



Americans have always enjoyed their cup of coffee. But now we're finally hooked on taking that coffee and making it a part of our lifestyle. Hence the café, the bistro, the now-ubiquitous coffee house. We love to do what the Europeans have done for years and actually stop and sit down to enjoy that coffee along with a good book or a good friend, and of course, some good food. In this cookbook, we put together recipes that you can serve to turn your own kitchen into a café of sorts. The café is calm and casual, and so too is the food we've developed to create this tome of simple, light eating for breakfast, lunch, and dinner, and of course the afternoon coffee or tea break. We suggest foods for any kind of casual culinary respite you want to serve, and even offer suggestions that go beyond coffee. Just as in Europe, the café becomes a light restaurant when the stars come out, and so our categories reflect that here: Happy Hour, Light Bistro, and Tea Times. You can have so much fun with this in your own kitchen that you might want to pick up one of those wooden cut-out signs you see these days, spelling out the word "café" or "bistro." You'll always be open for family business then. But no one will expect much more than easy entertaining made simple, thanks to your new culinary style.

— Gail Greco

Special thanks to:
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Café Cuisine



When you're craving something, you want it now. But these moments come and go quickly, and you don't want to spend too much time preparing and cooking what you're hungry for. That's why DuPont™ and acclaimed chef and author Gail Greco have teamed up to develop a series of easy-to-prepare recipes for happy hour snacks, afternoon munchies, and desserts. Best of all, these recipes offer enough variety to satisfy everyone in your family.

Gail Greco – cook, food journalist, and editor of the Carefree Cooking section of the DuPont™ Teflon® web site – has created this series of recipes to help you quickly prepare those between and after meal snacks that are sure to please everyone. Gail is the author of 16 books on cooking and entertaining, many of which were Book-of-the-Month Club selections. Plus, a former executive food editor for the Discovery Channel, her *Country Inn Cooking* television show on PBS was honored with the James Beard Foundation award for Best TV Food Journalism.

DuPont invented non-stick coating for cookware and has been the leader ever since. DuPont™ Teflon® features patented multi-layer technologies to ensure superior performance and durability. The DuPont certification seal you'll find on all cookware coated with Teflon® non-stick coating means that it has met the toughest standards for quality and performance. That's why for over forty years, chefs and homeowners alike have enjoyed the benefits of cookware coated with DuPont™ Teflon® non-stick coating. The coatings have helped create healthier, better-tasting meals, with less time needed for cleaning up afterwards. Because you have better things to do, like saving time for the things that matter most.

**We hope you'll enjoy these carefree cooking recipes.
Please share them with your family and friends.**



These carefree cooking recipes are brought to you by DuPont™ Teflon®.
For more information, visit www.teflon.com/carefreecooking