

"To be truly happy, a meal must sing."

[ON THE SHELF]

books for cooks

THIS MONTH VISIT CALIFORNIA'S WINE COUNTRY, SAMPLE AN ELEGANT SOUP AND GET THE LATEST VEGGIE TREAT. **BY TAMMY MINN**

California Directory of Fine Wineries

If you're planning a trip to Northern California's wine country, pick up a copy of *The California Directory of Fine Wineries* by Marty Olmstead (Ten Speed Press, 2004). With more than 180 color photographs by Robert Holmes, this book includes profiles of the 60 wineries in the Napa, Sonoma and Mendocino regions. Details include descriptions of each winery, including 100-year-old wine caves, museums and bocce ball courts, as well as wildlife preserves and tastings. Full-page maps show destinations for more than 100 wineries. This is an excellent book for travelers and wine enthusiasts alike.

Wine Label Language

If wine labels are like a foreign language to you (and sometimes they truly are), pick up a copy of Peter Saunders' *Wine Label Language* (Firefly Books, 2004). Country by country, he unravels the meaning of the labels on wines from every major wine-growing region of the world. From wine terms to appellations, Saunders explains

the basics, like the difference between a Bordeaux and a Burgundy, while also offering more detailed information about particular wines and regions. *Wine Label Language* will enhance your understanding, if not your enjoyment, of your favorite wine.

Fill Up to Slim Down

In *Fill Up to Slim Down* (Avery, 2004), Edward B. Diethrich, M.D., and Jyl Steinback show you how to eat well while dieting. By satisfying the stomach's desire to feel full, you can help control your appetite without feeling starved and without launching into harmful binges. The authors offer monthly menu plans, easy-to-follow recipes, an exercise program, the top 10 calorie-burning activities, heart-healthy foods and other tips and tricks to keep your healthy eating plan on track. Diethrich is a cardiovascular surgeon and founder and medical director of the Arizona Heart Hospital. Steinback is a nutrition and fitness expert, a personal trainer and author of several cookbooks.

Simply Elegant Soup

Soup should never be overlooked. George Morrone, a graduate of the Culinary Institute of America and chef at San Francisco's Aqua, recently opened a new restaurant, Tartare. There, he will no doubt be serving some of the soups found in *Simply Elegant Soup* (Ten Speed Press, 2004), which elevates soups to a culinary experience. Morrone modernizes old favorites and adds a few new twists to the menu. Betty's Lentil Soup, named after his mom, is a standard favorite. Carrot-Ginger Soup with Lime Crème Fraiche was one of Morrone's creations from the '80s when he was with the Hotel Bel-Air in Los Angeles.

Whether you opt for the familiar or delve into new tastes, *Simply Elegant Soup*, with beautiful photography by Joyce Oudkerk Pool, includes something for every taste.

