

Frank Baldock's

WINE



express

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AUDIBLE FEAST

Tales From My Table: Food For Thought, a CD written/narrated by Toronto's Ann Tudor, is an audible feast of true stories, poignant, bitter-sweet, funny, and prepared with love.

For Ann, heart and hearth are inseparable in these personal essays. And she delivers a skillful blend of gentle storytelling, lucid commentary and fond nostalgia to fire your imagination, stoke your appetite and reawaken forgotten food memories.

The 74-minute disc (paced by superb instrumental sketches) also has the bonus of recipes that relate to the stories: guacamole, pea salad, eggs mimosa, etc. \$17.50 via www.anntudor.ca or ann@tudor.ca (98).

You'll find out what muffins used to be like, and how to make them, before they became cupcakes! And how to make eggs mimosa with just two ingredients. You'll never look at corn, tomatoes or fresh figs the same way again.

Garrison Keillor,
eat your heart out!