

Let's Talk Food

Cooking with the Shipleys

By EMILY GEDDE
Staff Writer

With every new year, many people pledge to make self improvements or perform an act of kindness for someone else.

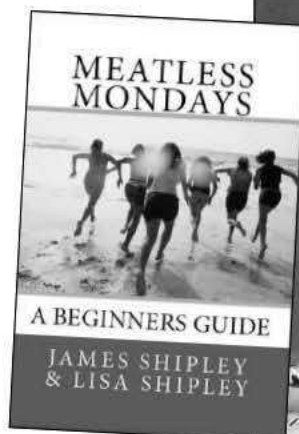
When local couple James and Lisa Shipley heard from friends looking to make healthy lifestyle changes, they were inspired to help.

"After hearing from friends who want to try a realistic change for the new year that they could keep for more than one month, we thought that we would try an idea that involves just committing to one day a week of healthy eating and is not about eating salads to find that healthy answer," Lisa said.

So with the help of her husband, a chef, the pair wrote and edited "Meatless Mondays, A Beginners Guide," a book that stands as a response to the ever-popular New Year's resolution to eat healthy.

"The book is about committing to focus — just for one day out of the week — as an achievable goal for meaningful nutritional change," James said. "Going meatless for one day forces a focus on fruits and vegetables as well as on variety...This book helps people to tolerate Monday with its encouragement for vibrant food."

Meatless Mondays isn't the first collaborative effort of the husband and wife team. The couple has worked together on several beginner's guide cookbooks, including "Bread: A



Staff photos by Emily Gedde

Sous chef Lisa Shipley demonstrates how to make bread pudding March 12 during a Passport to Cooking class she and her husband, James Shipley, teach at Backus Community Center.

Beginner's Guide;" "Caramel: Sauces, Candies, & Desserts: A Beginners Guide;" "Chocolate Truffles: A Beginners Guide;" and "Movie Inspired Meals Cookbook & Trivia Game: When a Movie Buff and a Chef Fall in Love..."

Where it all began

James said his love of cooking began when he would shadow his grandmother around her kitchen when she was a chef in the Minnesota northwoods.

"My passion for all types of cooking and baking have led me to learn a great deal about international foods, pastry, and chocolates," James said. He said his favorite meal to cook is dim sum, a style of Cantonese food prepared as small bite-sized or individual portions