



## Almonds: Recipes, History, Culture

*BF Publications, Barbara Bryant, Betsy Fentress, Lynda Balslev*

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Scrumptious recipes for appetizers, entrees, and desserts

From the anatomy of a nut to the history of the almond in world culture, the cultivation of almond orchards in California, and nutrition provided by a favorite nut, Bryant and Fentress provide a wealth of information about the versatile, high-protein, diet-friendly almond.

Try Soba Noodles with Spicy Almond Butter Sauce; Almond-Crusted Pork Chops with Sweet-and-Sour Apricot Glaze; Lamb Tagine with Apricots, Almonds and Honey; Almond Florentine Cookies; Chocolate-Amaretto Torte; Moroccan Rice Pudding; and classic Chocolate-Almond Bark.

Barbara Bryant is president of Watermark Foundation. She is the coauthor of *The Bryant Family Vineyard Cookbook* (Andrews McMeel, 2009). Barbara is also the founder and president of Watermark, Ltd., the publishing producer of *The Bryant Family Vineyard Cookbook*.

Betsy Fentress is a professional writer and editor and avid baker. She is the coauthor of *The Bryant Family Vineyard Cookbook*. Betsy is the vice-president of Watermark, Ltd. and lives in St. Louis.

Lynda Balslev is an award-winning food writer, editor and recipe developer based in the San Francisco Bay area. She writes about food and travel, contributes to NPR's *Kitchen Window*, *Relish* magazine, *Marin* magazine and authors the blog TasteFood, a compilation of more than 500 original recipes, photos and stories.

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