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—SARA MOULTON,

host of the PBS show *Sara's Weeknight Meals* and author of *Sara Moulton's Everyday Family Dinners*

Simply Satisfying

OVER 200 VEGETARIAN RECIPES YOU'LL WANT TO MAKE AGAIN AND AGAIN



Jeanne Lemlin

James Beard Award-winning author of *Quick Vegetarian Pleasures*

Acclaim for James Beard Award–winning author Jeanne Lemlin

“[N]ovice cooks can whip up healthful, flavorful meals in record time. Lemlin’s latest, which emphasizes simple preparations and nutritious (e.g., low-fat, whole grain) ingredients, is as useful now as it was 25 years ago.”

—*Library Journal*

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—**Sara Moulton**, host of the PBS show *Sara’s Weeknight Meals* and author of *Sara Moulton’s Everyday Family Dinners*

“In a crowded field of vegetarian cookbooks, Lemlin’s stands out for straightforward good food.”

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“This is a compendium of hearty vegetarian fare with a relaxed approach to cooking and particularly noteworthy extended section on desserts.”

—*CSMonitor.com*

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“It takes enormous culinary flair and expertise, good sense, and also courage to marry the tastes of different cultures in a way that really works. Jeanne Lemlin has achieved this brilliantly.”

—**Claudia Roden**, author of *The Food of Spain*

“All the elements are intelligently related to one another to give an overall sense of focus and balance to the meal . . . and convey a sense of cooking which is flexible and relaxed.”

—**Deborah Madison**, author of *Vegetarian Cooking for Everyone* and *Local Flavor: Cooking and Eating from America’s Farmers’ Markets*

“The recipes are light, flavorful, varied, and drawn from many international cuisines. I was especially happy to see desserts that no dessert lover could resist. Jeanne Lemlin really knows what tastes good.”

—**Richard Sax**, author of *From the Farmer's Market*



BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

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Main-Course Vegetarian Pleasures

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Jeanne Lemlin

Simply Satisfying

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THE EXPERIMENT
NEW YORK

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The Experiment, LLC
260 Fifth Avenue
New York, NY 10001-6408
www.theexperimentpublishing.com

Simply Satisfying was previously published by Alfred A. Knopf in 1986 in significantly different form as *Vegetarian Pleasures: A Menu Cookbook*.

The Experiment's books are available at special discounts when purchased in bulk for premiums and sales promotions as well as for fundraising or educational use. For details, contact us at info@theexperimentpublishing.com.

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Library of Congress Cataloging-in-Publication Data

Lemlin, Jeanne.

Simply satisfying : over 200 vegetarian recipes you'll want to make again and again / Jeanne Lemlin.
p. cm.

Includes bibliographical references and index.

ISBN 978-1-61519-062-1 (pbk. : alk. paper) -- ISBN 978-1-61519-160-4 (ebook) 1. Vegetarian cooking. I. Title.
TX837.L4485 2012
641.5'636--dc23
2012024015

ISBN 978-1-61519-062-1
Ebook ISBN 978-1-61519-160-4

Cover design by Susi Oberhelman
Cover and interior photographs by Cara Howe
Author photograph by Kari Giordano
Food and prop styling by María del Mar Sacasa | ENNIS, Inc.
Photo assistance from Jeri Lampert
Photo production by Lukas Volger
Text design by Pauline Neuwirth, Neuwirth & Associates, Inc.

Manufactured in China
Distributed by Workman Publishing Company, Inc.
Distributed simultaneously in Canada by Thomas Allen and Son Ltd.
The Experiment edition first published October 2012
10 9 8 7 6 5 4 3 2 1

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Introduction

When I was approached to have my first cookbook reissued, I was delighted. I would get a chance to share once again the recipes that I love and know others will appreciate, but also to breathe new life into the work by updating it with new trends that are worth embracing. When it was first published, *Vegetarian Pleasures* was in a menu format. At that time vegetarian cooking was rather new to the burgeoning cooking scene in the U.S. Menu guidance became the focus to give readers the confidence to make plant-based meals that were nutritional and balanced. But a lot has changed in the food world over the past twenty-five years, and American cooks have become increasingly confident about nutrition and meal planning. As a result, this new format groups recipes into chapters—such as **Soups and Stews**; **Salads and Salad Dressings**; **Pasta, Polenta, and Other Grains**, etc.—and invites readers to construct their own menus. For those who want menu guidance, **menu suggestions** are offered at the end of the book.

Having the opportunity to reissue my first cookbook is especially gratifying because I am continually approached by fans of the book who wish to purchase copies for their family and friends. This collection includes a variety of seasonal dishes that are simple to prepare, even for the novice cook, and the broad appeal of the dishes makes this cookbook a reliable friend in the kitchen with recipes for everyone to enjoy.

What an exciting time it is for those of us who love vegetables and favor vegetable-centered cooking. Everywhere we turn there is a new appreciation for the health benefits of vegetables and for the aesthetic contribution that fresh vegetables make to the menu. In fact, a meal without brightly colored fresh vegetables in some form seems lacking. It is also heartening to see how mainstream the vegetarian option has become in the twenty-first

century. A plant-based diet is recommended by many high-profile nutritionists and medical professionals as a sure way to prevent and reverse heart disease, diabetes, and other lifestyle-related diseases. Gone are the concerns that a meatless diet might lack the necessary protein and nutrients for growth and strength. In fact, the vegetarian diet not only can provide all the essential nutrients for a healthy diet, but surpasses a traditional meat-centered cuisine with its generous supply of fiber and antioxidants. Maintaining a low-fat meatless diet along with regular exercise is considered the best strategy for improving one's health.

So now that we all agree about how indispensable vegetables have become, let's look at how to make meals that appeal to vegetarians and non-vegetarians alike. It's all about variety and balance. Meal planning should take into account a number of factors: the heaviness and lightness of dishes, color compatibility, flavor complexity, and nutritional balance. For example, if you are going to serve a Mexican entrée that is protein filled, cheesy, and red, then a light vegetable side dish such as sautéed spinach or simply prepared green beans would offer a balance with weight (light), color (green), and nutrition (low protein/high vitamins and minerals).

I also seek balance in my diet in general. Because we know that it is ideal to maintain a low-fat regimen but also know that this approach can backfire if one feels deprived as a result, I have worked out this ratio: I eat low-fat food about 90 percent of the time, and allow myself indulgences 10 percent of the time. Of course this is not something to be mathematically calculated, but you get the idea. Eat dessert very infrequently, but when you do, let it be rich and satisfying (and a small portion!).

This book is a celebration of good food. I have written five cookbooks and am fortunate to have won a James Beard award. My recipes are designed for the busy cook who wants to live the pleasures of good eating with health and a respect for life. Throughout this book I encourage you to relax in the kitchen and have fun with the recipes. I am quite specific in explaining techniques and guiding you through each recipe—that is my style because I am a teacher and want my readers and students to feel prepared to face the task at hand; but this is only half the story of becoming a good cook. Developing a playful, relaxed approach to cooking is essential to becoming successful in the kitchen. It's all about getting a "feel" for the recipe and having that spirit infuse your cooking. Here are some tips for helping you become a confident, relaxed cook.

A Secret to Relaxed Cooking

- Read the entire recipe beforehand.
- Take out all the ingredients you need and place them nearby or in front of you.
- Do all the advance preparation you can before you actually begin cooking: for example, chopping nuts, cutting vegetables, measuring ingredients, etc.
- Take out and prepare any pans or dishes that you need for the recipe.
- Pour yourself a glass of wine.

TIPS

I have learned many tricks from having spent so much time in the kitchen cooking for family and friends and developing countless recipes, and I'd like to share them with you.

WASHING GREENS: Although many stores sell salad and cooking greens with labels saying they have been triple washed, I still like to wash my greens just before I use them. The salad spinner is a cook's best friend when it comes to this task, and mine gets plenty of use. No kitchen should be without one. The funny thing is, however, that many people misuse theirs. When you put the greens in the basket and rinse them under the faucet, sand or dirt can still remain trapped in them. This is especially problematic with garden or farmer's market leafy vegetables. The way to thoroughly clean greens is to place them in the bottom part of the salad spinner and fill it with plenty of cold water. Swish around the greens to loosen any dirt, then pick them up with your hands and place them in the basket. Discard the water. Repeat this step if the water is very dirty. Spin the greens until dry.

DAIRY PRODUCTS: When yogurt or milk is called for in these recipes, it is smart to choose low-fat varieties to cut down on fat intake. The dishes will be as nicely textured and satisfying, and you'll have created a more healthful version. There are times, however, when I use cream and butter in a recipe because I'm looking for a richer quality. These dishes are intended for a special occasion—meant as a treat rather than for frequent consumption. It's all about balance: eat low-fat food for most of your meals and allow an occasional rich dish just for the pleasure of it.

FRESH VEGETABLE ALTERNATIVES: Although freshness is always my guidepost when choosing vegetables, sometimes it is just not practical or possible, especially since I live in New England. Long winters limit the availability of much produce, especially peas, corn, and good-quality tomatoes. Fortunately there are acceptable alternatives for these vegetables. Frozen peas and corn are good choices because they are flash frozen at their peak and retain their crispness when thawed. Many brands of canned tomatoes, especially imported Italian varieties, use tomatoes picked at their ripest. These tomatoes are just fine for cooked dishes such as sauces, soups, and casseroles.

CANNED BEANS: Another liberty I often take is using canned beans rather than cooking dried beans from scratch. This is mostly because of time constraints rather than availability. When I became a parent and saw my free time evaporate, I adopted some shortcuts in the kitchen that streamlined my cooking style without compromising quality. Canned beans proved to be a godsend. The nutritional make-up—primarily protein and iron—is not diminished as a result.

of canning, and there are brands that offer organic, additive-free beans that are not overcooked. I always rinse beans in a strainer before adding them to a dish; this improves the flavor and texture.

FRESH HERBS: Fresh herbs are a wonderful addition to American cooking, something for which we are grateful to the Europeans, and their inclusion into the mainstream was long overdue. However, it is not always prudent to purchase fresh herbs if we don't intend to use them up before they get spoiled. It can be expensive and wasteful. I have found a clever way to capture the bright flavor and color of fresh basil and cilantro, two herbs that I love and use most, by freezing them as purées. Here's how to do it: Wash and spin dry a bunch of either herb. Place in the blender with 2 cloves of garlic and just enough olive oil to make the mixture purée when blended. For the cilantro, add a teaspoon of vinegar; this heightens its flavor. Blend until smooth. Pour the purée into a small plastic container with a tight-fitting lid. A small deli container works well. Freeze until ready to use. When that time comes, place a warm towel or a dish of warm water beneath the container just until it causes the frozen purée to melt a tiny bit and shrink from the sides of the container, which should take a few minutes or so. Open the container and flip out the frozen disk. Using a vegetable (potato) peeler, shave the purée onto whatever you wish, such as enchiladas or any Mexican dish for the cilantro, or pasta and soup for the basil. Return the disk to the container and refreeze. The purée will keep up to a year and still be wonderful.

COOKING RICE: Properly cooked rice, whether it is brown rice or white rice, is not at all gummy and has grains that are separate yet tender. To achieve this consistency, it is important that the proper amount of water is used and that the rice is never stirred during the cooking process. My favorite habit when cooking rice is to always double the recipe and save the extra amount for another day. I cut back the cooking liquid by $\frac{1}{4}$ cup when I cook a double amount because it needs less to compensate for the added weight in the pot. To reheat cooked rice for another meal, sprinkle on a few tablespoons of water and reheat on the stovetop in a covered pan over low heat or in a 350°F oven in a covered baking dish.

SALAD DRESSING: Although there are now countless varieties of commercial salad dressings available, nothing quite compares to the fresh flavor of a homemade dressing. This is one place where I feel the extra time needed to make a dressing is worth every minute, no matter how busy I am. But because I serve salad with almost every meal, I often want to have some on hand in a crunch. Doubling or tripling my salad dressing recipes has become standard practice for me in order to achieve this. I have a few glass jars with screw top lids that I have saved for this purpose. Jam jars or small canning jars are good choices for mixing dressing ingredients.

TOOLS

A well-equipped kitchen can definitely make cooking more pleasurable than having to make do with inadequate tools. But having said this, I am not one to fill my kitchen with all the latest gadgets. I choose judiciously between tools that are worthwhile and ones that are gimmicks. I like an uncluttered kitchen, so only tools that are well made and essential are on my must-have list.

Pans:

- A set of saucepans and lids (preferably stainless steel with aluminum bottoms)
- A large stockpot for pasta and soup
- A cast iron grill pan—great for grilling vegetables
- 8- and 12-inch skillets

Knives:

- 8-inch chef's knife made of high-carbon steel
- 6-inch utility knife
- Paring knife
- Large serrated bread knife
- A steel for sharpening or a Chef's Choice electric knife sharpener (highly recommended)

Baking dishes and baking pans:

- Assorted casserole dishes (13 × 9 × 2 and 12 × 7 × 2) or oval gratins (3 quart and 2½ quart)
- 8 × 8- and 9 × 9-inch baking pans
- Muffin pans—standard and jumbo size
- Baking sheets—with sides and without sides
- Glass pie plate (good conductor of heat and helps with browning)
- 9- or 10-inch tart pan with removable sides
- 8 glass custard cups

Odds and ends:

- Large colander
- Vegetable steamer—a simple stainless steel collapsible one works fine

- Garlic press (great for when garlic is uncooked and needs to be fine, such as in salad dressings)
- Cutting boards (a separate one for cutting garlic and onions)
- Stainless steel mixing bowls

KEY TO SYMBOLS

- ▶ If a recipe is noted in a Menu at the end of the book, it is noted within the recipe. These are simply meant as helpful suggestions.
- Ⓞ Indicates that more detailed information can be found in the Glossary.

Breakfast Favorites

Maple Pancakes
French Toast with Orange and Brandy
Egg and Pepper Croustades
Granola
Roasted Home-Fried Potatoes and Onions
Sweet Potato Home Fries
Oatmeal Scones
Blueberry Muffins
Irish Soda Bread
Prune Butter
Fresh Fruit with Yogurt Lime Sauce
Orange and Grapefruit Sections with Kiwi
Cantaloupe with Strawberries and Lime

I'm a fan of a good breakfast. Although I do enjoy brunch on occasion (which is served later in the morning and has more formal fare), I especially enjoy a hearty breakfast that offers a combination of classic favorites. Pancakes and fruit; granola, muffins, and fruit; French toast, yogurt, and fruit—that's right, for my liking, fruit needs to be part of every breakfast to offer a wholesome balance. Don't hesitate to include some of the egg dishes, such as the frittatas, that are in the **Frittatas, Eggs, and Timbales** chapter. They also are great breakfast choices.

Maple Pancakes

I like my pancakes to have crispy edges. The secret? Put a little butter on the pan instead of oil. These pancakes are at once wholesome and light. To keep the finished pancakes hot while you cook the remaining batter, heat a cookie sheet in a 300°F oven, and spread out the cooked pancakes on it as they are completed. They won't get soggy as they often do when you stack them in the oven. A side of fresh fruit with a pancake breakfast offsets the starchiness of the pancakes.

SERVES 4

2½ cups whole wheat pastry flour (or 1¼ cups whole wheat flour and 1¼ cups unbleached white flour)

1 tablespoon baking powder

1 teaspoon salt

2 eggs, beaten

2 cups milk

2 tablespoons pure maple syrup

6 tablespoons melted butter, slightly cooled, plus extra for the pan

Pure [maple syrup](#) 

1. Mix the flour, baking powder, and salt together in a large bowl.
2. Beat the eggs with the milk and maple syrup in a medium-size bowl until well mixed. Add the dry ingredients along with the melted butter and stir just until blended. It's all right if the batter is lumpy; do not overmix. Let sit for 10 minutes before cooking.
3. Heat a large skillet (or a small one if you prefer to cook 1 medium-size pancake at a time) over medium heat with a little butter to coat the bottom. Test the pan's readiness by adding a drop of batter—it should sizzle immediately. Spoon some batter into the pan to make the pancakes the size you want. Flip them over once the surface is covered with broken bubbles. They should be a nice golden brown. Repeat with the remaining batter.
4. Serve with maple syrup. (If your maple syrup has been chilled, then heat it slightly so it doesn't make your pancakes cold.)

NOTE: This recipe can be halved successfully if you are serving only 2 people.

French Toast with Orange and Brandy

Everyone seems to have his or her own idea about which type of bread makes the best French toast. I prefer French bread sliced on the diagonal, but whole wheat bread is a close second. Both are delicious topped with warm maple syrup.

► [BREAKFAST AND BRUNCH MENU](#)

SERVES 4

5 eggs

$\frac{2}{3}$ cup milk

$\frac{1}{3}$ cup sugar

Grated rind of 1 large orange

$\frac{1}{2}$ teaspoon cinnamon

2 tablespoons brandy, or $1\frac{1}{2}$ teaspoons vanilla extract

12 to 16 slices slightly stale French bread (sliced diagonally $\frac{3}{4}$ inch thick), or 8 slices regular bread

Butter for frying

Warm pure [maple syrup](#) 🍯

1. Beat the eggs thoroughly in a large bowl. Add the milk, sugar, orange rind, cinnamon, and brandy, and mix well. Pour into a shallow dish like a pie plate if your bowl doesn't have a good flat bottom.

2. Add a few slices of bread and let soak, turning occasionally, for at least 5 minutes if it's French bread, or 2 minutes if it's regular sliced bread.

3. Put a little butter in a large skillet and heat over medium heat until hot. It should sizzle when a drop of water is flicked on it. Fry the bread on both sides until golden brown and piping hot. Serve immediately or keep warm in the oven (300°F) while you prepare the rest. I like to serve these with a pat of butter on each toast and pass the maple syrup at the table.



Egg and Pepper Croustades

This is an attractive and unusual way to serve eggs. Crisp, buttery toasted bread squares serve as shells for creamy scrambled eggs. Have everything that you plan to serve with the croustades ready when you begin. You will need about half a loaf of unsliced homemade-type white bread, or you can use French bread.

► [BREAKFAST AND BRUNCH MENU](#)

SERVES 4

- 4 slices white loaf bread (1 inch thick), or 8 slices French bread (1 inch thick)
- 1½ tablespoons melted butter, plus 2 tablespoons
- 2 red, orange, and/or yellow bell peppers, cored and very finely diced
- 8 eggs
- ¼ cup milk
- ¼ teaspoon dried oregano
- Freshly ground pepper to taste

1. Preheat the oven to 300°F.

- 2.** Remove the crusts from the bread. Bit by bit tear out the center of each slice, leaving a $\frac{3}{4}$ -inch wall, or a $\frac{1}{2}$ -inch wall if using French bread. Save the crusts and centers to make **Bread Crumbs**. Lightly brush the bread all over with the melted butter, and place the slices on a cookie sheet.
- 3.** Bake for 5 minutes or until lightly golden all over. Turn off the oven and keep the hollowed-out bread warm in it.
- 4.** In a large skillet melt 1 tablespoon of the butter over medium heat and sauté the green peppers until very tender, about 7 minutes.
- 5.** Meanwhile, in a large bowl beat together the eggs, milk, oregano, and pepper just until blended. Don't incorporate too much air into the eggs.
- 6.** Reduce the heat under the skillet to low. Add the egg mixture and stir constantly until creamy and just the consistency you like for scrambled eggs. Be sure not to overcook them. Use a tablespoon to stir for the creamiest results.
- 7.** Place a croustade on each plate and spoon equal amounts of eggs into the center, spreading some to the edges also. Cut the remaining tablespoon of butter into bits and place on top of the eggs. Serve immediately.

Granola

Some granolas are filled with nutritious ingredients but somehow aren't particularly appetizing. This is the best granola I've tasted. It has a deliciously sweet cinnamon flavor—though not overly sweet—and just the right balance of textures. It is very easy to make, but you must watch it carefully during the second half of cooking, for it burns easily. For a delicious change, try Granola served with yogurt and a little honey or maple syrup.

► [BREAKFAST AND BRUNCH MENU](#)

MAKES 3 TO 3½ QUARTS

- ½ cup oil
- ½ cup honey
- 6 cups rolled oats (non-instant oatmeal)
- ⅔ cup bran or wheat germ
- ½ teaspoon salt
- 1 tablespoon cinnamon
- 2 cups unsweetened dried coconut
- ½ cup sesame seeds or sunflower seeds
- 2 cups chopped walnuts
- ⅔ cup raisins
- ⅔ cup dried cranberries

1. Preheat the oven to 350°F. Combine the oil and honey in a large pot and heat until blended; do not boil it. Add all of the remaining ingredients except the raisins and cranberries and stir until thoroughly mixed.

2. Bake in 2 or 3 batches. Place one-half or one-third on the baking sheet, and cook for 10 minutes. For the next 5 to 10 minutes occasionally toss the granola with a spatula to prevent it from burning. Be especially attentive to the sides, where it burns more easily. When ready the granola will be lightly browned but still somewhat soft; it becomes crisp when cooled.

3. Remove the pan from the oven and scrape this batch into a large bowl. Add half or a third of the raisins and cranberries—depending on the size of the batch—toss well, and cool completely before storing in covered jars or tins. Repeat this procedure with the remaining mixture and dried fruit. This granola will keep for 2 to 3 months in a tightly covered container in the refrigerator.

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