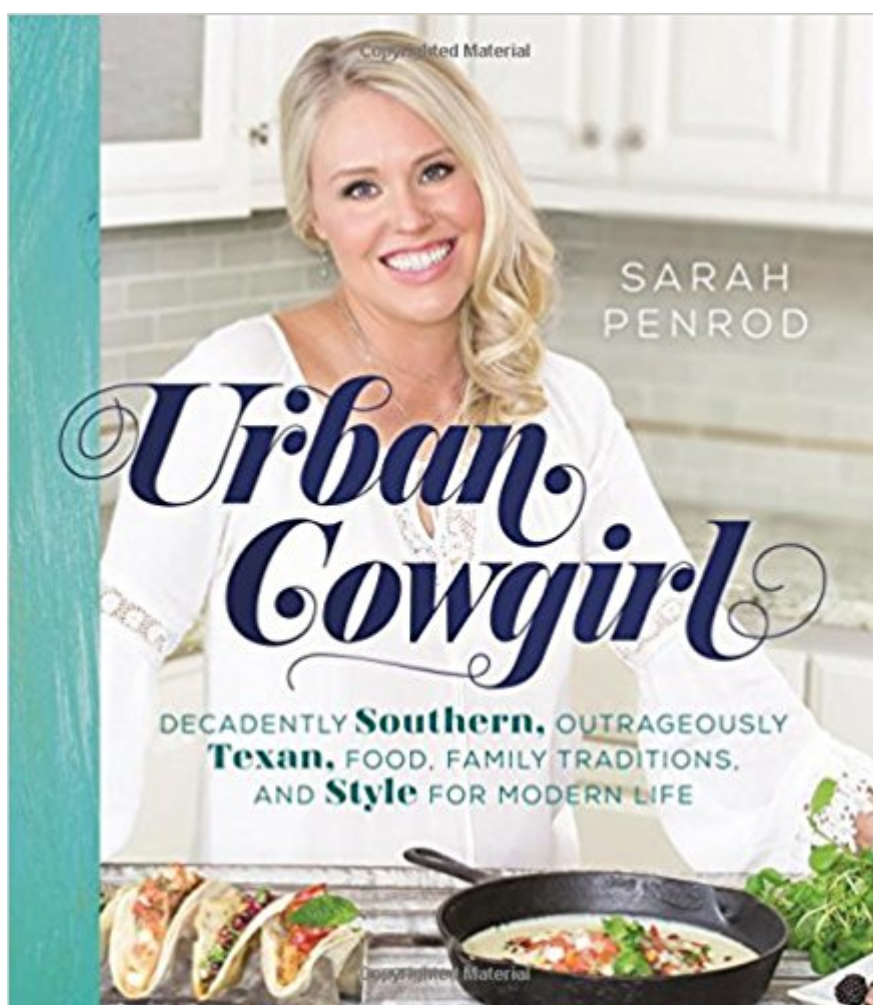


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# Urban Cowgirl: Decadently Southern, Outrageously Texan, Food, Family Traditions, And Style For Modern Life



## Synopsis

Celebrating the modern Southern culture, country chic lifestyle, and spitfire attitude of the city cowgirl—| the cowgirl in heels. Part cookbook, part how-to and inspirational guide for the modern city girl with Southern roots and a cowgirl attitude, *Urban Cowgirl* features Sarah Penrod's unique outlook and point of view—as shared with viewers on the *Next Food Network Star*. Her approach is to take classic Southern and Texas foods and ingredients and traditions like the tailgate and give them a new twist with her personal brand of sparkle and shine. Her recipes for family dinners and girls'- nights- in all come with her own special touch and her outsized personality. Urban cowgirls appreciate Southern big city lifestyle, but don't let the high heels and designer dresses fool you. These girls will celebrate their heritage, acknowledge their cultural roots, and build from traditional values, with a smile on their face and a glass of sweet tea in their hand. They may have a designer coffee table littered with gourmet cooking magazines, but the recipes they hold most dear are third generation, handwritten, kitchen love letters from a grandmother they may have never even met.

## Book Information

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## Customer Reviews

"Author Sarah Penrod gives a fresh, vibrant and trendy spin on Texan cookery. Sarah is not just a pretty face but a Mom, Wife, and Serious Chef, a must have for any recipe library." -Chris Kyler, *Food Network Star*—| "It's easy to see that Sarah Penrod a.k.a. "The Urban Cowgirl" has a smile as wide as rainbow but when you get into this cookbook you will find substance and guidance. She has a knack for knowing how to take the intimidating out of cooking. And that is a recipe we should make every day." —Norman Van Aken, author of *My*

Key West Kitchen and James Beard Foundation Honoree Sarah Penrod elevates Texas Cuisine to bright and tasty new levels of fun with just enough folklore and story-telling to make this work as entertaining as it is informative. Her flare and love for all-things-Texan shine through in this must-have addition to anyone with an appetite for Lone Star entertainin' and cookin'!

Jon Bonnell, author, *Jon Bonnell's Fine Texas Cuisine* and *Jon Bonnell's Texas Favorites*, chef and owner at Waters Bonnell's Coastal Cuisine. Three decades after chefs like Stephan Pyles, Dean Fearing and Robert del Grande reinvented the cuisine of Texas, Sarah Penrod makes sure with this book the culinary tumbleweed keeps on tumbling. Her creative (and fun) recipes based on Texas tastes and traditions are as much a gift as her delightful one-liners, like "Coffee is the key to survival" and "If you haven't had guacamole in an evening gown, you're doing something wrong."

John DeMers, author and director of the Culinary Adventure Cooking School A wonderful Texas culinary approach to cooking with kids and family. The best part is the appreciation for family and its tradition. That is what the urban cowgirl is all about! It's great tool for the home cook, chef and mom alike. It opened my mind to start my own family cook book with family; as chef, husband and dad to three boys it's going to be fun. With a family that loves to eat I can't wait! Thanks Urban Cowgirl!

Gilbert Moore, Chef Bluejack National golf club Urban Cowgirl is Sarah Penrod from head to toe: authentic, bright, bold and playful. With her heart firmly rooted in Texan culture, Sarah manages to appeal to every reader's inner Cowgirl (or boy). "One favorite guacamole? Absurd! How about one for every occasion!" I found myself tearing through the book at full gallop, cataloging ways I could weave the vibrance that defines Sarah's lifestyle into my own. Sarah's confident femininity never masks her culinary prowess as a chef; she includes pro tips and tricks throughout the book that will make you feel equally confident in the kitchen. Sarah's written memories bring to life her devotion to family and tradition, parking new ideas for forming my own traditions at home... with a little extra flair.

Emma Frisch, Food Network Star finalist, co-founder Firelight Camps A true southern beauty-easy on the eyes-and she knows her way around the kitchen. Easy to follow recipes, bursting with flavor and friendly tips!

Jeff Blank Fire-breathing Founder of Hudsons on the Bend How bout them urban cowgirls!!!! Sarah Penrod brings her upbeat urban flair for all things Texan to cowboys and cowgirls of all backgrounds. This cookbook of Lonestar proportions is a must for any collection. Whether you're in the city, or the pasture all Texans will be inspired by her modern, beautiful spin on family favorites. I'm making her Texas chicken spaghetti tonight!

Grady Spears, author *The Texas Cowboy Kitchen* and *Cooking the Cowboy Way*

Sarah Penrod is a young, Southern, Martha -Stewart- meets- Pioneer -Woman spitfire offering remakes of Texas and Southern recipes remade for a modern generation of homemakers and urban cowgirls, edible bath and beauty products, and even gourmet baby food. Sarah is a well-known Christian Speaker, classically trained chef, a White House advocate for reform in the school lunch program, mommy motivator, and owns her own Organic Spa Line [www.mommysalts.com](http://www.mommysalts.com). She was a top-four finalist on Food Network's "Next Food Network Star" and has been steadily filming ever since

Giddy up! Being a fan of TexMex, Mexican, & Southern cuisine, this cookbook delivers on all and then some. The food is fun, flavorful and accessible, and I am looking forward to cooking my way through the book. I like the authors palate and style, all the flavors I like in my food, and it is giving me a lot of new twists on old favorites.

This is a wonderful cookbook, Including Texas favorites as well as other southern favorites, some down home, and some upscale. But that's not all. There are lots of helpful hints and suggestions as well...tricks of the trade which I always love reading. But that's not all. There is such personality that comes forth in the pages of this cookbook. Her voice is loud, clear, and as I said in the title, clever. While the book is about more than Texas, Sarah is a home grown Texan which shows through in a fun way. I think this would be a wonderful home resource for yourself and as a gift for the cooks in your life. It's definitely worth the buy!

I've been so looking forward to this cookbook and was so happy to receive this just before Mother's Day! I treated myself to it that way I knew I would for sure get something I wanted! Anyways, Sarah is an amazing chef and I love her Texas influence on all of her recipes! They are all so family friendly and will make the pickiest taste buds clean their plate! I highly recommend this to anyone that's looking for a versatile cookbook that has lots of different choices for every course of a meal you're looking for!

I bought 3 cookbooks. Of course one for me and my two daughters. Can't wait to have Sarah sign our books. I have known Sarah for years. Her family and her cooking are her passion. Sarah's new book has some fabulous recipes and you get to know her thru her recipes. Get the book and see for yourself

A new favorite of my many cookbooks. Gorgeous photography, lovely vignettes, and delicious Southern fare (that I might need to tame a bit for my mild Midwestern family). I want to try everything.

The Urban Cowgirl cookbook offers so much more than just recipes. First, it is such a fun read AND it offers advice about equipment and techniques that will help all levels of cooks. I also love the recipe selections. A must have for anyone's cookbook library.

We've been waiting for this book for SO long and it didn't disappoint! So many great recipes beautifully written and photographed! My daughter (7) and I are using it as our next project! We are gonna cook our way through the entire book by the end of summer break! Love it!

Bought this for my daughter, she loves it! Sarah is an amazing Chef, if you haven't ordered her book yet, you're missing out! With Urban Cowgirl, you'll be cooking like a pro and your family will enjoy the benefits!

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