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The Kinfolk Table: Recipes for Small Gatherings

BY NATHAN WILLIAMS

Introduction to The Kinfolk Table

The Kinfolk Table is a cookbook from the creators of *Kinfolk* magazine, a quarterly journal known for its focus on understated, unfussy entertaining. This book extends the magazine's philosophy, offering a collection of recipes and profiles that encourage a return to simpler times and the joy of sharing meals with good company.

It captures the essence of building community around a shared sensibility, fostering the magic that results from gathering friends and family for a meal. The book features contributions from 45 tastemakers who exemplify beautiful, uncomplicated, and inexpensive cooking and entertaining.

THE KINFOLK TABLE

RECIPES *for* SMALL GATHERINGS

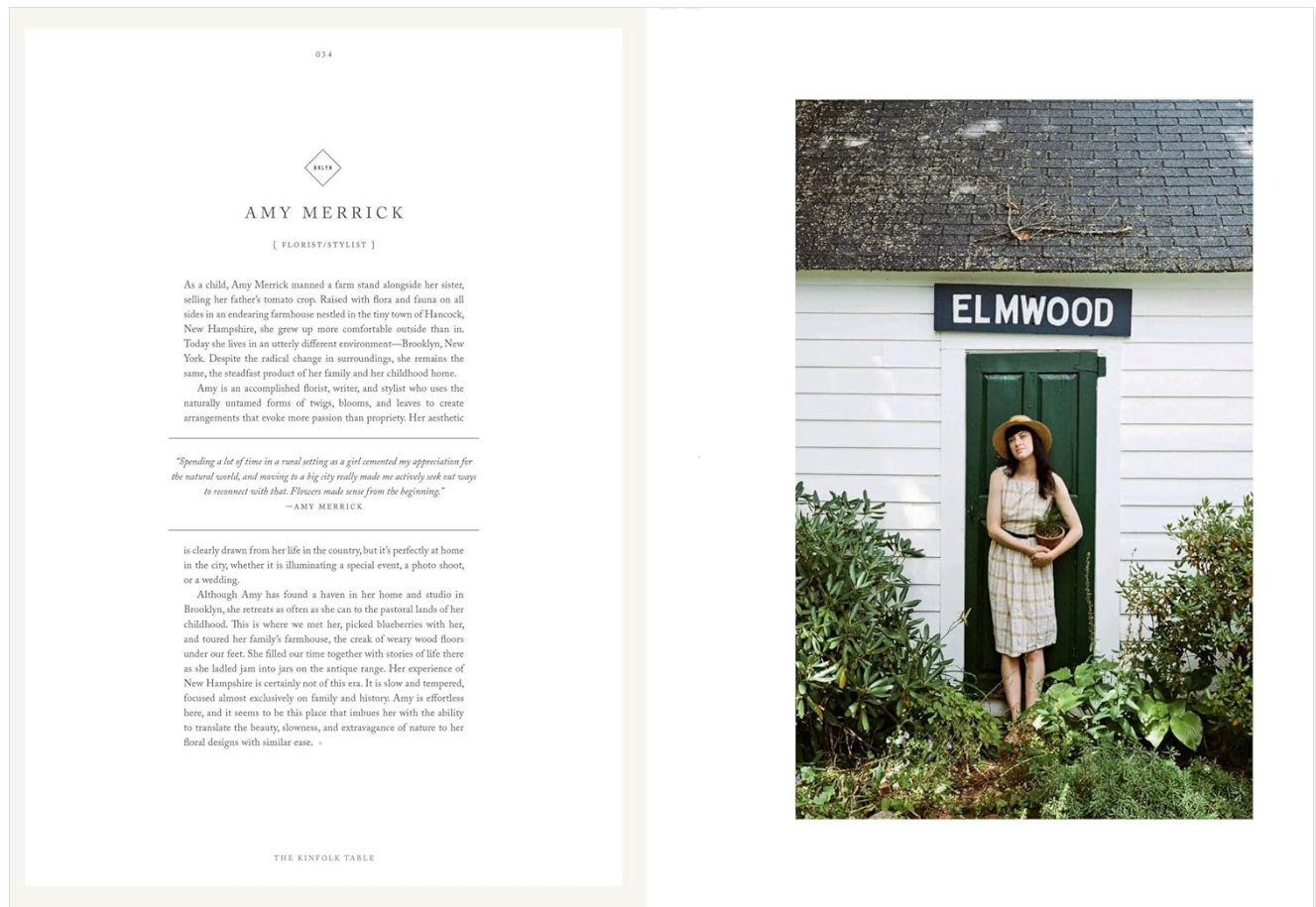
NATHAN WILLIAMS



Front cover of *The Kinfolk Table*, highlighting its focus on recipes for small gatherings.

This book is designed to inspire and guide readers in creating memorable culinary experiences. Each of the 45 featured home cooks—including artisans, bloggers, chefs, writers, bakers, and crafters—has contributed one to three of their most cherished recipes. These recipes range from simple breakfasts for two to one-pot dinners for six, and even perfectly composed sandwiches for a solo picnic.

The content is structured to be accessible and encouraging, promoting a relaxed approach to cooking and entertaining. Readers are invited to explore diverse culinary perspectives and find inspiration for their own gatherings, big or small.



An example of the visual storytelling and aesthetic found within the book.

Featured Recipes and Tastemaker Profiles

The core of *The Kinfolk Table* lies in its curated collection of recipes and the stories behind the individuals who share them. Each profile offers a glimpse into the life and culinary philosophy of a tastemaker, making the recipes feel personal and approachable.

For instance, readers will find detailed instructions for dishes like Nanny Frannie's Apple Strudel, complete with ingredients and preparation steps for both the phyllo dough and the filling. The book emphasizes clear, step-by-step guidance to ensure successful outcomes for home cooks of all skill levels.

Nanny Frannie's Apple Strudel

FOR THE PHYLLO DOUGH

4 cups (20 ounces/560 grams)

all-purpose flour, plus additional

for dusting

1 teaspoon (0.2 ounce/6 grams)

salt

1½ to 1¾ cups (355 to

415 milliliters) warm water

¼ cup (60 milliliters) extra-

virgin olive oil, plus additional

to coat the dough ball

1 tablespoon (15 milliliters)

fresh lemon juice

ELIZABETH: *My maternal grandmother, Frances, was my best friend growing up. We called her Nanny, because it rhymed with her nickname, Frannie. She was an avid Scrabble player, and I believe that our long hours of playing Scrabble together—our shared love of words—helped shape my future as a writer. She also taught me to sew and how to make a spoon stick to my nose. She was an amazing cook, constantly attempting to feed you at all hours of the day. We both had a love of fruit, and when I was a child she would cut fresh fruit for me all day long—kiwis, apples, strawberries, grapefruit. Though it seems simple, she could cut and peel fruit with such expertise that it was simply perfect. No one could peel an apple as fast, as neatly, and as thinly as Nanny could. Definitely a skill.*

Nanny would bring this apple strudel every time she came to our house. Now that I've made it a few times, I still don't know how she got the dough rolled out so large and thin. She would sometimes include raisins, but for some reason I despised raisins as a child, so she'd often make an "all fruit" one for me. Now that I'm older (and love raisins!), I've experimented with many different combinations; in the summer one can add blueberries or rhubarb, and in the fall or winter I've even added pumpkin. My fiancé (who will be my husband by the time this is published) is highly allergic to all nuts, so I make this nut-free. But I have to admit, this tastes amazing with walnuts or pecans.

FOR THE PHYLLO DOUGH

Combine the flour and salt in the bowl of a stand mixer fitted with the dough hook. Combine 1½ cups (355 milliliters) of the water, the olive oil, and the lemon juice in a liquid measuring cup. Using your fingertips, create a well in the center of the flour mixture and pour in the water mixture. With the mixer on medium-low speed, mix the ingredients until a soft dough is formed, adding more warm water if it appears too dry.

Knead on medium speed for about 10 minutes or until smooth. If kneading by hand, turn the dough out onto a clean, dry work surface dusted with flour. Shape the dough into a ball, brush with olive oil, place in a large bowl, and allow to rest, covered and at room temperature, for 1½ hours.

Cut the dough into 10 approximately 3-inch (7.6-centimeter) sections and cover them with a damp (but not wet) dish towel. One section of dough at a time, begin rolling the dough out with a floured rolling pin to about 15 by 13 inches (38 by 33 centimeters). As the dough begins to extend and thin out, sprinkle with flour,

THE KINFOLK TABLE

FOR THE FILLING

5 medium Gala or Granny Smith apples, peeled, cored, and cut into slices ¼ inch (3 centimeters) thick

1 cup (5½ ounces/156 grams) fresh blueberries

2 tablespoons (14 grams) honey, or to taste

1 tablespoon (15 milliliters) fresh lemon juice

5½ tablespoons (2¼ ounces/80 grams) sugar, plus additional for sprinkling

1 teaspoon (0.1 ounce/3 grams) ground cinnamon, or to taste

8 tablespoons (1 stick/113 grams) unsalted butter, melted and cooled slightly

lifting it slightly with the rolling pin to dust the work surface as well. Roll the dough over the rolling pin, as if you were wrapping it in the dough, and once it's completely wrapped, unroll it and begin the process again, adding more flour as needed. The dough should be thin and translucent.

Set the completed dough aside and cover with a second damp dish towel. Repeat the rolling procedure with the remaining sections of dough and flour, laying the pieces of completed phyllo on top of each other, keeping them covered with the damp towel.

FOR THE FILLING AND ASSEMBLY

Position a rack in the center of the oven and preheat the oven to 400°F (204°C).

Combine the apples, blueberries, honey, lemon juice, sugar, and cinnamon in large bowl, tossing to combine. Allow the mixture to rest for 15 minutes or until the apples release their juices.

Lay a large sheet of parchment paper on a baking sheet. Arrange one sheet of phyllo on the paper, then brush it with butter and sprinkle with 1½ teaspoons (9 grams) sugar. Repeat the procedure with 4 more sheets of phyllo, the remaining butter, and the remaining 3 tablespoons (45 grams) sugar. (Roll out the remaining 5 pieces of phyllo, wrap them in parchment paper, then in plastic wrap, and freeze until needed; see Note.)

Arrange the apple filling in a 2-inch (5-centimeter) line down the center of the phyllo, leaving a 1-inch (2.5-centimeter) border at the top and bottom. Use the parchment paper to help fold the dough over just beyond the filling. Continue using the parchment paper to roll the phyllo into a compact rectangular package. Fold and tuck the ends under the strudel, then brush the top with butter and sprinkle with sugar.

Bake the strudel for 15 to 20 minutes or until it is golden brown. Transfer the sheet to a rack and cool for 15 minutes. Cut into pieces and serve.

Note: To use frozen phyllo, thaw the rolls in the refrigerator for 4 to 6 hours, then unroll, cover with a damp dish towel, and proceed with the recipe.

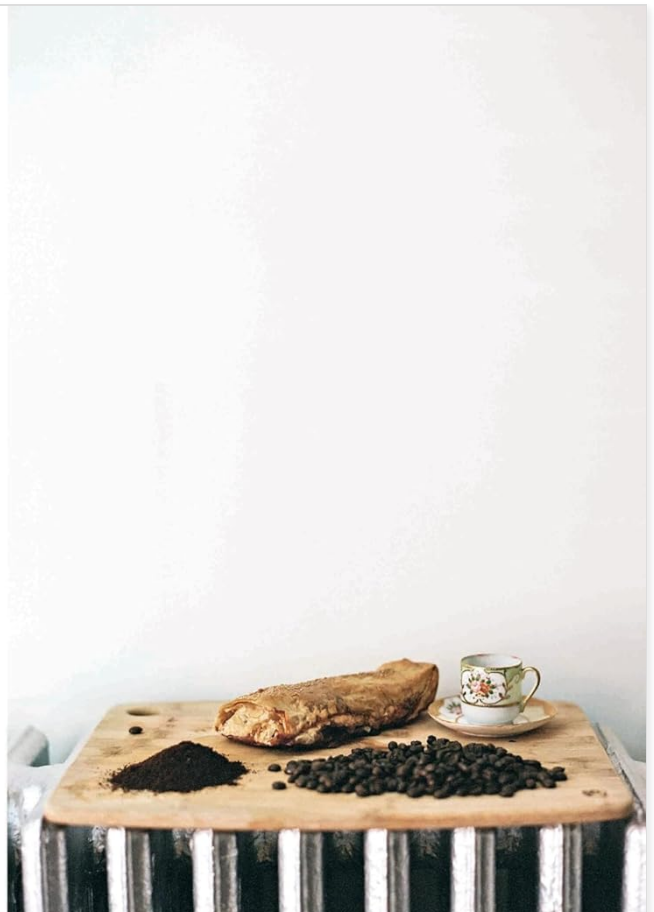
Pictured on page 31

Serves 6 to 8

BROOKLYN, NEW YORK, USA

An example recipe page for Nanny Frannie's Apple Strudel, detailing ingredients and preparation.

Beyond recipes, the book introduces readers to inspiring figures such as Amy Merrick, a florist and stylist. Her profile delves into her background and her approach to life and creativity, often intertwined with her culinary practices and the concept of gathering.



Product Specifications

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Back cover of the book, featuring a review excerpt and ISBN information.

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- Store the book in a cool, dry place away from direct sunlight to prevent fading and warping.
- Avoid exposing the book to extreme temperatures or humidity.
- Handle with clean, dry hands to prevent smudges and stains on the pages and cover.
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Editorial Insights and Author Information

The book has received positive acclaim for its approach to cooking and entertaining:

"Unfussy menus A testament to slowing down to enjoy a good meal along with good company." –
Celebrated Living

About the Author: Nathan Williams is the author of several notable books, including *The Eye*, *The Kinfolk Entrepreneur*, and *The Kinfolk Home*, in addition to *The Kinfolk Table*. He is also the editor-in-chief of *Kinfolk*, a lifestyle magazine published quarterly by Oour studio. Founded in 2011, *Kinfolk* is recognized for its vibrant global contributor base and its role in hosting numerous events that foster community engagement.

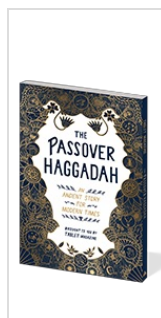
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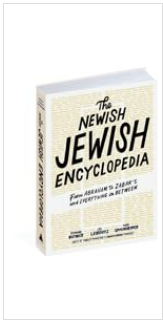


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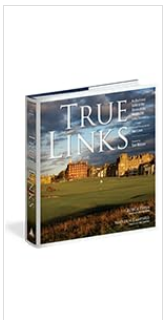
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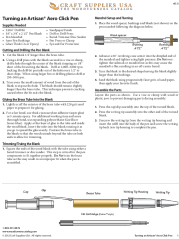





John Derian's Eye



The Kinfolk Home



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