

So good, it'll make you really, really mad

Bite Me: the go-to book for home cooks

National Post

Published: Wednesday, November 25, 2009

When I arrive at Julie Albert's Toronto home for a casual breakfast meeting with her and her sister, Lisa Gnat, coauthors of the new *Bite Me* cookbook, there is a sugar-laced spread awaiting me on the expansive kitchen island. I just mean to pick, but instead I eat. Food this good will do that to you.

"It was born out of the fact that neither of us had that go-to book," Julie says when I ask why two busy moms would write, test recipes and self-publish a gorgeous cookbook (it includes images from legendary photographers like David LaChapelle) rather than search [Epicurious.com](#) like the rest of us. As for the division of labour, Lisa developed the recipes and Julie wrote the snappy tome. "We're home cooks," Lisa explains, referring to the type of easy meals she's devised. That said, Lisa's no typical home cook -- she earned her baking papers from George Brown.

To that end, her recipe for the French toast souffle that I'm eating is so delicious, I'm angry I didn't think it up first, while her coffee cake is brilliantly loaded with chocolate chunks. (And now I'm furious.)

Lisa says this crowd-favourite souffle is so easy to make that she can throw it together in six minutes (not including the overnight soak in milk and the baking). They've actually timed themselves and Julie, the wordsmith, clocks in at a distant 13 minutes. "But I'm in training," she smiles.

Related Topics

[Julie Albert](#)

[Lisa Gnat](#)

[Culture and Lifestyle](#)

[Dessert Recipes](#)

powered by **Inform**

Story Tools

[A A](#) Change font size

 [Print this story](#)

 [E-Mail this story](#)

Share This Story

 [Facebook](#)

 [Digg](#)

 [LinkedIn](#)

 [BOOKMARK](#) [More](#)

Story tools presented by

