



## Comfort Food: cooking from the heart

*Mr Christopher Thomas Harker*

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**Comfort Food: cooking from the heart** Mr Christopher Thomas Harker

**Over 90 recipes make this book the ultimate in comfort food. Covering a wide array of cuisines from Southern to Creole to Italian to Latin America. There are fantastic Bread, Soup, and Dessert recipes too! All prepared with Love! Everything from Four Cheese Macaroni and Cheese to Shrimp Creole to Pork Carnitas to Spaghetti and Meatballs to Banana Pudding Ice Cream and French Silk Pie. The variety is endless! Your life and book collection will be incomplete without this book! A great gift for friends and family!**

**Here are a few of the recipes in the book.**

## *Southern Classics*

- Buttermilk Biscuits & Sawmill Gravy
- Charleston Shrimp & Grits
- Southern Style BBQ Ribs
- Maple Roasted Sweet Potatos

## *Creole Classics*

- Shrimp Creole
- Crawfish Etouffee
- Red Beans & Rice
- Shrimp Gumbo

## *Italian Favorites*

- Seafood Bavette
- Italian Sausage Sandwich with Onions and Peppers
- Porcini & Sausage with Campanelle
- Bruschetta

## *Latin American Specialties*

- Beef Empanadas
- Chicken and Spinach Quesadillas
- Pork Carnitas
- Black Beans & Rice
- Pickled Cabbage

## *Soups*

- Gonzo Garbanzo Chicken & Sausage
- Smoky Corn Chowder
- Roasted Butternut Squash Soup

## *Breads*

- Ciabatta Bread

- Challah Bread
- Oatmeal Bread

*Sweets*

- Candied Pecans
- Chocolate Macadamia Ice Cream
- Raisin Pecan Bread Pudding with Caramel Sauce
- Sfogliatelle

*A great international collection of comforts from around the world. Recipes designed to bring instant comfort to those that you love and care for. Recipes to nourish the body, spirit, and mind with love, heart, and soul! A must Have Book!*

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