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# The School of Essential Ingredients

By Erica Bauermeister



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The School of Essential Ingredients By Erica Bauermeister

**A "heartbreakingly delicious" national bestseller about a chef, her students, and the evocative lessons that food teaches about life**

Once a month, eight students gather in Lillian's restaurant for a cooking class. Among them is Claire, a young woman coming to terms with her new identity as a mother; Tom, a lawyer whose life has been overturned by loss; Antonia, an Italian kitchen designer adapting to life in America; and Carl and Helen, a long-married couple whose union contains surprises the rest of the class would never suspect...

The students have come to learn the art behind Lillian's soulful dishes, but it soon becomes clear that each seeks a recipe for something beyond the kitchen. And soon they are transformed by the aromas, flavors, and textures of what they create.



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## **The School of Essential Ingredients By Erica Bauermeister Bibliography**

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## Editorial Review

From Publishers Weekly

In this remarkable debut, Bauermeister creates a captivating world where the pleasures and particulars of sophisticated food come to mean much more than simple epicurean indulgence. Respected chef and restaurateur Lillian has spent much of her 30-something years in the kitchen, looking for meaning and satisfaction in evocative, delicious combinations of ingredients. Endeavoring to instill that love and know-how in others, Lillian holds a season of Monday evening cooking classes in her restaurant. The novel takes up the story of each of her students, navigating readers through the personal dramas, memories and musings stirred up as the characters handle, slice, chop, blend, smell and taste. Each student's affecting story—painful transitions, difficult choices—is rendered in vivid prose and woven together with confidence. Delivering memorable story lines and characters while seducing the senses, Bauermeister's tale of food and hope is certain to satisfy. (*Jan.*)

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Review

About the Author

Erica Bauermeister's love of slow food and slow life was cemented by her two years living in northern Italy with her husband and children. She has taught literature and creative writing at the University of Washington and currently lives in Seattle with her family. *The School of Essential Ingredients* is her first novel.

## Users Review

From reader reviews:

**Elizabeth Hager:**

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