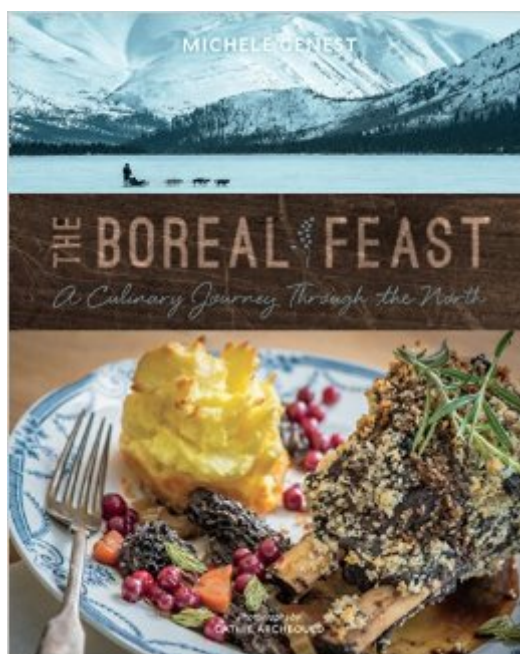


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# The Boreal Feast: A Culinary Journey Through The North



## Synopsis

From the author of *The Boreal Gourmet* comes another irresistible tribute to foods of the North, and this time she devotes special attention to feasts. Michele Genest's feasts cover the whole spectrum--for small groups or large, extensively planned or spontaneous, as elaborate as a 12-course tasting menu or as simple and satisfying as a pot of Labrador tea and a piece of bannock on a hillside during a berry-picking expedition. Genest takes the reader on a journey to Norway, Finland and Sweden to discover what other northern peoples do with the same wild ingredients that live and grow in the North American boreal forest. Part travelogue, the book includes stories of hunting for cloudberries on the Dempster Highway, throwing a birthday party on the Kaskawulsh Glacier, and harvesting trumpet chanterelles in Nordland. Featuring prized northern ingredients, like morel mushrooms, birch syrup, coho salmon, spruce tips and blueberries, *The Boreal Feast* is a celebration of boreal food and forest. With creations like Solstice-Cured Lake Trout Gravlax and Birch Syrup Panna Cotta with Rhubarb Compote, northern and southern dwellers alike will be inspired.

## Book Information

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Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (3 customer reviews)

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## Customer Reviews

I was hoping for an identification books with suitable recipes. What came was a beautifully photographed recipe book that could be prepared with anything locally sourced. So many disclaimers as to all the befowlers of the woodlands raping and pillaging resources. If urban dwellers were educated concerning the care of our woodlands maybe there would be less episitualizing to the choir. Those who love the land are in no way going to destroy it. I have wild lands of my own and

wanted some reference that would broaden my knowledge of flora and fauna in the area. Alas, not many true naturalists left out their and their wisdom is lost on "wannabe" wilderness aficionados. It's like buying a DVD with ads on it that can't be ignored.

Beautiful cheerful book, clearly written, beautifully illustrated. The book is a celebration of life in the North. The recipes are for simple foods elegantly prepared. Thanks!

I so wanted to give this book more stars. The photography is stunning. The prose is interesting. The paper stock feels so luxurious. And it is for sale EVERYWHERE along the AI Can for about \$28, so the prices here on are a good deal compared with that. The problem is the recipes. Of the five I have tried, only one (the wild Saskatoon/berry cake) has turned out well. The cranberry-lemon squares turned out to look like chewy blueberry brownies. The honey-mead glazed carrots were a downer; the Gewurztraminer/berry soup was really heavy and needs massive amounts of whipped cream to taste decent and the Prohibition Cocktail didn't work out well at all. I'm hoping that, as I progress through the seasons in her book, my opinion will change but so far... One problem is the exotic ingredients. I live in Fairbanks, Alaska, (a long 2-day drive from Whitehorse but essentially at a similar latitude and the largest nearby city for several hundred miles) but I can't find spruce tips nor spruce tip oil and none of the local health food stores know where to find it. Ambrosia apples, rhubarb juice, Dall sheep steaks, Labrador tea....none of this stuff is anywhere near where I live. And if it's not in Alaska, then whom is the author writing for? If the ingredients are limited to what you can find or buy in west Yukon, that's a pretty small audience. It'd help if the author could suggest alternate ingredients or at least where to find spruce tips, for instance. Fortunately I did locate birch syrup (only sold at these latitudes, I believe) but it's not plentiful here. And we do have wild lowbush cranberries here (aka lingonberries) but they are pricey. If you live in the Lower 48, finding many of these ingredients will be the impossible dream.

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