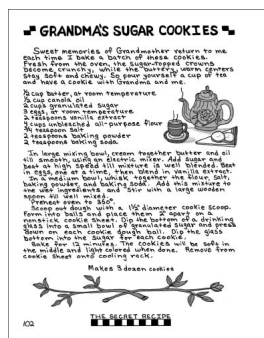


Former resident publishes . . .The Secret Recipe Cookbook

Written by Elizabeth Barrett

Thursday, 16 December 2010 13:38 -



A former Gothenburg resident has written and illustrated what she describes as food dishes and baked goodies that consistently contain a unique dash of secret, top-notch flavors.

Carol Gronewold, who now lives in Sedona, AZ, recently published The Secret Recipe Cookbook.

For many years, Gronewold said she created and revised recipes, wrote them in notebooks, and saved them for the day when she would write her first cookbook.

Gronewold finally followed through with her vision of hand-lettering the text and designing original illustrations.

“It gives the book a joyful, heartwarming, welcome spirit,” she said.

Other than childhood cooking lessons from her mom and grandmother, Carol is self taught.

Her love of baking was introduced to the public when she worked as a master baker for five years at a natural food store.

Gronewold said the book has been a long-time dream. She started it four years ago and worked on it sporadically.

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Two years ago, she decided to concentrate on its completion.

“This fall, it became a reality when the books arrived on our street,” Gronewold said. “I have had a great time marketing it.”

A wonderful side benefit, she said, is connecting with people she’s lost contact with over the years.

Several stores in Sedona sell The Secret Recipe Cookbook which is available for \$29.95. Copies are also available through Gronewold.

Orders can be placed through Gronewold’s website at www.thesecretrecipecookbook.com or via her e-mail at cookiecarol@thesecretrecipecookbook.com.

Gronewold is married to Loren, who is also formerly of Gothenburg. The couple has two pampered dogs—Lilly and Happy.