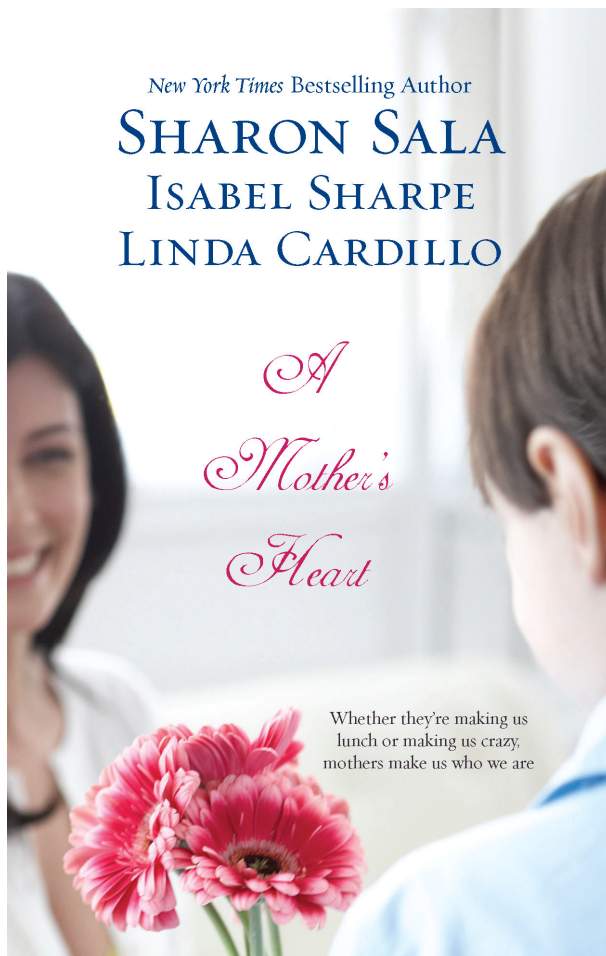


# My Writing Life

April 2009

Dear Friends,

*Happy Spring! I hope you are savoring the season, as I am. Every day something else in my garden pops. The neighborhood is dappled in fragile shades of purple and pink and pale green, delicate curtains of blossoms gracing the landscape.*



ISBN-13: 978-0-373-83731-1  
Available Now!

## “A Daughter’s Journey”

Featured in

*A Mother’s Heart*

Now on sale

A young journalist covering the fall of Saigon  
Thousands of children awaiting rescue  
An ex-Marine physician devoted to their care...  
Together, they discover the meaning of love in the  
midst of despair.

Here’s what reviewers and readers are saying about my newest story:

“All three stories have a certain emotional resonance, but Cardillo’s is the strongest by far. Her rich and evocative story is very well told.” Four stars from *Romantic Times Book Reviews*.

“I loved the tightness of the story--not one extra word, and it kept moving at an even pace. Loved the tension between Melanie & Phil, loved that it was more cerebral than physical, although the physical tension was there, but subtle. .. You weave a mean story! Loved the ending, loved the whole thing.”

“These are three strong tales of various relationships tied together by love. Especially poignant is *A Daughter’s Journey...*” Five stars on Amazon.

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## Because it’s always about the food....

On a night that changes her life, Melanie Ames shares a bowl of Pho, the Vietnamese national dish, with Phil Coughlin.

*“...the food met a need so basic that it quelled the earlier disquiet Mel had felt about being with Phil any longer than absolutely necessary. She swallowed the noodles and shredded cabbage voraciously, registering the warmth, the flecks of hot chili pepper, the intense flavors of garlic and onion and basil from the broth that must have been simmering for days.”*

Enjoy the recipe on the back~

### **Vegetarian Pho Bo (Vietnamese Noodle Soup)**

8 cups vegetarian Vietnamese-style broth  
1 pound rice noodles  
One 8-ounce package seitan, drained  
1/4 cup bean sprouts  
1/2 cup shredded cabbage  
1/2 cup basil leaves  
1/2 cup cilantro, coarsely chopped  
3 scallions, thinly sliced  
3 Tablespoons chopped, roasted, unsalted peanuts (optional)  
1 lime, cut into wedges  
3 fresh red or green chili peppers, seeded and cut into fine rounds  
Salt and freshly ground pepper to taste

1. Make the broth as directed. When broth has been simmering for about 10 minutes, soak the noodles as follows. Bring 4 quarts of water to boil in a large pot. Remove from heat, add noodles, and let soak around 15 minutes, stirring occasionally until noodles are pliable and easily separated.
2. Drain the noodles and divide them among six bowls. Simmer the seitan in the broth until heated through, about 4 minutes. Remove the seitan with a slotted spoon and slice thinly into six portions. Add to noodles.
3. Assemble the soup by placing the bean sprouts, cabbage, basil, cilantro, scallions, and optional peanuts on top of the noodles and seitan. Ladle the hot broth onto the noodle mixture. Serve with lime wedges, chili rounds, salt and pepper.

### **Vegetarian Vietnamese-Style Broth**

8 cups clear vegetable stock  
3 Tablespoons soy sauce  
8 medium garlic cloves, peeled and chopped coarsely  
1 small onion, diced  
One 1-inch piece of ginger  
Two 3-inch cinnamon sticks  
2 pods of star anise  
2 large bay leaves

1. Put stock, soy sauce, garlic, and onion in a large stockpot and bring to a boil over medium heat.
2. Meanwhile, char ginger on all sides over an open gas flame or in a small skillet. Add to the stock.
3. Add the cinnamon sticks, star anise, and bay leaves to the broth. Reduce the heat to low. Simmer, partially covered, for 20-25 minutes. Strain the broth. Adjust seasonings if necessary. Return to pot and keep hot until ready to use in soup.



## **Upcoming Appearances**

### **May 2**

**1:00 p.m.**

Barnes & Noble  
Holyoke, Massachusetts

### **May 3**

**2:00 p.m.**

Barnes & Noble  
The Shoppes at Blackstone Valley  
Millbury, Massachusetts

### **May 8**

**7:00 p.m.**

Barnes & Noble  
Newburgh, New York

### **June 20**

**2:00 p.m.**

Hendrik Hudson Free Library  
Montrose, New York

### **June 28**

**2:00 p.m.**

Barnes & Noble  
Enfield, Connecticut

### **July 15**

“Readers for Life” Charity Book Signing  
Romance Writers of America National Conference  
Marriott Wardman Park Hotel  
Washington, DC