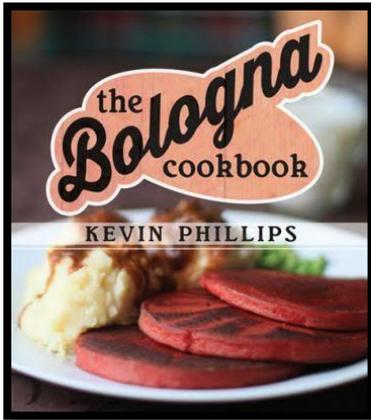


Spotlight Review

February 10th



A couple of weeks back, *The New York Times* ran an unexpected story about the Newfoundland obsession with bologna, the elsewhere much maligned luncheon meat. I'm not sure that the story had the same effect on non-Newfoundlanders, but as an expat, the story made my mouth water.

Luckily the article also made reference to *The Bologna Cookbook* written by Kevin Phillips, a chef originally from Cape St. George. Purely in the interest of a literary review, you understand, I allowed myself to spend a week with eating an unhealthy amount of the processed

goodness.

The Bologna Cookbook is beautifully produced with high-gloss photos of each recipe, clear layouts and instructions, and a huge variety ranging from appetizers, main courses, and even desserts. Some of the recipes were familiar to me, of course, but I was more interested in the unexpected and creative side of things.

Beginning with Bologna Penne, I was able to get the whole family on board. Buttery pasta with a handful of select herbs and vegetables, it was a surprise gourmet treat. The Gourmand World Cookbook Award was beginning to make sense.

My second attempt was admittedly less adventurous: Bologna Quiche. However, it was no less enjoyed. For many, bologna is best served as a breakfast treat and once again, bologna and eggs is proven to be a winning combination. There's a bit of whimsy in Phillips' book and the use of the "bologna cup" as the quiche receptacle was very much appreciated. (For the uninitiated, when you fry a round of bologna, the center pops up, creating a bowl.)

Feeling brave, I went for the gusto, the truly bizarre: the Bologna Martini. I don't believe that martini and bologna connoisseurs typically find themselves in the same circle, but now I am left wondering why. The Bologna Martini is not a complicated recipe by any stretch; it's basically a regular martini served with a cherry tomato and a chunk of bologna on a toothpick and a twist of lemon. I was skeptical that the bologna would serve much purpose, but the salt wound up complimenting the drink in the same way that olives typically do and the smokiness helped accentuate the gin flavours.

I'm holding off on trying more at the moment (as much as a treat as bologna is, it cannot be good for the cholesterol levels!), but when I'm feeling adventurous again, I might tackle the Bologna Cake.

- John Mutford, Library Manager