



Market Restaurant + Bar Cookbook: Seasonally Inspired Cuisine from Southern California

Carl Schroeder, Maria Desiderata Montana

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Carl Schroeder, Chef/Owner of Market Restaurant + Bar in Del Mar, California, grew up in La Jolla and has San Diego in his soul. He knows the lay of the land here and is dedicated to working with local farmers and fishermen. San Diego is, after all, a coastal city with an abundance of seafood and access to fresh farm produce. He has a passion for organic, natural and locally sourced products and his cuisine is inspired by those seasonally fresh and local ingredients.

Market Restaurant + Bar Cookbook's one hundred and forty recipes are from Schroeder's daily-changing menu and were carefully adapted for the home cook. He gently guides the readers to the best local ingredients by season and shows them how to turn those ingredients into great food: from Bacon-Wrapped Pork Tenderloin and Slow-Roasted Pork Shoulder in Fall to Pan-Seared Chilean Sea Bass in Winter to Sweet Pea Salad and Creamy Pepper Vinaigrette in Spring to Yellowtail Tartare and Dungeness Crab in Summer.

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