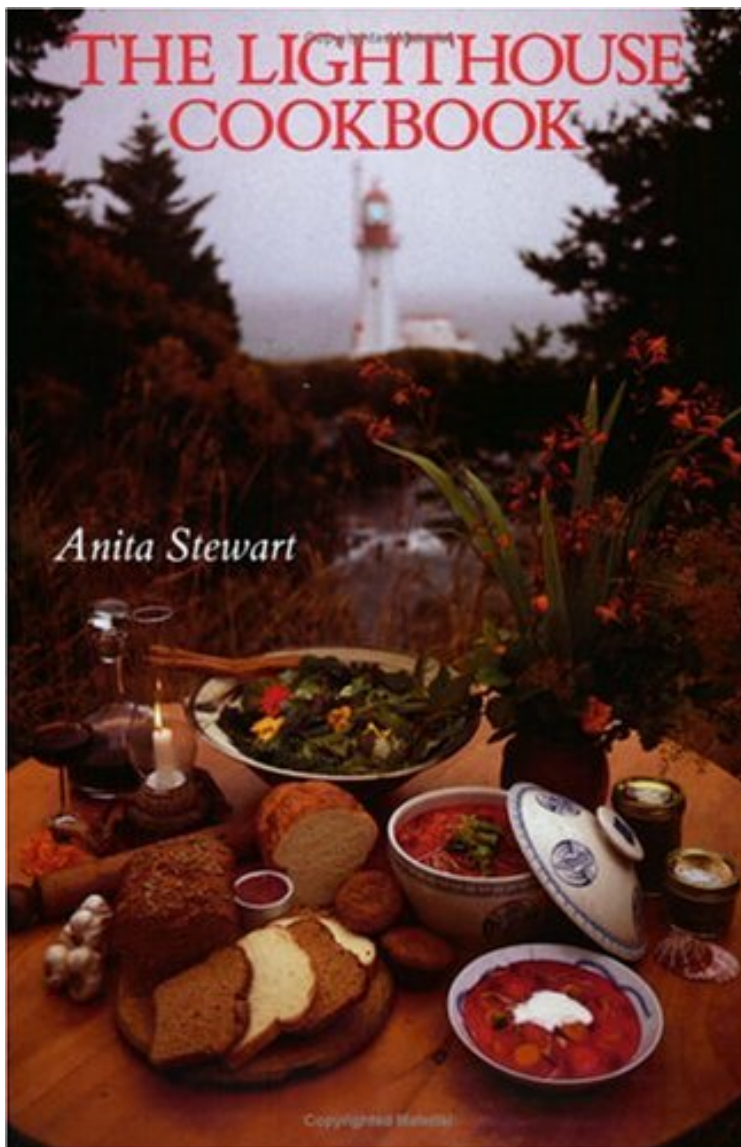


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The Lighthouse Cookbook

Anita Stewart

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Anita Stewart : The Lighthouse Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The Lighthouse Cookbook:

Bestselling cookbook author Anita Stewart presents a delicious selection of recipes from the keepers of British Columbia's lighthouses. From the traditional Clam Chowder and Apple Pie, to such gourmet creations as Mussels in

Wild Mushrooms and Jalapeno Jelly, the dishes contradict the myth of rough living and near starvation on the isolated light stations. They are, however, uniformly simple; when food supplies are only available occasionally by helicopter, lighthouse chefs must be inventive about using materials at hand. This produces an emphasis on garden vegetables, wild edible plants and berries, and, of course, BC's prodigious variety of seafood! The recipes are interspersed with fascinating anecdotes of life on the lights.