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TO NIBBLE

**From Don Quixote's Land,
A Mellow Manchego**

✓ Manchego, the sheep's-milk cheese from La Mancha in central Spain, has become as common as Jarlsberg, and when industrially made, it's often not much more distinctive than the latter cheese. But there are still artisanal producers in the land of Don Quixote, like the Parra family, whose hand-made version has a grassy, fruity aroma and a mellow taste that is bolstered by a characteristically sheepy tang. It is organic and has a natural, unwaxed basket-weave rind: *Parra Organic Manchego*, \$26.99 a pound at Union Market stores in Manhattan and Brooklyn.

TO CONSULT

**A Cookbook of Recipes
From Chelsea Market**

► A cookbook on the Chelsea Market has recipes as diverse as its various denizens, and a history of its origins and that of the meat-packing district, where it's located. You'll find Asian dishes, drinks, home-style comfort food, tastes of Mexico and compelling desserts and sweets, some of them available at the market. There are recipes for a simple Thai chicken stir-fry, a more complex stir-fried cauliflower and pork, creamy tomato soup, Guin-

