

## Cook Your Way To The Life You Want

In this best-selling cookbook, TV's nutrition expert Dale Pinnock presents his unique and inspiring approach to healthy cooking. With 80+ tasty recipes, Dale shows how easy it can be to use food to benefit your health and complement conventional treatment. Alongside the recipes is a glossary of key ingredients and the nutritional benefits they can bring, as well as advice on how food can make a real difference to thirty ailments and nine key bodily systems. Dale's delicious dishes, such as his date and walnut Energy Bombs and Pineapple Zing Smoked Salmon, really can help give a boost to all of your body's systems and improve energy levels. Try the filling Tuna Steaks with Sweet Potato Wedges, Spring Greens packed full of Omega 3 which reduces inflammation caused by arthritis and even helps alleviate depression. From the The Flu Fighter soup to Greek Pitta Pizza, and even decadent desserts such as Cheating Chocolate-Orange Delight, every recipe is easy to follow and quick to prepare. With simple symbols to indicate which conditions each recipe can help, eating your way to good health has never been more delicious.

Buying large, unbutchered pieces of meat from a local farm or butcher shop means knowing where and how your food was raised, and getting meat that is more reasonably priced. It means getting what you want, not just what a grocery store puts out for sale—and tailoring your purchases to what you want to cook, not the other way around. For the average cook ready to take on the challenge, *The Meat Hook Meat Book* is the perfect guide: equal parts cookbook and butchering handbook, it will open readers up to a whole new world—start by cutting up a chicken, and you'll be breaking down an entire pig, creating your own custom burger blends, and throwing a legendary barbecue (hint: it will include a Prime Rib Steak—the be-all and end-all of grilling one-upmanship—and a cooler full of ice-cold cheap beer). This first cookbook from meat maven Tom Mylan, co-owner of The Meat Hook, in Williamsburg, Brooklyn, is filled with more than 60 recipes and hundreds of photographs and clever illustrations to make the average cook a butchering enthusiast. With stories that capture the Meat Hook experience, even those who have never shopped there will become fans.

**NEW YORK TIMES BESTSELLER** • Beloved food writer and social media star Andy Baraghani helps you define and develop your personal cooking style—and become the cook you want to be—in more than 100 recipes. “This book is full of things I want to make and cook.” —*Time* **OTTOLENGHI ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022**—*Time*, *Delish*, *Food52* Andy Baraghani peeled hundreds of onions at Chez Panisse as a teenage intern, honed his perfectly balanced salad-making skills at Estela in New York, and developed recipes in the test kitchens of *Saveur*, *Tasting Table*, and *Bon Appétit*. It took him all those years to figure out the cook he wanted to be: a cook who is true to his Persian heritage, a fresh-vegetable lover, a citrus superfan, and an always-hungry world traveler. In *The Cook You Want to Be*, Baraghani shows home cooks on how to hone their own cooking styles by teaching the techniques and unexpected flavor combinations that maximize flavor in minimal time. At *Bon Appétit*, Baraghani created a bevy of viral recipes—from Tahini Ranch to Fall-Apart Caramelized Cabbage—that became household staples. Here, he follows up with more umami-rich dishes, beautiful and restaurant-worthy meals (that take half the time), and well-known dishes recast in utterly delicious ways. Among his debut cookbook's 100 recipes, new surefire hits include Caramelized Sweet Potato, Browned Butter Harissa; Sticky, Spicy Basil Shrimp; and Tangy Pomegranate-Chicken. Cooks will find inspiration to riff on, quick meals for hurried weeknights, condiments galore, and memorable meals to impress dinner guests. In essays throughout the book, Baraghani shares his convictions (why everyone must make his beloved Persian egg dish, kuku sabzi) and lessons to live by (the importance of salting fish before cooking).

## Download Free Cook Your Way To The Life You Want

cooking it). The Cook You Want to Be is a trove of go-to recipes and knowledge, stunning photographs, and delicious, simple home cook modern times.

Sally Schneider was tired of doing what we all do—separating foods into "good" and "bad," into those we crave but can't have and those we eat freely but don't especially want—so she created *A New Way To Cook*. Her book is nothing short of revolutionary, a redefinition of home eating, where no food is taboo, where the pleasure principle is essential to well-being, where the concept of self-denial just doesn't exist. 600 lavishly illustrated recipes result in marvelous, vividly flavored foods. You'll find quintessential American favorites that taste every bit as good as the traditional "full-tilt" versions: macaroni and cheese, rosemary buttermilk biscuits, chocolate malted pudding. You'll find Italian polenta, risottos, focaccias, and pastas, all reinvented without the loss of a single drop of deliciousness. Asian flavors shine through in cold sesame dressing, mussels with lemongrass, ginger, and chiles; and curry-crusting shrimp. Even French food is no longer on the forbidden list, with country-style pâtés and cassoulet. Hundreds of techniques, radical in their ultimate simplicity, make all the difference in the world: using chestnut puree instead of cream, butter, and pork fat in a duck liver mousse; extending the richness of flavored oils by boiling them with a little broth to dress beans and grains; casserole-roasting baby back ribs to render them of fat, then lacquering them with a pungent maple glaze. Scores of shortcuts and catalysts—quickly made sauces, rubs, marinades, essences, and vinaigrettes—add instant hits of flavor with little effort. Leek broth dressing, olive oil and chive oil becomes an instant sauce for broiled salmon; a smoky tea essence imparts a sweet, grilled flavor to steak; balsamic vinegar turns into a luscious dessert sauce. Variations and improvisations offer infinite flexibility. Once you learn a basic recipe, it's simple to devise your own for any part of the meal. "Fried" artichokes with crispy garlic and sage can be an hors d'oeuvre topped with shaved cheeses, part of a salad, or as a main course when tossed with pasta. It's equally happy on top of pizza or stirred into risotto. And by building dishes from simple elements, turning out complex meals doesn't have to be a complex affair. A wealth of tips and practical information to make you a more accomplished and self-confident cook: how to rescue ordinary olive oil to give it more flavor, how to make soups creamy without cream, how to freshen less-than-perfect fish. So here it is, 756 glorious pages of all the deliciousness and joy that food is meant to convey.

Why We Cook

Recipes and Techniques Every Cook Should Know by Heart

The Fungus Link

Cooking at Home

100 Can't Miss Main Courses in Pictures, Plus 125 All New Recipes: A Cookbook

The Meat Hook Meat Book

Everyday Dorie

Salt, Fat, Acid, Heat

Discusses traditional theories about food and whole foods cooking and showcases recipes for soups, grains, beans, vegetables, desserts, and natural home remedies.

**NEW YORK TIMES BESTSELLER** • The founder of Momofuku cooks at home . . . and that means mostly ignoring recipes, using tools like the microwave, and taking inspiration from his mom to get a great dinner done fast. **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TASTE OF HOME** David Chang came up as a chef in kitchens where you had to do everything

the hard way. But his mother, one of the best cooks he knows, never cooked like that. Nor did food writer Priya Krishna's mom. So Dave and Priya set out to think through the smartest, fastest, least meticulous, most delicious, absolutely imperfect ways to cook. From figuring out the best ways to use frozen vegetables to learning when to ditch recipes and just taste and adjust your way to a terrific meal no matter what, this is Dave's guide to substituting, adapting, shortcutting, and sandbagging—like parcooking chicken in a microwave before blasting it with flavor in a four-minute stir-fry or a ten-minute stew. It's all about how to think like a chef . . . who's learned to stop thinking like a chef.

An honest, heartwarming account of Agus Ekanurdi and Frida Antony's experiences in their relationship to grow friendship & love through home cooking.

125 delicious recipes that adhere to fitness phenomenon Mark Lauren's unique "calorie shifting" nutritional philosophy to help you cook your way to weight loss, muscle gain, and improved fitness performance. Just as you don't need a fancy gym membership to get the best workout of your life, you don't need fancy kitchen skills or a personal chef to keep your body optimally fueled. *You Are Your Own Gym: The Cookbook* capitalizes on ingredients that are fresh and affordable, and simple preparations you'll want to make again and again. Categorizing meals as either fast-fueling or slow-fueling (depending on the carbohydrate content), Lauren's recipes cover your needs for breakfast, lunch, dinner, snacks, smoothies, and even dessert! Filled with tempting photos of delicious meals, handy shopping lists, and sample menus to help you fulfill all your fitness goals, *You Are Your Own Gym: The Cookbook* is your best bet for building a stronger, leaner, healthier you with each satisfying bite.

Cooking Your Way to Good Health

The Way I Cook

How to Cook Your Life

How to Cook Without a Book

Mastering the Elements of Good Cooking

Cook Like a Local

Eitan Eats the World

Simple Plant-Based Recipes and Sound Advice to Cook Your Way To Vibrant Health

From the author of the brilliant *A Modern Way to Eat*, who was dubbed "the new Nigella Lawson" by *The Times*, comes this beautiful collection of 150+ delicious and inspiring weeknight vegetarian recipes. Eating healthy isn't always easy when you're coming home late at night and tired. In this genius new collection of vegetarian recipes, author Anna Jones tackles this common problem, making nourishing vegetable-centered food realistic on any day of the week. The chapters are broken down by time, with recipes that can be prepared in under 15, 20, 30, and 40 minutes, so no matter how busy you are, you can get dinner on the table, whether it be smoky pepper and white bean quesadilla, butternut squash and

sweet leek hash, or chickpea pasta with simple tomato sauce. With evocative and encouraging writing, *A Modern Way to Cook* is a truly practical and inspiring recipe collection for anyone wanting to make meals with tons of flavor and little fuss.

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for *Good and Cheap* is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, *Good and Cheap* is poised to become a cookbook that every food lover with a conscience will embrace.

Hundreds of Delicious Recipes Anyone Can Make! Do you crave homemade French Toast, Eggplant Parmigiana, and Pecan Pie, but don't know the difference between broiling and baking? This book offers a crash course in cooking basics as well as lessons on creating everything from classic entrees to decadent desserts. Complete with step-by-step instructions, a glossary of cooking terms, and 60 brand-new recipes, you'll learn all there is to know about the kitchen as you make flavorful recipes like: Baked Nutty Banana Pancakes Spinach, Bacon, and Egg Salad Stuffed Green Bell Peppers Shepherd's Pie Oatmeal Chocolate Chip Cookies So forget macaroni and cheese from a box, frozen dinners,

and takeout--The "I Don't Know How to Cook" Book, 3rd Edition shows you how to craft great-tasting, homemade meals in no time!

Jamie at Home

Good and Cheap

The I Don't Know How To Cook Book

The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life

Know the cause!

Rachael Ray's Look + Cook

Recipes From Around the World

The Way to Cook

"Fight the microscopic fungi that cause: skin disease, postpartum depression, weakened immune systems, bladder disease, kidney stones, sick building syndrome, weight gain. Includes a section on fertility problems"--Cover.

150 fast and flexible recipes to use what you have and make what you want, from New York Times contributor Ali Slagle "Ali has pulled off the near-impossible with a collection of delicious, doable, recipes that don't just tell you how to make a specific dish, but how to expand your way of thinking."—Sohla El-Waylly, chef and all-around awesome person ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Time, Bon Appétit, Food52, Eater, Food & Wine, Thrillist With minimal ingredients and maximum joy in mind, Ali Slagle's no-nonsense, completely delicious recipes are ideal for dinner tonight—and every single night. Like she does with her instantly beloved recipes in the New York Times, Ali combines readily available, inexpensive ingredients in clever, uncomplicated ways for meals that spark everyday magic. Maybe it's Fish & Chips Tacos tonight, a bowl of Olive Oil-Braised Chickpeas tomorrow, and Farro Carbonara forever and ever. All come together with fewer than eight ingredients and forty-five minutes, using one or two pots and pans. Half the recipes are plant-based, too. Organized by main ingredients like eggs, noodles, beans, and chicken, chapters include quick tricks for riffable cooking methods and flavor combinations so that dinner bends to your life, not the other way around (no meal-planning required!). Whether in need of comfort and calm, fire and fun—directions to cling to, or the inspiration to wing it—Dream of Dinner (so You Don't Have To) is the only phone-a-friend you need. That's because Ali, a home cook turned recipe developer, guides with a reassuring calm, puckish curiosity, and desire for everyone, everywhere, to make great food—and fast. (Phew!)

The James Beard Award-winning and New York Times magazine columnist shares the irresistibly informal food she makes for her husband and friends.

My Life on a Plate tells Kelis' personal story through the food she creates. Her style has been molded by her culture, her travels, and all the people she met along the way. This book is a collection of her favorite recipes. Kelis' love affair with food started as a child. A native New Yorker, her mother worked as a chef in her own catering business, run out of their home in Harlem. Driven by the speed and the intensity in the kitchen, Kelis' passion behind watching her mother cook inspired her to roll up her sleeves. Every detail was clear and defined: Red lips, red nails, perfume, earrings and a military demeanour she felt in the presence of a master while watching her mother work. At age 17, Kelis signed her first recording contract and began to travel the world. She discovered local outdoor markets and tiny hole-in-the-wall restaurants and considered them the hidden treasures of her journeys. After 10 years in the music business, Kelis decided to attend Le Cordon Bleu. Attending the famous cooking school gave Kelis the confidence to call herself a chef and to write her first cookbook. My Life on a Plate tells Kelis' personal story through the food she creates. Her style has been moulded by her culture, her travels, and all the people she met along the way. This book is a collection of her favourite recipes. It features a mix of foods from her Puerto Rican heritage, such as Pernil (Puerto Rican Pork Shoulder), Arroz con Gandules, and Shrimp Alcapurias along with dishes she created after discovering them on her travels around the world such as Malay Curry Chicken and Swedish Meatballs.

Christina Pirello's Wellness 1000 Deluxe

I Dream of Dinner (so You Don't Have To)

Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Vegan Recipes , Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom

Cook Your Way to the Life You Want

Eat Your Way Through the USA

The Medicinal Chef

A Father and Daughter Cook Their Way Around the World \*Including More Than 250 Recipes\*

Supergrains

The debut cookbook from the popular New York Times website and mobile app NYT Cooking, featuring 100 vividly photographed no-recipe recipes to make weeknight cooking more inspired and delicious. You don't need a recipe. Really, you don't. Sam Sifton, founding editor of New York Times Cooking, makes improvisational cooking easier than you think. In this handy book of ideas, Sifton delivers more than one hundred no-recipe recipes—each gloriously photographed—to make with the ingredients you have on hand or could pick up on a quick trip to the store. You'll see how to make these meals as big or as small

as you like, substituting ingredients as you go. Fried Egg Quesadillas. Pizza without a Crust. Weeknight Fried Rice. Pasta with Garbanzos. Roasted Shrimp Tacos. Chicken with Caramelized Onions and Croutons. Oven S'Mores. Welcome home to freestyle, relaxed cooking that is absolutely yours.

Provides more than one hundred dishes using strategic "super-foods," profiling such grains as amaranth, buckwheat, and quinoa for nutritional and beneficial qualities while offering additional options for gluten-free diets.

A "wellness visionary who serves up super-food!" (Mark Hyman, MD) shares her tips, secrets, and +100 gluten-free recipes for living a healthy, flexible life--in the kitchen and out. Whether you're a parent feeding family of 6 or cooking for 1 or 2, you're probably busy--really busy--juggling all of life's obligations. And you probably just want to sit down for a meal of food you truly want--craveable, healthy food that makes you feel as good as it tastes. With more than 100 clean, fresh, gluten-free recipes, Food You Want helps you create healthy, energizing dishes, all while saving time and banishing meal prep stress. With Nealy's Flexible Flips, you can mix, match, and substitute ingredients. Some Flips health-ify recipes (pizza quiche that tastes just like a real slice of pizza); other Flips transform taste, showing you that healthy can always equal delicious. Have a Flop? No worries--there are Flips for those too. With Nealy's flexible, adaptable system you'll have a simpler recipe for success, both in and out of the kitchen. You can make each meal--and each day--less harried and more enjoyable.

Blending classic techniques with free-style American cooking and emphasizing freshness, lightness, and simpler preparations, this treasury of cooking from the "French Chef" features eight hundred master recipes and variations

Cook Your Way to Great Health

Eat Your Way Around the World

The New York Times Cooking No-Recipe Recipes

A New Way to Cook

Flavors That Can Change How You Cook and See the World: A Cookbook

My Life on a Plate

Buy, Butcher, and Cook Your Way to Better Meat

Cook Your Way to the Good Life

*Join the conversation . . . With more than one hundred women restaurateurs, activists, food writers, professional*

*chefs, and home cooks—all of whom are changing the world of food. Featuring essays, profiles, recipes, and more, Why We Cook is curated and illustrated by author and artist Lindsay Gardner, whose visual storytelling gifts bring nuance and insight into their words and their work, revealing the power of food to nourish, uplift, inspire curiosity, and effect change. “Prepare to be blown away by Lindsay Gardner’s illustrations. Her gift as an artist is part of this fluid conversation about food with some of the most intriguing women, and you’ll never want it to end. Why We Cook highlights our voices and varied perspectives in and out of the kitchen and empowers us to reclaim our place in it.” —Carla Hall, chef, television personality, and author of Carla Hall’s Soul Food “Why We Cook is a wonderful, heartwarming antidote to these trying times, and a powerful testament to unity through food.” —Anita Lo, chef and author of Solo and Cooking Without Borders “This book is a beautiful object, but it’s also much more than that: an essay collection, a trove of recipes, a guidebook for how we might use food to fight for and further justice. The women in its pages remind us that it’s in the kitchen, in the field, and around the table that we do our most vital work as human beings—and that, now more than ever, we must.” —Molly Wizenberg, author of A Homemade Life and The Fixed Stars*

*"A new kind of foundational cookbook, this thoroughly modern guide to becoming a smarter, faster, more creative cook serves up clear and uncomplicated recipes that make cooking fun and will inspire a new generation to find joy in the kitchen."--Publisher's description.*

*From celebrated food writer Mark Kurlansky, a savory trip across the globe for parents and kids, with delicious and accessible recipes and tidbits both cultural and historical.*

*The revised and updated edition of the popular, whole foods cookbook-with more than 80 new recipes...now 100% vegan! With a dash of fun, Christina Pirello introduces whole foods cooking, inviting health-conscious readers to cut out processed and chemically enhanced food, as well as dairy, sugar, and meat, and embrace fruit, whole grains, vegetables, and beans. From savory soups to innovative entrées and delectable desserts, here are more than 500 recipes and ideas for wholesome, gourmet eating. With tips on meal planning, a shopping guide, product resource list, and extensive glossary, Christina makes healthy eating a most delicious adventure.*

*[A Cookbook]*

*Or, How I Learned to Stop Worrying About Recipes (And Love My Microwave): A Cookbook  
Six Seasons*

*150+ Vegetarian Recipes for Quick, Flavor-Packed Meals [A Cookbook]*

*Women on Food, Identity, and Connection*

*For the Life You Crave  
Eat Your Way to Better Health  
The Kitchen Front*

85 fresh comfort food recipes highlighting the enthusiasm, creativity, and foolproof techniques of the TikTok cooking prodigy who “taught millions stuck at home during quarantine how to cook” (The New York Times), now the principal culinary contributor on The Drew Barrymore Show “Eitan has set the bar when it comes to his cooking style. His skillset and joy make a perfect combination!” —Drew Barrymore Every time twenty-year-old Eitan Bernath tastes something, he immediately thinks, How can I make this myself? From burgers to beer bread, tacos to (mushroom) cheesesteaks, and every kind of potato preparation you can imagine, Eitan has obsessively created and recreated all the amazing flavors and textures he loves, and shares them with infectious energy and insatiable curiosity for millions of fans across social media. In Eitan’s debut cookbook, he channels his high-energy passion for all things delicious into eighty-five inventive and approachable recipes, paired with mouthwatering photography. They range from new twists on comfort food and classics (PB&J Pancakes, Double Grilled Cheese with Blueberry-Thyme Jam, Bourbon Brown Butter Chocolate Chunk Cookies) to his versions of dishes from around the world (Green Shakshuka, Chicken Kathi Roll, Beef Souvlaki) that he has meticulously studied with friends, neighbors, and other chefs. Overflowing with positivity, creativity, and the “You can definitely do this!” attitude that catapulted Eitan into the media spotlight, Eitan Eats the World will charm and inspire readers to get in the kitchen and start having fun.

**No Marketing Blurb**

The Cooking Light Way to Cook celebrates the philosophy that all foods have a place in a healthful diet. The keys are moderation and balance, and this highly visual book shows you how to prepare those foods and enjoy them judiciously. It's filled with over 850 photos that show you how to prepare the more than 200 recipes that appear in these pages, as well as hundreds of cooking tips that give an insider's peek into our way to cook great food. Look and learn your way through our healthy eating principles. One of these is utilizing the flavors of the world's cuisines to enhance recipes. These concentrated sauces and robust herbs and spices offer ways to add flavor with little or no fat. Another is embellishing convenience products by adding fresh herbs or a sprinkling of freshly grated cheese. You reap the benefits of time-saving ingredients but can still enjoy the spark of flavor that fresh ingredients bring to a dish. These are just some of the hundreds of tips and techniques that you can use to get started cooking healthfully right now. From making the best marinara sauce to scrambling the perfect egg—it's all here in one stunning collection. In the Cooking Light Way to Cook, learning to cook healthfully is as simple as turning the page.

**THE INSTANT NATIONAL BESTSELLER** • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter’s autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you’ll find, Instant Loss Cookbook makes healthy eating convenient—and

that ' s the key to sustainable weight loss.

You are Your Own Gym

A Modern Way to Cook

International Night

Recipes and Techniques Every Cook Should Know by Heart: A Cookbook

How to Cook Without a Book, Completely Updated and Revised

The Cook You Want to Be

Cooking the Whole Foods Way

A Novel

**Winner, James Beard Award for Best Book in Vegetable-Focused Cooking Named a Best Cookbook of the Year by the Wall Street Journal, The Atlantic, Bon Appétit, Food Network Magazine, Every Day with Rachael Ray, USA Today, Seattle Times, Milwaukee Journal-Sentinel, Library Journal, Eater, and more “Never before have I seen so many fascinating, delicious, easy recipes in one book. . . . [Six Seasons is] about as close to a perfect cookbook as I have seen . . . a book beginner and seasoned cooks alike will reach for repeatedly.” —Lucky Peach** Joshua McFadden, chef and owner of renowned trattoria Ava Gene’s in Portland, Oregon, is a vegetable whisperer. After years racking up culinary cred at New York City restaurants like Lupa, Momofuku, and Blue Hill, he managed the trailblazing Four Season Farm in coastal Maine, where he developed an appreciation for every part of the plant and learned to coax the best from vegetables at each stage of their lives. In *Six Seasons*, his first book, McFadden channels both farmer and chef, highlighting the evolving attributes of vegetables throughout their growing seasons—an arc from spring to early summer to midsummer to the bursting harvest of late summer, then ebbing into autumn and, finally, the earthy, mellow sweetness of winter. Each chapter begins with recipes featuring raw vegetables at the start of their season. As weeks progress, McFadden turns up the heat—grilling and steaming, then moving on to sautés, pan roasts, braises, and stews. His ingenuity is on display in 225 revelatory recipes that celebrate flavor at its peak. In the thirteenth century, Zen master Dogen—perhaps the most significant of all Japanese philosophers, and the founder of the Japanese Soto Zen sect—wrote a practical manual of *Instructions for the Zen Cook*. In drawing parallels between preparing meals for the Zen monastery and spiritual training, he reveals far more than simply the rules and manners of the Zen kitchen; he teaches us how to "cook," or refine our lives. In this volume Kosho Uchiyama Roshi undertakes the task of elucidating Dogen's text for the benefit of modern-day readers of Zen. Taken together, his translation and commentary truly constitute a "cookbook for life," one that shows us how to live with an unbiased mind in the midst of our workaday world. Eat right, live healthy. This book is based on the idea that healthy foods create healthy people because they do not contain or encourage the growth of fungi or their poisonous byproducts.

**The James Beard Award–winning chef of Underbelly Hospitality, a champion of Houston’s diverse immigrant cooks—Vietnamese, Korean, Mexican, Indian, and more—shows you how to work with their flavors and cultures with respect and creativity. JAMES BEARD AWARD FINALIST Houston’s culinary reputation as a steakhouse town was put to rest by Chris Shepherd, the Robb Report’s Best Chef of the Year. A cook with insatiable curiosity, he’s trained not just in fine-dining restaurants but in Houston’s Korean grocery stores, Vietnamese noodle shops, Indian kitchens, and Chinese mom-and-pops. His food, incorporating elements of all these cuisines, tells the story of the city, and country, in which he lives. An advocate, not an appropriator, he asks his diners to go and visit the restaurants that have inspired him, and in this book he brings us along to meet, learn from, and cook with the people who have taught him. The recipes include signatures from his restaurant—favorites such as braised goat with Korean rice dumplings, or fried vegetables with caramelized fish sauce. The lessons go deeper than recipes: the book is about how to understand the pantries of different cuisines, how to taste and use these flavors in your own cooking. Organized around key ingredients like soy, dry spices, or chiles, the chapters function as master classes in using these seasonings to bring new flavors into your cooking and new life to flavors you already knew. But even beyond flavors and techniques, the book is about a bigger story: how Chris, a son of Oklahoma who looks like a football coach, came to be “adopted” by these immigrant cooks and families, how he learned to connect and share and truly cross cultures with a sense of generosity and respect, and how we can all learn to make not just better cooking, but a better community, one meal at a time.**

**Cooking Light Way to Cook**

**Food You Want**

**From the Zen Kitchen to Enlightenment**

**A New Way with Vegetables**

**New Comfort Classics to Cook Right Now: A Cookbook**

**300 Great Recipes You Can't Mess Up!**

**Instant Loss Cookbook**

**Everyday Recipes to Impress [A Cookbook]**

*New York Times bestselling author Pam Anderson updates her classic cookbook—which put “cooking by heart” on the map—to include modern flavors and new techniques that today’s home cooks will love, with new and original full-color photographs. It’s been 17 years since the blockbuster *How to Cook Without a Book* was published, and Pam Anderson’s method of mastering easy techniques to create simple, delicious meals is even more relevant today. From the working professional who loves cooking to the busy family member trying to get dinner on the table, today’s modern home cook wants to master useful techniques and know how to stock pantries and refrigerators to pull together delicious meals on the fly. Understanding that most recipes are simply “variations on a theme,” Pam innovatively teaches technique, ultimately*

*eliminating the need for recipes. The new edition will reflect ingredients and techniques home cooks love to use today: chicken dishes are revamped by using thighs instead of boneless skinless breasts; hearty, dark greens like kale and swiss chard replace hearts of Romaine in salads; roasted Brussels sprouts and sweet potatoes move from side dish to the main event in more meatless entrees; plus, tips for creating a whole meal using one pot or one sheet pan (instead of dirtying multiple dishes). Each chapter contains helpful at-a-glance charts that highlight the key points of every technique and a master recipe with enough variations to keep you going until you've learned how to cook without a book.*

*Presents a practical but unusual guide to mastering food and cooking featuring recipes and cooking tricks from world-renowned chefs. Recalling an earlier era when cooks relied on sight, touch, and taste rather than cookbooks, the author encourages readers to rediscover the lost art of preparing food and use their imagination in the kitchen. \$25,000 ad/promo.*

*The deluxe edition of Christina Pirello's Wellness 1000 features the complete text, more than 25 exclusive, original videos featuring cooking techniques, health tips and key nutritional and ingredient information, and more than 70 color photos of dishes from the book. This collection of more than 1,000 recipes, tips, techniques and health information draws together the best of Christina's work from the last two decades. Featuring updated and revised selections from her half-dozen or more cookbooks and recipes from her website, Christina Pirello's Wellness 1000 is more than a cookbook. From basic stocks, sauces and dressings to soup, salads, and main dishes to special sections on tempeh, grains, tofu, and desserts, this comprehensive guide to healthful cooking and living also includes a "kitchen pharmacy" of natural home remedies, an extensive glossary and a guide to kitchen staples. Throughout, Christina offers sound advice and useful information to help readers make the best choices for themselves and their families, and gives them the most important tool available to change their health -- and to change the world: cooking and eating real food.*

*Cook Your Way to Love & Harmony*

*The Recipes and Meal Plans I Used to Lose over 100 Pounds Pressure Cooker, and More*

*The 4-hour Chef*

*Low-Effort, High-Reward Recipes: A Cookbook*

*Cook This Book*

*Eat Well on \$4/Day*

*Techniques That Teach and Recipes to Repeat: a Cookbook*

*The Complete Visual Guide To Everyday Cooking*

From the bestselling author of *The Chilbury Ladies' Choir* comes an unforgettable novel of a BBC-sponsored wartime cooking competition and the four women who enter for a chance to better their lives. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY GOOD HOUSEKEEPING • "This story had me so hooked, I literally couldn't put it down."—NPR Two years into World War II, Britain is feeling her losses: The Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, a BBC radio program called *The Kitchen Front* is holding a cooking contest—and the grand prize is a job as

the program's first-ever female co-host. For four very different women, winning the competition would present a crucial chance to change their lives. For a young widow, it's a chance to pay off her husband's debts and keep a roof over her children's heads. For a kitchen maid, it's a chance to leave servitude and find freedom. For a lady of the manor, it's a chance to escape her wealthy husband's increasingly hostile behavior. And for a trained chef, it's a chance to challenge the men at the top of her profession. These four women are giving the competition their all—even if that sometimes means bending the rules. But with so much at stake, will the contest that aims to bring the community together only serve to break it apart?

“Inexperienced cooks need more than just a few lines of laconic test to help them along. Rachael Ray has coached a generation of rookies on her Food Network shows, talking and plopping and emoting her way through dish after dish. Her latest books, *Rachael Ray's Look + Cook*, shows what each stage should look like in big photos. Betty Crocker, or more specifically, the 1976 edition of *Betty Crocker's Cookbook*, used to be my bulletproof go-to recipe source. But now Ray fills that role.” – *Time* magazine

From her cookbooks to her magazine to her daily talk show, Rachael Ray's message remains the same today as the day she wrote her very first 30-minute meal—making delicious, knock-your-socks-off dishes should be fun, fast, fulfilling, and foolproof. Rachael now presents her best idea yet: *Rachael Ray's Look + Cook*—100 brand-new recipes, each featuring beautiful and helpful step-by-step full-color photographs that illustrate how to create each meal, along with photographs of the gorgeous finished dishes. You literally look along while you cook! But that's not all . . . at the back of *Rachael Ray's Look + Cook*, you'll find 125 bonus, never-before-published recipes, including 30-Minute Meals; Yes! the Kids Will Eat It; Sides & Starters; Simple Sauces & Bottom-of-the-Jar Tips; and Desserts. As if that weren't cool enough, *Rachael Ray's Look + Cook* also features accompanying real-time video available online for select recipes at [www.rachaelray.com](http://www.rachaelray.com). Rachael makes it easier than ever to prepare delicious home-cooked meals as you follow along with the step-by-step photographs or even the video! Having a last-minute dinner? No worries . . . you'll wow the crowd with Gazpacho Pasta, Fancy Pants Salmon, or Almost Tandoori Chicken. Looking for some fun twists on classic dishes that will have your kids clamoring for more? The Open-Face Turkey Burgers with Potpie Gravy and the Coconut Fish Fry are sure to be family faves! Wondering what to do with those last spoonfuls in the jars lining your refrigerator door? Check out Rachael's Bottom-of-the-Jar Sauces and add pizzazz to any meal with Salsa Dressing, Orange Bourbon Glaze,

or Spicy Thai Peanut Sauce. Packed with the value that her fans love and have come to expect, Rachael Ray's Look + Cook has a simple-to-follow recipe to fit every occasion.  
The Cookbook : 125 Delicious Recipes for Cooking Your Way to a Great Body