

foreword

While in the cookbook section of a Canadian bookstore recently, I was struck by the number of titles on offer. As I ran my eyes across each shelf, I noted that many were written by celebrities sharing the recipes they like to prepare when they aren't in front of a camera or on a stage; mommy bloggers were on those shelves too, offering books filled with recipes that got them through the toddler years, and life as a working mom. There was a smaller section of books written by people promising to transform my body and enhance my health. And, of course, there were the books that tried to sell you appliances and the ones by chefs who want to show off their talent and remind you that eating at their restaurant is much easier than cooking their elaborate dishes at home.

While it's wonderful that so many people like to cook and share their enthusiasm for food with others, I left the store asking myself, do we really need another cookbook? In many cases the answer is no. The fact is, most of the recipe books I looked at that day seemed like they were written quickly and reused very basic techniques to interchange ingredients from page to page to create new flavour experiences that made the authors seem on trend.

That's not the case when it comes to *Delicious & Doable* by Charmaine Broughton. While Charmaine does serve the recipes in this book to her family, this book isn't about her at all. No, Char's recipes are about the home cook; her instructions are clear and logical, so even if some recipes use sophisticated techniques the end result is assured. Charmaine wants you to love cooking, and the people you feed to love every meal you prepare for them.

I've known Charmaine for many years and have truly never come across anyone like her because she is completely unique and authentic. She is curious, enthusiastic, energetic, and driven; being around Charmaine means the energy is high and the day passes quickly!

Char (that's what us friends call her) is also a top-notch chef. She can cook circles around many other professionals which means her cooking is always delicious. Char brings her palate and culinary skill to this book; but, more importantly, she brings tenacity to her work. Charmaine is always seeking improvement whether she's running, creating a TV segment, or

developing a recipe. Many recipe writers work hard on their books. They test and tweak until confident that every ingredient, technique, and word is necessary and used appropriately to achieve the flavour and texture required to make the dish successful.

Charmaine is another class of recipe writer altogether. These recipes aren't developed over the course of a few months to fill the pages between the covers of a book. *Delicious & Doable* is the culmination of many years of Charmaine's work. Charmaine's recipes take years to perfect because she is always refining them. That's why she's such a great teacher. It's not boring for Char to make the same foods over and over again because, every time she prepares a dish, she finds an opportunity to improve the recipe just a little more. It's the same impulse that makes her such a committed athlete. For Charmaine it is about the journey; the destination is just a nice bonus.

Charmaine used all her senses to create this book. As one would expect, she's used her taste buds and nose, but she's also given her eyes and ears a workout as she wrote *Delicious & Doable*. She spent years listening to her students' and viewers' questions and creating the foods they want to cook and eat. During cooking classes, Charmaine has watched her students pay avid attention to how she trims a piece of meat or adds a finishing sprinkle of herbs before serving a dish and she's made sure to capture those little tips and tricks in these recipes. If Char had wanted a vanity project or to promote her own experience with you, she could have written a book every year for the last ten-plus years. Instead, she's waited and collected the most popular recipes in her repertoire of thousands. That's why this book is a must have pantry staple in its own right. Every recipe in this book will be judged delicious and doable by those who cook from this book.

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