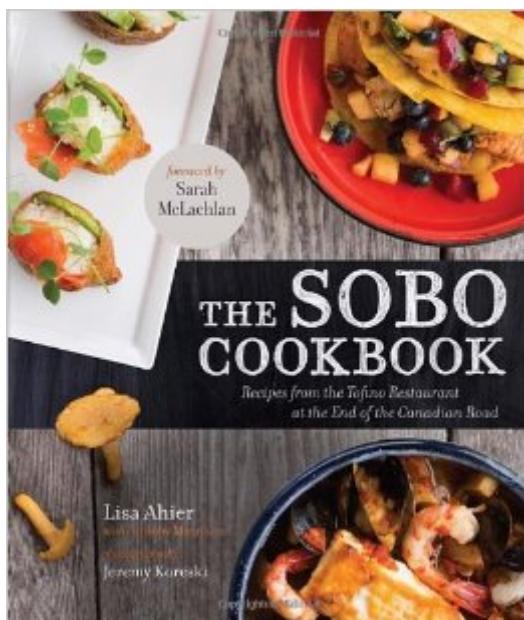


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The Sobo Cookbook: Recipes From The Tofino Restaurant At The End Of The Canadian Road



Synopsis

Sobo (Sophisticated Bohemian) started out in 2003 as a purple food truck in the parking lot behind a surf shop, way before food trucks were cool. Despite its remoteness, it attracted rave reviews from food media across North America, with the likes of *Saveur* magazine calling it: "perhaps the most exciting lunch stand in North America". The back of the staff's t-shirts read: "Quite possibly the second best thing you can do in a parking lot"--and that same fun, authentic West Coast vibe weaves throughout the stories and recipes in this book. Sobo has since become a destination restaurant, having outgrown its food truck beginnings, with visitors making the pilgrimage to the west coast of Vancouver Island just to taste chef Lisa Ahier's cooking--which is, to use Tofino slang, simply "killer". The restaurant's menu focuses on locally-sourced, seasonally-inspired ingredients from family-owned producers. The dishes are shaped by Lisa's Tex Mex and Southwestern culinary roots, and her experience gained across several US states, including her stint as executive chef of Cibolo Creek Ranch in Texas. The *Sobo Cookbook* includes over 100 of the restaurant's all-time favourite recipes--recipes that have fed surfers, hungry locals, curious visitors and die-hard foodies alike.

Book Information

Paperback: 288 pages

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Customer Reviews

We purchased 2 copies with personal author inscriptions. This is easily the best restaurant in Tofino, and probably as good or better than any of the stylish, hyped-up restaurants in British Columbia. The recipes range from vegan to awesome pescatarian, and they are all outstanding. We tried

about 6 different dishes at the restaurant. You want to have access to fresh seafood to make the most of this cookbook - my location in St. Louis is marginal at best, but I will try! On top of it all, Lisa is actually from Kansas City, so maybe there is hope for us fly-over types to land a fun career in the Pacific Northwest.

Good, but is was expecting great

Yhe fooe at the restaurant that inspired the cook book is amazing. Its in tofino on vancouver island

Great cookbook!

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