

Clarence Bee

Founded 1937



HEALTH

Alternative therapies can help with pain management.



SPORTS ■ Page 14

Claire Willis helps the girls swimming team douse Williamsville East Oct. 19.

BUSINESS ■ Page 26

James Szymanski plays dodgeball at the Epic Center.

Author's parchment paper cookbook hitting shelves

by ANDREA KIMBRIEL
Editor

Brette Sember first cooked with parchment paper about 20 years ago as a newlywed.

"I still remember how amazing it was," she said.

Her new cookbook, "The Parchment Paper Cookbook," published by Adams Media is now available.

The Clarence resident has been writing about food for three years, but she isn't new to authorship. Formerly an attorney, she's penned a number of books, including "How to Parent with Your Ex," "The Complete Credit Repair Kit," "The Divorce Organizer & Planner" and "The Complete Divorce."

Her introduction to food writing came when she "unofficially apprenticed" herself to Martha Stewart, doing Stewart-related



Clarence resident Brette Sember, above, has published her first cookbook and has two others scheduled for release in 2012. She is the author of a



number of books on various topics. At right, the cover of "The Parchment Paper Cookbook" shows photographs of some of the recipes inside.

tasks and blogging about them every day for a year at www.MarthaandMe.net.

"I just immersed myself in Martha's world," she said, adding that it felt a bit like boot camp as she cooked her recipes, completed crafts and finished organizing products.

Sember has two other books slated for release in 2012: "The Organized Kitchen" and "The Muffin Tin Cookbook." She wrote the three cookbooks in six months.

Parchment paper cooking keeps food moist, locks in flavor and nutrients and doesn't require cleaning up pots and pans, she said. It's often used to cook chicken and fish, but Sember's cookbook includes recipes for a variety of dishes including pasta, wraps, sandwiches and potatoes.

Her guiding principle was keeping things simple and primarily

(Please turn to page 12)

Author's parchment (Continued from page one)

clean-up free.

"It works in small kitchens. It works in a toaster oven, even. It makes your life so much easier," she said.

Some people may feel intimidated at the folding required to cook food with the paper, but Sember said it isn't difficult.

"Anybody can do it ... it's not origami," she said.

Her book grew out of her parchment paper blog www.NoPotCooking.com.

Sember has always enjoyed cooking, following in the footsteps of her mother and grandmother, and said she likes to write about things that interest and excite her in her own life.

She has written for a number of magazines and websites and blogs at www.MarthaAndMe.net, www.NoPotCooking.com and several other sites. More information is available at www.BretteSember.com, and she can be followed on Twitter at @brettesember.