

**SUNSET ALL-WESTERN COOK  
BOOK; HOW TO SELECT,  
PREPARE, COOK, AND SERVE ALL  
TYPICALLY WESTERN FOOD  
PRODUCTS**

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Sunset all-western cook book; how to select, prepare, cook, and serve all typically western food products by Genevieve A. Callahan

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**GENEVIEVE A. CALLAHAN**

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To help you who live in the West to enjoy more fully the glorious products of these Western states; to introduce you, perhaps, to some of the less well-known foods of particular localities; in short, to help you to live more abundantly here in the West—that is the purpose of this Sunset All-Western Cook Book.



# **SUNSET ALL-WESTERN COOK BOOK**

How to select, prepare, cook, and serve  
all typically Western food products.  
Recipes included for favorite regional  
and foreign dishes peculiar to the West

By

**GENEVIEVE A. CALLAHAN**

Home Economics Editor  
SUNSET MAGAZINE

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## ABOUT THIS BOOK

**C**OOK BOOKS and cook books there are in great abundance—collections of old Southern recipes, New England recipes, Chinese recipes, recipes for entrées, for meat dishes and meatless dishes, and so on in uncounted number. Strange to say, in all this profusion of excellent cook books, general or specific in purpose, the West and its products have been largely ignored.

This is strange when one remembers that Western hospitality and Western cookery have been noted throughout the land since the early days of gold. It is particularly strange when one considers that our Western states produce such a profusion of unusual, and unusually good, fruits and nuts and vegetables and fish. Many of these are, of course, shipped to other sections of the country. A good many others, however, cannot well be shipped, and so are enjoyed in all their deliciousness right here at the source of supply. Of those products that are shipped East, we of the West have greater abundance at lower prices, and we have them at their best, fresh from ranch garden or orchard or from the Pacific itself.

This *Sunset All-Western Cook Book* makes no pretense of being a complete cook book that will answer all your questions about ordinary cooking and baking. There are too many good general cook books on sale now for us to attempt to gather into one volume all the wisdom of that sort. Instead, we have, so far as possible, omitted the ordinary recipes and information that are found in every other cook book, and have endeavored to make this an extremely useful handbook on the preparation and serving of typically Western food products. And in spite of the fact that it does not lay claim to being a general cook book, we suspect that it will be used more frequently in every Western home kitchen into which it finds its way than the regulation cook book ordinarily is used.

This *Sunset All-Western Cook Book* has grown out of five years' direct contact with homemakers of the Pacific Coast states. You who have contributed to the Kitchen Cabinet recipe



exchange of *Sunset Magazine*, you who have asked questions, or offered advice and friendly comment, have furnished the inspiration for this book, and much of the information contained in it.

If you discover that some excellent recipe or bit of information about some Western product is lacking from this "anthology" of Western recipes, will you please sit right down and write it to us, so that we may possibly incorporate it in the next edition of *Sunset All-Western Cook Book*? And if you should find any errors or misinformation (which heaven forbid!) will you please call our attention to that, also? This book is the first step toward a thoroughly complete reference book on the source, description, preparation, cooking, and serving of every Western food product, and we ask your kindly help in achieving it.

We are grateful for the aid of a number of Western home economists, homemakers, and market men in the preparation of this material. Special thanks are extended to Bertha E. Shapleigh, Marjorie Black, Jeannette Cramer, Helen Wells, Mrs. A. S. Baldwin, Gladys Mason, Charlotte Sloan, and Ruth B. Lane. For reference, the following books have been found especially useful: *Food and How to Cook it*, by Helen M. Wells and Belle De Graf; *Recipes You'll Enjoy*, by Julia Lee Wright; *Food Purchasing for the Home*, by Ruetta Day Blinks and Willetta Moore; *Roeding's Fruit Growers' Guide*; *Five Hundred Ways to Prepare California Fish*; *Vegetables in the California Garden*, by Ross H. Gast, published by Stanford University Press; *California Fruits*, by Edward J. Wickson; and *The Normal Diet*, by Dr. W. D. Sansum, published by the C. V. Mosby Company, St. Louis.

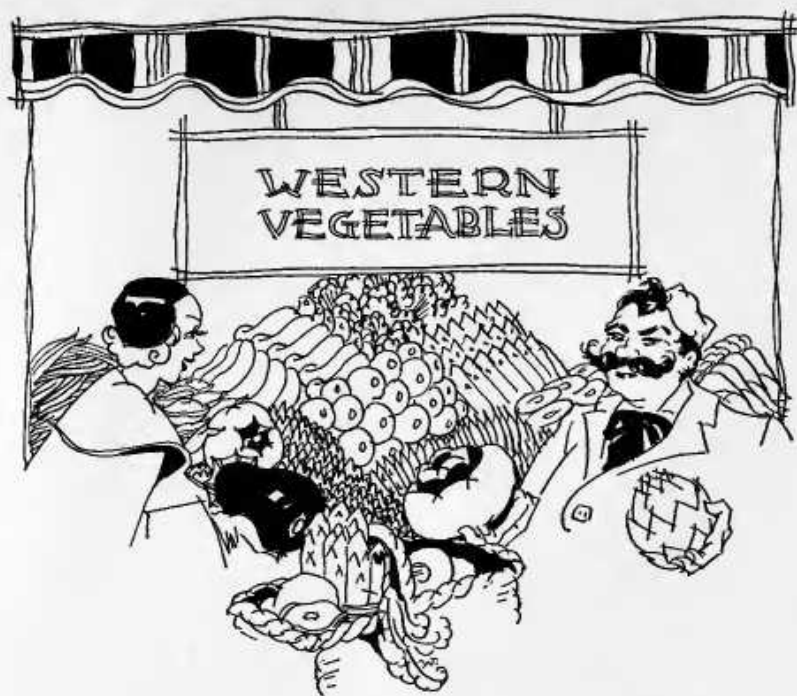
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Home Economics Editor

*Sunset Magazine*

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Marketing? Nothing short of a trip through an art gallery is this daily duty, presenting as it does such a feast to the eyes. Fat artichokes, quite "art moderne" in their beautiful symmetry of leaf arrangement; blunt asparagus; purple varnished globes of egg plant; deep green zucchini and lettuce-green patty pans (squash is a too prosaic word entirely for their loveliness); where is the homemaker who does not revel in the daily display of beauty in every market from Seattle to San Diego, from the blue Pacific to the Rocky Mountains?

Don't let yourself fall into a routine of cooking just a few old familiar vegetables. Explore! Experiment! Enjoy to the full the wealth of edible beauty that is your Western heritage.