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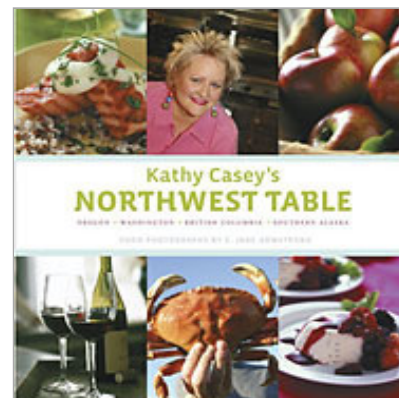
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[Kathy Casey's Northwest Table](#)

*By Kathy Casey
Food Photographs by E. Jane Armstrong*

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If sweet and spicy hazelnuts, grilled salmon capped with herbed Walla Walla sweet onions, and buttermilk panna cotta with Cascade berries make you salivate, then you need this book.

Seattle native Kathy Casey, whose consulting expertise had helped put Northwest cuisine on the map, is owner of Kathy Casey Food Studios, a food and beverage consulting business. In her latest cookbook, Casey cleverly melds the flavors of Oregon, Washington, British Columbia, and Southern Alaska, and even offers Northwest cuisine—often referred to, seldom defined—her own definition:

“If I had to summarize and put it into words, I’d say the cuisine is fresh, bright-flavored cooking that draws on the bounty of the seasons, simply prepared, with some Asian influences peppered here and there.” Essential components, she adds, include the salmon and shellfish, mountain berries, and wild mushrooms of the this region.

This is more than just a book of recipes. She devotes the first 25 pages to a photo-laced guide through Northwest urban centers, valleys, famous coastal beaches, mountains, and forests, interspersing descriptions of some of the Northwest’s best-known ingredients.

Northwest Table is arranged into different sections by course, though the sections jump around a bit. The Meat and Poultry section lists a couple of chicken recipes and then a host of pork and beef dishes before returning to more chicken; you may have to hunt around for your favorite main ingredient.

Though the recipes aren’t “one-pot wonders,” the ingredients tend to be simple, fresh, and easy to find as long as they’re in season. And Casey’s added “chef secrets” and “chef notes,” lend a hand to the novice chef.

—Megan Flynn