



[KINDNESS & SALT: Recipes for The Care & Feeding of Your Friends and Family](#) by Ryan Angulo and Doug Crowell.

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Our Summary:

When you start your career at huge, raucous Manhattan restaurants and decide you want to go home to Brooklyn to create a kind of small, friendly restaurant that serves the neighborhood it belongs to, you create precisely the kind of food that is in [Kindness & Salt](#). Food that reflects the pedigree you come from mixed in with hearty eat-with-your-fingers and share-with-your-friends kind of intimacy. At the heart of it all, according to first time authors Ryan Angulo and Doug Crowell, are two essential ingredients:

kindness – reflecting the spirit of warmth and hospitality everyone deserves when they sit down to your table, and *salt* – shorthand for bringing out the best possible flavor in the food you cook. If you enjoy entertaining, and like to mix it up between the finesse of a bistro and the casual-fare of a pub, then you may have landed on a book to inspire the meals that create memorable gatherings.

What you need to know:

Get it: [KINDNESS & SALT: Recipes for The Care & Feeding of Your Friends and Family](#) by Ryan Angulo and Doug Crowell. Copyright © 2018 by Ryan Angulo and Doug Crowell. Photo Credit Liz Barclay © 2018. Published by Grand Central Life & Style November 13, 2018, Hardcover \$35.00 ([Amazon \\$25.16](#); [Kindle \\$16.99](#))

See it: 288 colorful pages with recipe titles colored to match the 7 primary sections of the book, which include essentials like *pantry* and *cocktails*, and the expected *salads & vegetables*, *fish & shellfish*, *birds & beasts*, with *brunch* and *baked* thrown in for good measure. Only a few color-photographs of finished recipes are included, though the book is peppered with illustrations – some helpful (as in what a whole chicken broken down into parts looks like). Large print recipe table of contents (thank you) begin each chapter, but unless you are familiar with the restaurant's graphics and formats you may be confused by the visual presentation of the book.

Make it: 100+ recipes that are from the dishes and drinks of the authors' two Brooklyn eateries, *Buttermilk Channel* and *French Louie*.

Chef Donna's Review:

[Kindness & Salt](#) combines two different types of restaurant food – part French bistro and part local pub – into one book, with the added idea that hospitality, too, is a key ingredient for successful meals and gatherings. Hospitality, as in the kind that makes you want to be a regular at your local eatery, or enjoy the care and warmth of a good friend's home. The food theme carries through consistently; the hospitality part is limited to a few paragraphs of the introduction, and a few side-



bars peppered throughout the book. According to the authors, though, these are the ingredients that make a good meal great.

[Kindness & Salt](#) is a reflection of two very different restaurants with two very different styles of cooking and food combined into one cookbook. If you are looking for a variety of dishes to make for family or friends across a variety of occasions, you'll find plenty of inspiration here. If you are looking for ideas to help you entertain, including how to master the art of hospitality, you're left to draw your own conclusions.

The authors start [Kindness & Salt](#) with the anecdote that each time they began construction on their restaurants they had no clear vision as to what the restaurant would be. This book almost feels like that, too. There's no thoughtful progression that keeps you connected back to the concepts of "kindness" and "salt." [Kindness & Salt](#) feels random jumping from *Black Pepper Fig Conserve* and *Black Olive Salt* to *Dill Pickles* and *Apple Butter*. But, it is consistently that way. Once you understand it, it becomes a quiriness you almost look for throughout the book.

That's to say [Kindness & Salt](#) does have a place in your kitchen. The 7-chapters and additional information, tips for cooking, a wine section and a cheese section, interspersed across its 288-pages gives you plenty to chew on. But, you'll have to digest all the material to decide what's right for you. And, if you start out with a clear idea of what you want to cook, or how you want to entertain, landing on those recipes is easy with a recipe index leading each chapter. Once you do, your biggest disappointment with this book will be that there are few photographs of the actual recipes. 10 total and not necessarily on the same page as the recipe. You'll need confidence to proceed without a visual reference to cook *Crispy Skate Wine with Crab Bisque & Dirty Rice* or just about any of the oyster preparations. The accompanying illustrations throughout the book do provide visual cues, though.

If you are familiar with either of the two restaurants of the authors, you'll understand the quirky graphics and the two different approaches to their recipes. With things like *Iceberg Wedge with Citrus French Dressing Tarragon & Pickled Mustard Seeds*, *Oysters with Saltines* and *Buttermilk Fried Chicken with Cheddar Waffles & Balsamic Spiked Maple Syrup*, it's easy to find recipes to please anyone, with food that is likely to satisfy everyone.

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[Lentil and Walnut Pâté](#)

[Buttermilk Fried Chicken with Cheddar Waffles & Balsamic Spiked Maple Syrup](#)

[Popovers with Honey & Sea Salt](#)