



## Short and Simple Family Recipes

### Amy Roloff

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Amy Roloff, costar of the former TLC series *Little People, Big World*, is no stranger to challenges. As a little person, she has surmounted many of them, including learning to adapt to using the kitchen as a young woman, something strongly encouraged by her parents. Now a mother of four, one of Roloff's biggest dreams was to write a cookbook, as food and cooking have played a key role in her life. This work is the culmination of that goal. There's nothing fancy in these pages—and that was the intent; Amy's collection of basic recipes should find a good home on any busy family's shelf.

To complete the homey feel of the book, Amy includes some anecdotal memories that she associates with some of the recipes. For example, in a side bar, she informs the reader that she'd serve her quiche lorraine recipe on lazy Sunday mornings or that the scallop pesto crostini was a dish she made for a wrap-up party with her TV crew. Other recipes will indicate a family member's favorite, personalizing the cookbook even more, particularly for those who are familiar with the show.

Chapters are fairly standard: starters, breakfast/brunch, light lunch, meals for a crowd, desserts, etc. Most of the recipes could be described as comfort food. Examples include flat bread pizza, blueberry muffins, chicken enchiladas, winter chili, and pumpkin bread. The secret ingredient in her mini meatloaves is "Dijon mustard for a little zing," and that sausage, ground beef, and red wine is the winning combination in her meat sauce recipe.

But not all the recipes are that heavy—there are options for salmon, salads, and oatmeal, to name some lighter fare. Photos accompany some of the recipes.

Cooks will appreciate the inclusion of a recommended list of pantry essentials; moms will appreciate the "Kid's Corner" section, a collection of easy recipes that Amy has made with her children, to connect with them while teaching them to cook.

My own family tried the macaroni and cheese made with two kinds of fresh cheeses and topped with Italian breadcrumbs for flavoring. Not only was it a hit, but it was, as promised, simple to prepare. This reviewer also tested the raspberry orange smoothie recipe: again, simple and delicious.

Amy's personal stories throughout the book, including the introductions at the beginning of each chapter, are as welcoming and comforting as the recipes themselves.

HILARY DANINHIRSCH (October 11, 2012)

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