

ONLINE DISH

BY KATIE GREEN

Local food bloggers keep us inspired in the kitchen, and beyond!

VEGGIE DELIGHT

More and more often, we find ourselves making meat-free menus, and that's why we follow *Brazen Kitchen*. Leah Lizarondo Shannon, of the Shannon family that own Mildred's Daughters Urban Farms, not only brings us awesome vegetarian recipes, she also shares her political and fare-minded meanderings — she describes the blog as “food porn and food policy all in one.” Recently, she's been appointed as trustee for the national Awesome Foundation: Food! “I'm proud to represent the region's growing food movement and culture,” says Shannon. brazenkitchen.com.



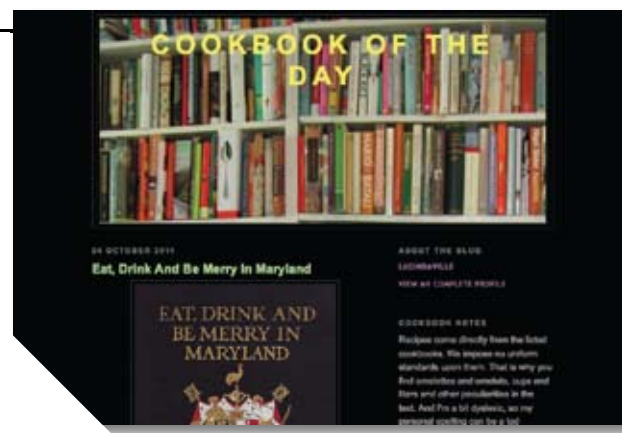
IN-GRAINED

'Tis the season for comfort foods, so we love Quelcy Kogel's blog, *With the Grains*. Kogel guides readers through recipes, such as cranberry pecan cinnamon rolls with rhuby pumpkin maple mascarpone frosting and roasted root vegetable salad. But, it's not just all about the recipes. Follow Kogel as she throws dinner parties and explores Pittsburgh's culinary treasures. “I only use whole ingredients with a focus on locally sourced and organic foods,” she says. “Recently, blogging about Pittsburgh restaurants and my food adventures here has kept my eyes fresh, even though I have lived here for a number of years.” withthegrains.wordpress.com.



LITERARY LESSONS

To celebrate its 25th anniversary, *Cooking Light* magazine is publishing a yearlong series of its favorite cookbooks. But that's nothing compared to the blog, *Cookbook of the Day*. Author Lucinda Ebersole writes from Shirley, WVa., and highlights multiple cookbooks each week, diving deep into the archives — recent posts have included 1932's *Eat, Drink, and Be Merry in Maryland*, 1960's *Gridiron Cookery*, and *The Mushroom Cook Book*, published in the early 1950s. She provides a brief review, and a recipe from each. “I believe the way we cook is a window into the culture of a particular time period. I often get emails from people who remember a particular book or even a specific recipe in the book that holds meaning for them,” Ebersole says. cookbookoftheday.blogspot.com.



TWEET TWEET!

Whet your online appetite by following these local foodies on Twitter!

Eleven Executive Chef Derek Stevens	@DStevens11
Nine on Nine and Meat and Potatoes Chef and Owner Richard DeShantz	@ChefRDeShantz
Legume Bistro	@legumbistro
Boyd & Blair Vodka	@BoydBlairVodka
Wild Purveyors	@WildPurveyors



POSITIVELY PALEO

Commonly referred to as the Caveman Diet, the Paleo way of eating means a diet sans grains. Two Paleolithic-minded Pittsburghers began blogging with *Primal Palate*, about their endeavors, which were recently expanded into a cookbook. *Make it Paleo*, written by Bill Staley and Hayley Mason, showcases more than 200 grain-free recipes. Instead, the focus is exclusively on fruits, vegetables, seeds, and meats — in other words, what the hunters and gatherers would have eaten.

Mason, who was a Paleo eater before the couple began dating, made a gradual impact on Staley's diet. “I slowly but surely started eating this way,” Staley says. After he jumped onto the Paleo bandwagon, the couple took their eating style to the next level. Although the recipes focus on fruits, vegetables, seeds, and meats, there is a meal for everyone, even dessert, including chocolate chip cookie dough ice cream. The couple says that trying the diet for just a month is enough to see a drastic change in your body. Sounds so easy — a caveman could do it. primal-palate.com.

— Mandy Velez



ONE DAY GIVEAWAY! ENTER AT WHIRLMAGAZINE.COM ON JANUARY 5 TO WIN A COPY OF *MAKE IT PALEO*!



A whole new way to experience pasta!



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