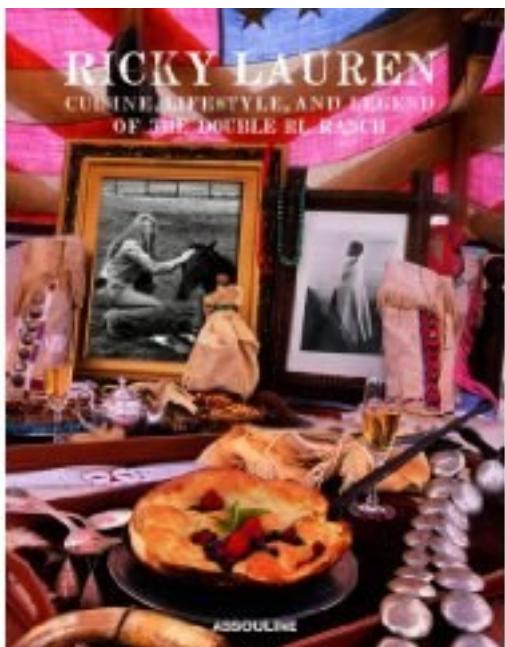


# Ricky Lauren



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著者:Ricky Lauren

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Inspired by the colors, flavors, and life at her Colorado ranch, Ricky Lauren presents an epic and unprecedented tribute to the West, as both a great destination and a state of mind.

Nestled at the base of the San Juan Mountains, the Lauren family's Double RL Ranch is rich in history, both personal and regional. From the legends of the earliest settlers of the Wild Wild West to the fascinating pasts of such towns as Ridgway, Ouray, Telluride, and Montrose, Ricky Lauren illuminates the history of the region, connecting and inspiring readers along the way.

Lauren opens the doors to her family kitchen, sharing her culinary secrets, cherished

heirloom recipes, favorite Western-styled dishes, and innovative decorating techniques for creating the perfect table setting and dining atmosphere.

Featuring Mrs. Lauren's original photography, artwork, and beloved family snapshots, Ricky Lauren captures the spirit of the area from its majestic peaks to its open meadows to its no-frills attitude toward simple and delicious cuisine. Told by a long-time admirer of the Colorado lifestyle, Ricky Lauren is every bit as beautiful and interesting as the centennial state itself.

作者介绍:

Ricky Lauren is the wife of Ralph Lauren

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