



[The Freds at Barneys Cookbook](#) by Mark Strausman. Copyright © 2018 by Mark Strausman. Published by Grand Central Publishing. All rights reserved.

Our Summary:

If you've ever wanted to take a look into a restaurant kitchen, take a look at chef author Mark Strausman's kitchen at *Freds at Barneys New York*. This isn't just *any* kitchen. It's the kitchen of the eponymous institution, *Barneys*. In [The Freds at Barneys New York Cookbook](#) the food is flexible and forward-thinking. It matches the *Barneys* brand, and still manages to satisfy its fickle clientele's wants, needs, and desires. There's more here, though, than a cookbook. Chef Mark Strausman *teaches* you how to use restaurant techniques in a home-cooking environment. And, whether it's the classics that have been on the menu since its opening, like *Belgian Fries* or *Chicken*

Paillards or *Cheese Fondue Scrambled Eggs*, or Strausman's Italian fare and the simple classics that he has perfected through the years, Strausman commemorates all of the delicious recipes from *Freds* in one book.

What you need to know:

Get it: [The Freds at Barneys Cookbook](#) by Mark Strausman. Copyright © 2018 by Mark Strausman. Published by Grand Central Publishing. All rights reserved.

See it: 304 pages, with an opening chapter dedicated to your equipment and pantry needs, and learning the basics of *Freds* kitchen (these pages double as a primer on cooking basics). Chapters are not listed in an overall table of contents, but lead each section with a list of the recipes contained in it. . Full color photos of the finished dish is included, along with candid restaurant shots.

Make it: About 85 recipes with several variations for many of the recipes; several component recipes that complete each dish also appear with the recipe(s). Chapters are grouped by meal service (brunch, breakfast, salads, soups, dinner – including neighborhood standards and *Room Service* to account for *Freds* robust delivery service to *Barneys* Upper East Side residents).

Chef Donna's Review:

The food in [The Freds at Barneys New York Cookbook](#) reflects the worldwide appeal, brand, and intrigue of *Barneys* clientele. That's what makes this book fun. Strausman writes his recipes, his headnotes, and stories that reflect back on his observations about the people (do the women on the upper east side really eat?), the fashion brands and the world-wide appeal of *Barneys*, as if he were your buddy sitting next to you having a beer. But this book is personal, too, with recipes that look into Strausman's past and his progression as a chef. Virtually every dish in this book is a combination of Strausman's work, his travels and the meals that he's loved, mixed with memories of a Jewish food culture that's, as he says, "in danger of disappearing." With dishes like *Sauteed Chicken Livers On Crostini with Shallots and Port Wine Sauce* or *The Jewish Boy from Queens with Russian Dressing sandwich* and *Focaccia Robiola with Truffle Oil*, I don't think he has to worry.

What's most appealing to me, is that Strausman created [The Freds at Barneys New York Cookbook](#) with a dual purpose in mind. First, of course, it's a cookbook. But perhaps more so it serves as an archive of



Freds menus. The chapters are grouped by meal, instead of food type. And, as surprising as it may sound coming from an institution with the reputation of *Barneys*, the vast majority of recipes that appear in this cookbook are simple and perfect for home cooks. Clean flavors, light on calories though big on flavor. Still, there are a few - like the *Lobster Bisque with Saffron Aioli* - that contain a daunting list of ingredients and requires you to invest a chunk of time. They're included because these are the dishes that remain popular and integral to *Freds* menus. They're also included because Strassman, as a teacher, hopes that you'll be inspired to take one on, to learn something new.

And that's where this book wins my accolades. Beautiful food photos, check. Manageable recipes for any skill set, check. Food that is useful in our everyday and ordinary lives, got it. Wrap in that Strausman teaches you something worth learning on every single page (I'm not kidding) in [The Freds at Barneys New York Cookbook](#) makes this a counter-top staple in my kitchen, and certainly worthy of consideration for yours.

Some of the recipes are not just recipes, they are processes, like *Foolproof Pizza Dough*, or *Double-Cut American Lamb Chops Alla Scottadito with Mint Port Wine Sauce*, *Jewish Style Artichokes and Lyonnaise Potatoes*. They have multiple steps and seem complicated, but they are merely a bunch of component recipes. Considering one of these? Strausman instantly puts you at ease with his jolly and sensible voice. He makes the processes in [The Freds at Barneys New York Cookbook](#) manageable by giving you a lot of detail and information in his head notes, which are often longer than the recipes! (Which is the way recipes *used* to be written because the goal was to pave your way to success.)

But all of this is simply a window into the *Freds* kitchen and a glimpse of how a restaurant menu is managed by the chefs that create the food. You'll learn, you'll savor, and you'll come back for more. But mostly, you'll be happy to serve this food to your family, your friends and guests. They'll know it's iconic, and be in awe of how perfectly you crafted their meal.

Recipes to cook from [The Freds at Barneys Cookbook](#) by Mark Strausman. Copyright © 2018 by Mark Strausman. Published by Grand Central Publishing. All rights reserved.

[Chicken Paillards with Tomato Arugula and Red Onion Salad with Madison Avenue Dressing \(Freds Herb Mix recipe included\)](#)

[White Bean Soup](#)

[Profiteroles with Caramel Ice Cream Chocolate Sauce](#)