



# The Art of Baking Blind: A Novel

*Sarah Vaughan*

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*There are many reasons to bake: to feed; to create; to impress; to nourish; to define ourselves; and, sometimes, it has to be said, to perfect. But often we bake to fill a hunger that would be better filled by a simple gesture from a dear one. We bake to love and be loved.*

In 1966, Kathleen Eaden, cookbook writer and wife of a supermarket magnate, published *The Art of Baking*, her guide to nurturing a family by creating the most exquisite pastries, biscuits and cakes. Now, five amateur bakers are competing to become the New Mrs. Eaden. There's Jenny, facing an empty nest now that her family has flown; Claire, who has sacrificed her dreams for her daughter; Mike, trying to parent his two kids after his wife's death; Vicki, who has dropped everything to be at home with her baby boy; and Karen, perfect Karen, who knows what it's like to have nothing and is determined her facade shouldn't slip.

As unlikely alliances are forged and secrets rise to the surface, making the choicest pastry seems the least of the contestants' problems. For they will learn--as Mrs. Eaden did before them--that while perfection is possible in the kitchen, it's very much harder in life, in Sarah Vaughan's *The Art of Baking Blind*.

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