



Dear Friend,

Please enjoy this week's newsletter and pass it on to a friend. [Let us know](#) what you think of the recipes, and how you like the newsletter.

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Black Bean Soup: Something Easy to do in the Snow and Cold

Black bean or any other kind of soup, there's nothing better in the winter than a big bowl of soup, right? The [Accidental Locavore](#) loves soup, thick and chunky, however almost anything hot will do when the temperature drops. Today I did a super easy black bean soup that is vegan, but don't hold that against it! It's from John Hagianis, who had a local restaurant and relocated to the [midwest](#). He left us the recipe to remember them by. This will make 4 generous servings. It's a pretty free-form recipe, so feel free to add or subtract according to taste.

[Read more:](#)



Cook-Along: Recipe for Duck Confit With Brussels Sprouts

This week's cook-along recipe is for duck confit with Brussels sprouts adapted from *Bouchon* by Thomas Keller. Because of some over enthusiastic shopping on Gilt Groupe in the [Accidental Locavore's](#) refrigerator were a lot of local Hudson Valley duck legs confit. You can make your own, or get them from Hudson Valley Foie Gras, or D'Artagnan. The other thing you'll need is some [garlic confit](#), which is super simple to make, and something you'll be happy to have around the house.

[Get the recipe](#)

Golf in a Warm Climate. How Much Fun Does This Sound?

My good friend Carol is putting together a week of golf and tango in Buenos Aires at the end of February. For those of you who can't do the math, it's summer there, sunny and hot. If you're itching to play some golf, and your home course, like mine, is under a foot of snow, how about a week of golf, tango and great food, in South America? Sounds like a great time doesn't it?

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Blogging Boomers Carnival 190!

This week from guns out of control to finding love (and just a month to Valentines Day!). See what Boomers are up to.

[Check it out:](#)

The poll: Which do you have more of? Cookbooks or shoes? [Cast your vote](#) on the homepage.

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