or steak, and that they don't split when you roll up your enchiladas. Find packages of eight 6-inch tortillas (in white or yellow) for \$2.99 at Fred Meyer stores.



– Leslie Cole

**Preach not** to others what they should eat, but eat as becomes you and be silent.

— Epictetus



## Market discoveries

DREAMSTIME

What's fresh at area farmers markets, and how to make the most of the bounty.

**Peas**

**What I found:** Frozen peas are such a time-saving godsend that it's easy to forget how much better tasting freshly shelled peas can be. The trick is to get into the zone when you're shelling them, quickly cracking open pods and scooping out the plump seeds. At a recent Wednesday Portland Farmers Market, I found several vendors selling them. A 2-pound bag, which ran \$4, had enough to make a side dish for six.

**What I did with them:** In his wonderful cookbook "Simply Tuscan," superstar Italian chef Pino Luongo enhances their already-fabulous flavor by cooking them with sautéed prosciutto and leeks.

**Why you should try them:** Grab a handful and toss into your next Indian curry as it stews, or add them halfway through cooking a risotto to give the dish a dash of color. However you use them, you'll be getting a nice dose of natural protein, as well as big doses of vitamins C and K.

**Recipe:** For Peas and Prosciutto, go to [foodday.com](http://foodday.com).

– Grant Butler

