

Hibiscus Discover Fresh Flavours From West Africa With The Observer Rising Star Of Food 2017

Journey to the Middle East and Mediterranean with alluring recipes from Sabrina Ghayour, dubbed “the golden girl of Persian Cookery” by The Observer, in the highly anticipated follow-up to her bestselling debut cookbook, Persiana. Sirocco highlights the use of simple pantry staples and striking flavor combinations to transform everyday dishes. From eye-catching salads to indulgent sweets, each of Ghayour’s recipes is a vibrant addition to the modern home cook’s table.

A new approach to foraging Roger Phillips is the legendary godfather of foraging. Drawing upon decades of experience, his knowledge of wild food is unrivalled and in this richly illustrated book he shares some of his most recently gathered wisdom, collected from around the world. Roger reveals the edible and therapeutic secrets of our fields, woodlands and flower beds, and suggests tips for sourcing delicious morsels growing throughout the countryside and in our gardens. He also describes the native habitat and history of many fascinating plants and fungi, both common and unusual: from the camas bulbs eaten by the Native Americans of the Pacific Northwest, to the Italian and Spanish favourite, Caesar’s amanita; from hostas, the familiar garden foliage consumed as a succulent vegetable in Japan, to the newly popular Australian citrus fruits. The Worldwide Forager is divided into four sections: mushrooms and fungi; flowers, leaves and herbs; fruit and nuts; and roots and tubers, and Roger uses each one to provide a wide range of ideas for making your meals more colourful, delicious and sustainable. Designed as an introductory, but comprehensive cooking course that builds on basic flavors, textures, and cooking principles, and seasons them with stories, photography, and cultural explanations.

For centuries herbs and spices have been an integral part of many of the world’s great cuisines. But spices have a history of doing much more than adding life to bland foods. They have been the inspiration for, among other things, trade, exploration, and poetry. Priests employed them in worship, incantations, and rituals, and shamans used them as charms to ward off evil spirits. Nations fought over access to and monopoly of certain spices, like cinnamon and nutmeg, when they were rare commodities. Not only were many men’s fortunes made in the pursuit of spices, spices at many periods throughout history literally served as currency. In Culinary Herbs and Spices of the World, Ben-Erik van Wyk offers the first fully illustrated, scientific guide to nearly all commercial herbs and spices in existence. Van Wyk covers more than 150 species—from black pepper and blackcurrant to white mustard and white ginger—detailing the propagation, cultivation, and culinary uses of each. Introductory chapters capture the essence of culinary traditions, traditional herb and spice mixtures, preservation, presentation, and the chemistry of flavors, and individual entries include the chemical compounds and structures responsible for each spice or herb’s characteristic flavor. Many of the herbs and spices van Wyk covers are familiar fixtures in our own spice racks, but a few—especially those from Africa and China—will be introduced for the first time to American audiences. Van Wyk also offers a global view of the most famous use or signature dish for each herb or spice, satisfying the gourmand’s curiosity for more information about new dishes from little-known culinary traditions. People all over the world are becoming more sophisticated and demanding about what they eat and how it is prepared. Culinary Herbs and Spices of the World will appeal to those inquisitive foodies in addition to gardeners and botanists.

How to Have Your Garden and Eat It, Too

Zoe's Ghana Kitchen

Ottolenghi

Pizza Pilgrims: Recipes from the Backstreets of Italy

Longthroat Memoirs

Plant-Based Mexican-American Recipes for Health and Healing

Afro Vegan

Representing the vanguard in the field with research from more than 35 international experts spanning governmental, industrial, and academic sectors, the Handbook of Vegetable Preservation and Processing compiles the latest science and technology in the processing and preservation of vegetables and vegetable products. This reference serves as the only guide to compile key tools used in the United States to safeguard and protect the quality of fresh and processed vegetables. A vast and contemporary source, it considers recent issues in vegetable processing safety such as modified atmosphere packaging, macroanalytical methods, and new technologies in microbial inactivation.

Two friends. Five months. One car. Ten provinces. Three territories. Seven islands. Eight ferries. Two flights. One 48-hour train ride. And only one call to CAA. The result: over 100 incredible Canadian recipes from coast to coast and the Great White North. In the midst of a camping trip in Squamish, British Columbia, Lindsay Anderson and Dana VanVeller decided that the summer of 2013 might be the right time for an adventure. And they knew what they wanted that adventure to be: a road trip across the entire country, with the purpose of writing about Canada’s food, culture, and wealth of compelling characters and their stories. 37,000 kilometres later, and toting a “Best Culinary Travel Blog” award from Saveur magazine, Lindsay and Dana have brought together stories, photographs and recipes from across Canada in Feast: Recipes and Stories from a Canadian Road Trip. The authors write about their experiences of trying whale blubber in Nunavut, tying a GoPro to a fishing line in Newfoundland to get a shot of the Atlantic Ocean’s “cod highway,” and much more. More than 80 contributors--including farmers, grandmothers, First Nations elders, and acclaimed chefs--have shared over 90 of their most beloved regional recipes, with Lindsay and Dana contributing some of their own favourites too. You'll find recipes for all courses from Barley Pancakes, Yukon Cinnamon Buns, and Bannock to Spot Prawn Ceviche, Bison Sausage Rolls, Haida Gwaii Halibut and Maritime Lobster Rolls; and also recipes for preserves, pickles and sauces, and a whole chapter devoted to drinks. Feast is a stunning representation of the diversity and complexity of Canada through its many favourite foods. The combination of Lindsay and Dana’s captivating journey with easy-to-follow recipes makes the book just as pleasurable to read as it is to cook from.

NEW YORK TIMES BESTSELLER • The author of Plenty teams up with Ottolenghi Test Kitchen’s Ixta Belfrage to reveal how flavor is created and amplified through 100+ super-delicious, plant-based recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • NPR • The Washington Post • The Guardian • The Atlanta Journal-Constitution • National Geographic • Town & Country • Epicurious “Bold, innovative recipes . . . make this book truly thrilling.”—The New York Times Level up your vegetables. In this groundbreaking cookbook, Yotam Ottolenghi and Ixta Belfrage offer a next-level approach to vegetables that breaks down the fundamentals of cooking into three key elements: process, pairing, and produce. For process, Yotam and Ixta show how easy techniques such as charring and infusing can change the way you think about cooking. Discover how to unlock new depths of flavor by pairing vegetables with sweetness, fat, acidity, or chile heat, and learn to identify the produce that has the innate ability to make dishes shine. With main courses, sides, desserts, and a whole pantry of “flavor bombs” (homemade condiments), there’s something for any meal, any night of the week, including surefire hits such as Stuffed Eggplant in Curry and Coconut Dal, Spicy Mushroom Lasagne, and Romano Pepper Schnitzels.

Chock-full of low-effort, high-impact dishes that pack a punch and standout meals for the relaxed cook, Ottolenghi Flavor is a revolutionary approach to vegetable cooking.

International Latino Book Award winner, Best Cookbook More than just a cookbook, Decolonize Your Diet redefines what is meant by “traditional” Mexican food by reaching back through hundreds of years of history to reclaim heritage crops as a source of protection from modern diseases of development. Authors Luz Calvo and Catriona Rueda Esquibel are life partners; when Luz was diagnosed with breast cancer in 2006, they both radically changed their diets and began seeking out recipes featuring healthy, vegetarian Mexican foods. They promote a diet that is rich in plants indigenous to the Americas (corn, beans, squash, greens, herbs, and seeds), and are passionate about the idea that Latinos in America, specifically Mexicans, need to ditch the fast food and return to their own culture’s food roots for both physical health and spiritual fulfillment. This vegetarian cookbook features over 100 colorful, recipes based on Mesoamerican cuisine and also includes contributions from indigenous cultures throughout the Americas, such as Kabocha Squash in Green Pipian, Aguachile de Quinoa, Mesquite Corn Tortillas, Tepary Bean Salad, and Amaranth Chocolate Cake. Steeped in history but very much rooted in the contemporary world, Decolonize Your Diet will introduce readers to the the energizing, healing properties of a plant-based Mexican American diet. Full-color throughout. Luz Calvo and Catriona Rueda Esquibel are professors at California State East Bay and San Francisco State University, respectively. They grow fruits, vegetables, and herbs on their small urban farm. This is their first book.

The Fonio Cookbook

The Ghana Cookbook

Fabulous Flavors from the Middle East: A Cookbook

Recipes and traditions from the horn of Africa

Contemporary baking and cake decorating with edible flowers and herbs

An Ancient Grain Rediscovered

Soups, Sex and Nigerian Taste Buds

'Lopé Ariyo is going to do for Nigerian food what Sabrina Ghayour did for Persian' Red Magazine Lopé Ariyo is the rising star of African cooking and Hibiscus, her first book, is packed with delicious dishes. An energetic and supremely talented cook, Lopé creates fresh, fuss-free meals that are full of flavour. With chapters including Fruits & Tubers, Grains & Pulses, Meat & Poultry and Baking & Desserts, there's something for every occasion and for everyone. Nigerian-inspired flavours and cooking methods can transform everyday dishes into something spectacular. Whether it's experimenting with new ingredients (Hibiscus Chicken), reimagining old favourites (Grapefruit and Guava Cheesecake, Baked Kuli Kuli Cod with Cayenne Yam Chips, Lagos Mess), exploring different techniques (Cheat's Ogi, Chin Chin) or finding alternatives to everyday staples (Plantain Mash with Ginger, Corn and Okra Gravy; Nigerian Roast Veg), Lopé will help you discover all that modern Nigerian food has to offer.

Creole Kitchen is an original collection of recipes from the French Caribbean. Creole food is one of the first fusion foods, drawing in influences from years of trading history and mixing cultures on the islands of Guadeloupe and Martinique. This sunshine-filled book features 100 recipes from Prawns Colombo to Creole Cassoulet, from Coconut Slaw to Saltfish Boudins, from Flambé Bananas to Pineapple Fritters and delicious rum-laced punch and cocktails. This is food to truly make the mouth water and bear you away to a Caribbean paradise. Drawing inspiration from her childhood kitchen, the bright and engaging author, Vanessa, is on a mission to spread the love, sunshine and laughter that Caribbean Creole food brings. The recipes are both delicious and easy to make, and Vanessa offers substitution ideas for traditional Caribbean ingredients, although they are increasingly available in supermarkets and grocers everywhere. A cookbook for anyone with a sense of adventure who longs for sunshine flavours.

Learn how to perfect the prettiest trend in cake decorating - using edible flowers and herbs to decorate your cakes and bakes - with this impossibly beautiful guide from celebrity baker Juliet Sear. Learn what flowers are edible and great for flavour, how to use, preserve, store and apply them including pressing, drying and crystallising flowers and petals. Then follow Juliet step-by-step as she creates around 20 beautiful botanical cakes that showcase edible flowers and herbs, including more top trends such as a confetti cake, a wreath cake, a gin and tonic cake, floral chocolate bark, a naked cake, a jelly cake, a letter cake and more.

Hibiscus

Ottolenghi Flavor

The Big Book of Kombucha

The Edible Garden

Creole Kitchen

Sunshine Flavours From the Caribbean

Feast

Handbook of Vegetable Preservation and Processing

Celebrated the world over for their health benefits and dynamic flavors, cultured and fermented foods are becoming everyday meal mainstays. In this extensive collection, fermentation pioneer Holly Davis shares more than 120 recipes for familiar—and lesser-known—cultured foods, including yogurt, pickles, kimchi, umeboshi, scrumpy, and more. This inspiring resource contains more than 100 photographs, plus plenty of helpful how-tos and informational charts offering guidance on incorporating fermented ingredients into the diet. With a luxe textured cover and brimming with engaging projects for cooks of all skill levels, this cookbook will be the cornerstone of every preserving kitchen.

You Love To Drink Tea. Why Not Grow Your Own? If you’ve ever considered raising your own tea, this comprehensive guide is the place to start. Growing Your Own Tea Garden is packed with inspiration and practical instructions for cultivating and enjoying delicious teas. Author Jodi Helmer helps you plan and plant a productive backyard tea garden, with sample garden designs and cultivation advice. She shows you how to choose the right crops for your soil and climate, starting with the tea plant (Camellia sinensis) and going on through a comprehensive survey of tisanes, or herbal teas. Discover how to grow the full range of herbal infusions that make wonderful teas, from flowering chamomile and lavender to chicory roots, rose hips, lemon verbena, peppermint, aromatic bergamot and more. Jodi shows you how to harvest, dry and store your tea to enjoy all year long, along with brewing tips and creative recipes. Inside Growing Your Own Tea Garden · Everything you need to know to create a healthy, bountiful tea garden and enjoy high quality tea · How to grow dozens of crops that make marvelous teas, herbal infusions and decoctions · Sample tea garden designs, including instructions for growing tea in container gardens and raised beds · Understanding the differences between black tea, green tea, white tea and herbal tea · How to dry and store your leaves for consumption on cool autumn days · Let it steep: how to brew the perfect cup of tea

‘I’m genuinely inspired.’ – Yotam Ottolenghi ‘For all its richness and mindboggling variety, African food has yet to cross over in the UK. With her freewheeling, boldly flavourful take on Nigerian cuisine, Lopè Ariyo could be the person to make it happen.’ – Observer

Autobiographical reminiscences of the Sri Lankan author.

Culinary Herbs and Spices of the World

Fenaroli’s Handbook of Flavor Ingredients

The Guide to Growing and Harvesting Flavorful Teas in Your Backyard

Make Your Own Soda

A Nice Burgher Girl

A Guide to the Ancient Art of Culturing Foods, from Kombucha to Sourdough

Ferment

The sensory properties of foods are the most important reason people eat the foods they eat. What those properties are and how we best measure those properties are critical to understanding food and eating behavior. Appearance, flavor, texture, and even the sounds of food can impart a desire to eat or cause us to dismiss the food as unappetizing, stale, or even inappropriate from a cultural standpoint. This Special Issue focuses on how sensory properties are measured, the specific sensory properties of various foods, and consumer behavior related to which properties might be most important in certain situations and how consumers use sensory attributes to make decisions about what they will eat. This Special Issue contains both research papers and review articles.

In this timely new book, BBC star and Gardening World's thrifty and resourceful Alys Fowler shows that there is a way to take the good life and re-fashion it to fit in with life in the city. Abandoning the limitations of traditional gardening methods, she has created a beautifully productive garden where tomatoes sit happily next to roses, carrots are woven between the lavenders and potatoes grow in pots on the patio. And all of this is produced in a way that mimics natural systems, producing delicious homegrown food for her table. And she shares her favorite recipes for the hearty dishes, pickles and jams she makes to use up her bountiful harvest, proving that no-one need go hungry on her grow-your-own regime. Good for the pocket, good for the environment and hugely rewarding for the soul, The Edible Garden urges urbanites everywhere to chuck out the old gardening rules and create their own haven that's as good to look at as it is to eat.

Winner of a 2020 James Beard Foundation Book Award in the International category Ethiopia stands as a land apart: never colonised, the country celebrates and preserves ancient traditions. The fascinating cuisine is enriched with the different religious influences of Judaism, Christianity and Islam - a combination unique to Africa. The delicious dishes featured are Doro Wat, chicken slowly stewed with berbere spice, Yeassa Alichia, curried fish stew, and Siga Tibs, flashfried beef cubes, as well as a wealth of vegetarian dishes such as Gomen, minced collard greens with ginger and garlic and Azifa, green lentil salad. Chef Yohanis takes the reader on a journey through all

the essential dishes of his native country, including the traditional Injera made from the staple grain teff and synonymous with an Ethiopian feast, along the way telling wondrous stories of the local communities and customs. Complete with photography of the country's stunning landscapes and vibrant artisans, this book demonstrates why Ethiopian food should be considered as one of the world's greatest, most enchanting cuisines.

A collection of 60+ flavor-packed recipes for ice creams and frozen treats rooted in Mexico's rich and revered ice cream traditions. This new offering from the incredibly popular baker and sweets maker Fany Gerson, the powerhouse behind Brooklyn's La Newyorkina and Dough, showcases the incredibly diverse flavors of Mexican ice cream while exploring the cultural aspects of preparing and consuming ice cream in Mexico. Gerson uses unique ingredients to create exciting and fresh flavors like Red Prickly Pear Ice Cream, Oaxacan-style Lime Sorbet, Avocado-Chocolate Ice Cream, and Rice-Almond Ice Cream with Cinnamon. All recipes are created with the home cook in mind, and written in Fany's knowledgeable but accessible voice. Mexican Ice Cream features vibrant location photography and captures the authentic Mexican heladerias that Gerson has been visiting for decades. For anyone looking to up their summer ice cream game, this is the book.

The Pleasures of Eating Well

The Cookbook

The New Way to Cake

Analysis of Sensory Properties in Foods

The Development of Superfoods and Their Roles as Medicine

Wholesome Recipes Inspired by a Soulful Upbringing

The Sahadi's Guide to Understanding, Buying, and Using Middle Eastern Ingredients

A comprehensive guide to vibrant Middle Eastern ingredients, with more than 120 recipes that let them shine, from James Beard award winning Sahadi's market in Brooklyn, New York. Sumac. Urfa pepper. Halvah. Pomegranate molasses. Preserved lemons. The seasonings, staples, and spice blends used throughout the Middle East offer deliciously simple ways to transform food—once you know how to use them. In FLAVORS OF THE SUN, the people behind the iconic Brooklyn market Sahadi's showcase the versatility of these ingredients in over 120 everyday dishes, including starters, salads, soups, family-friendly meals, and desserts. With sections devoted to recipes boasting Bright, Savory, Spiced, Nutty, and Sweet accents, it offers inspiration, techniques, and intensely flavorful ways to use everything from Aleppo pepper to za'atar with confidence. Throughout, "no-recipe recipes" help build up your flavor intuition so you can effortlessly incorporate any of the featured spices, condiments, and preserves into your daily repertoire. 120 RECIPES WITH A PUNCH: From an updated take on nachos and mac and cheese to a spectacular pistachio cheesecake and tahini-enriched brownies, FLAVORS OF THE SUN features dozens of the store's most-requested dishes as well as Sahadi family favorites. Simple yet loaded with flavor, these recipes will inspire you to make these distinctive Middle Eastern ingredients essential components of your pantry. OPTIMUM VERSATILITY: Each section addresses a specific flavor profile and offers a set of essential ingredients for achieving it along with helpful tips on how to use them separately or in combination. Look-and-cook mini recipes provide even more ideas for using distinctive ingredients like tahini, Aleppo pepper, and preserved lemons to give a fresh new spin to everything from salad dressings to cocktails. EXPERT KNOWLEDGE: Family owned, Sahadi's has been a beloved resource since its founding by Abraham Sahadi, an immigrant from Lebanon, more than 100 years ago. Now welcoming a fifth generation into the business, the Sahadi family's authentic imported goods and exhaustive knowledge continue to inspire local chefs and adventurous home cooks to taste and explore the diverse world of Middle Eastern spices and sundries. FOR FANS OF PLENTY: Much like PLENTY, this cookbook dives deep into core ingredients and provides intimate insights into flavorful spice blends like dukkah, berbere, ras el hanout, shawarma spices, and more. Each ingredient profile includes an informative buying guide so you can build your pantry like a pro. Perfect for: home cooks to seasoned chefs; fans of PLENTY; JERUSALEM; SHUK, and ZAHAV; Sahadi's loyal customers; those interested learning about spices and new ways to use them in everyday dishes – Vibrant plant-based dishes fusing African and European flavors from a young British-Nigerian cook – Includes almost 50 recipes Introducing Zoe Alakija, a London-based cook, whose rich recipes blend modern British flavors with the rich colors and tastes of her Nigerian upbringing. African food in general, and Nigeran food in particular, is on the rise in the UK and dishes like cheesy kokoro and nutty plantain brownies take European vegan food far beyond the more muted flavors and colors that we are used to. Zoe's immaculate balance of tastes combined with playful presentation ensures these are recipes to remember for those willing to explore broader, more environmentally responsible horizons.

The ultimate Nigerian cookbook is a standard 132 paged giant cookbook for making delicious Nigerian foods. There are over 65 different Nigerian recipes with step by step instruction that even my granny could follow to replicate all of the amazing Nigerian foods. You will find easy to follow recipes plus images that make the process a whole lot easier. With thousands of copies sold already, I believe this is the best Nigerian cookbook in circulation. Whether you are a woman looking to surprise your man or perhaps you are a man looking to surprise your lady, this is the right Nigerian cookbook for you. There are easy recipes for beginners and more complex ones for you to try as you learn the ropes. There are 15 soup recipes, 5 rice recipes, 12 small chops and snack recipes, 6 drink recipes, 4 yam recipes, 5 breakfast recipes and so much more. The first five pages shows you how to make your food healthy while the last five pages explained most of the ingredients used in the book, you will learn about their alternate names and even how and where to purchase them. I like to say that you will make better and healthier Nigerian foods with the Ultimate Nigerian Cookbook You will also find tips for food decoration as well as a food menu that makes your day to day meal planning a breeze. This book contains everything I have learned about foods in the last twenty years; the good thing is that you can learn all of that in just one month or less. The Ultimate Nigerian Cookbook is made by the Nigerian Kitchen - best place in the world for making delicious Nigerian foods. My name is Chy Anegbu and I am a professional chef and a very popular Nigerian food blogger. I have written thousands of articles about Nigerian food recipes and reach out to thousands of people daily through my free weekly newsletters, facebook and two websites. The first five pages completely addressed the issue of healthy Nigerian foods, you will learn how to eliminate junk from your foods in order to ultimately improve your health and ensure longevity. Most importantly, you will learn what is junk.

Superfoods and functional foods are receiving increasing attention because of their important roles in health. This book focuses on the production of superfoods and functional foods and their role as medicine. In the early chapters, prominent researchers introduce the roles and production of microalgae and functional fruits through metabolic engineering, the use of food waste, and effective cooking procedures. In the latter chapters, other prominent researchers introduce the medical effects of polyphenols, glutamine, and unsaturated fatty acids, which are contained in superfoods and functional foods. They suggest the importance of superfoods and functional foods in the treatment and prevention of many diseases. It is also recommended for readers to take a look at a related book, Superfood and Functional Food: An Overview of Their Processing and Utilization.

Hibiscus

Flavors of the Sun

Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea

Mexican Ice Cream

Recipes and Stories from a Canadian Road Trip

What's Cooking America

Eating for Pleasure, People & Planet

Put Flavor First with 60 Easy, Stylish Cakes Unlock a whole new world of flavor with Benjamina Ebuehi 's signature cakes. Inspired by her journey to The Great British Bake Off and beyond, Benjamina ' s groundbreaking recipes put flavor at the forefront by letting the star ingredients—toasted nuts, fragrant spices, bold herbs and ripe fruit—do all the work. Creations like Plum & Black Pepper Cake, Masala-Chai Carrot Cake and Caramelized Plantain Upside-Down Cake are as impressive as they are simple. Beautiful, minimal finishing touches make a big impact, highlighting the exciting ingredients within. These irresistible treats will amaze your friends and family as easily as they will spice up your week. Full of beautiful, of-the-moment cakes with unforgettable flavors, The New Way to Cake brings out the best baker in everyone.

Alain Passard is the chef who astonished the food world in 2000 by removing red meat from his three-Michelin-starred Paris restaurant L'Arp è ge, and dedicating himself to cooking with vegetables, supplied exclusively from his own organic farm. Today L'Arp è ge is widely acknowledged as one of the world's great restaurants, while its visionary owner has inspired a new generation of chefs. Here is a collection of forty-eight wonderful recipes illustrated with Alain Passard's own joyful collages. The Art of Cooking with Vegetables is made up of unexpected combinations, complex flavors created with a few simple elements, a passion for fresh and seasonal ingredients. Simple, and simply perfect.

2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want – for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink ' s history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). “ This is the one go-to resource for all things kombucha.” – Andrew Zimmern, James Beard Award-winning author and host of Travel Channel ' s Bizarre Foods

First published in 1995: This edition of Fenaroli's Handbook of Flavor Ingredients brings together regulatory citations, FEMA numbers, Substance names and common synonyms, specifications (such as the GRAS classification by FEMA), natural sources, and permitted use levels in food into a convenient and easy-to-use reference set. The Handbook defines much of the arcane and specialized language of the flavorist, and helps update the reader on industry standards. It's a source of use levels of flavor ingredients in food approved by the FEMA expert panel. It's also a source outside of the Code of Federal Regulations (CFR) that provides both human and animal food regulatory citations for substances.

Ethiopia

One Good Dish

DI, Drinks International

Sirocco

The Art of Cooking with Vegetables

Decolonize Your Diet

The Worldwide Forager

Soda can be so much more than mass-produced Coke and Fanta. "Make Your Own Soda" shares how easy it is to concoct homemade sodas from fresh, all-natural ingredients that are available at any market.

Available for the first time in an American edition, this debut cookbook, from bestselling authors Yotam Ottolenghi and Sami Tamimi of Plenty and Jerusalem, features 140 recipes culled from the popular Ottolenghi restaurants and inspired by the diverse culinary traditions of the Mediterranean. Yotam Ottolenghi’s four eponymous restaurants—each a patisserie, deli, restaurant, and bakery rolled into one—are among London’s most popular culinary destinations. Now available for the first time in an American edition and updated with US measurements throughout, this debut cookbook from the celebrated, bestselling authors of Jerusalem and Plenty features 140 recipes culled from the popular Ottolenghi restaurants and inspired by the diverse culinary traditions of the Mediterranean. The recipes reflect the authors’ upbringings in Jerusalem yet also incorporate culinary traditions from California, Italy, and North Africa, among others. Featuring abundant produce and numerous fish and meat dishes, as well as Ottolenghi’s famed cakes and breads, Ottolenghi invites you into a world of inventive flavors and fresh, vibrant cooking.

Incredible pizzas and authentic Italian recipes from street-foodie brothers who have taken London by storm.

Remix classic Ghanaian dishes for the modern kitchen in a cookbook that is "bright, bold, and bursting with flavor" (Bryant Terry) and “provides a new perspective and a sense of wonder for Ghanaian cooking” (Sicily Sierra) Celebrated cook and writer Zoe Adjonyoh passionately believes we are on the cusp of an African food revolution. First published to widespread acclaim in the United Kingdom, Zoe’s Ghana Kitchen began as a pop-up restaurant in London featuring dishes such as Pan-Roasted Cod with Grains of Paradise, Nkruma (Okra) Tempura, Cubeb-Spiced Shortbread, and Coconut and Cassava Cake. Soon those dishes evolved into this tempting and celebratory cookbook, newly revised and updated for American cooks. Join Zoe as she shares the beauty of Ghana’s markets, culture, and cuisine, and tells the evocative story of using these tastes and food traditions to navigate her own identity. Whether you are familiar with the delights of Ghanaian cuisine or new to the bold flavors of West Africa, this book contains inspiration for extraordinary home cooking, in dishes such as: Simple Fried Plantains Red Red Stew Red Snapper and Yam Croquettes Bofrot Doughnuts Nkatsenkwan (Peanut Butter Stew with Lamb) Jollof Fried Chicken Ghana-fied Caesar Salad and more With flexible recipes for hearty salads, quick and wholesome dinners, flavorful feasts, and much more, Zoe’s Ghana Kitchen brings truly exciting and flavor-packed dishes into your kitchen. This is contemporary African food for simply everyone.

Hibiscus: Discover Fresh Flavours from West Africa with the Observer Rising Star of Food 2017

Family Recipes from a British-Nigerian Kitchen

Modern Senegalese Recipes from the Source to the Bowl

Beloved Recipes and Stories [A Cookbook]

Best Cookbook for Making Nigerian Foods

Growing Your Own Tea Garden

A Cookbook

2019 James Beard Foundation Book Award Nominee "Black Girl Baking has a rhythm and a realness to it." - Carla Hall, Chef and television personality Inigorating and Creative Recipes to Ignite Your Senses For Jerrelle Guy, food has always been what has shaped her—her body, her character, her experiences and her palate. Growing up as the sensitive, slightly awkward child of three in a race-conscious space, she decided early on that she'd rather spend her time eating cookies and honey buns than taking on the weight of worldly issues. It helped her see that good food is the most powerful way to connect, understand and heal. Inspired by this realization, each one of her recipes tells a story. Orange Peel Pound Cake brings back memories of summer days eating Florida oranges at Big Ma's house, Rosketti cookies reimagine the treats her mother ate growing up in Guam, and Plaited Dukkah Bread parallels the braids worked into her hair as a child. Jerrelle leads you on a sensual baking journey using the five senses, retelling and reinventing food memories while using ingredients that make her feel more in control and more connected to the world and the person she has become. Whole Flours, less refined sugar and vegan alternatives make it easier to celebrate those sweet moments that made her who she is today. Escape everyday life and get lost in the aromas, sounds, sights, textures and tastes of Black Girl Baking.

In this, his first non-menu cookbook, the New York Times food columnist offers 100 utterly delicious recipes that epitomize comfort food, Tanis-style. Individually or in combination, they make perfect little meals that are elemental and accessible, yettotally surprising—and there’s something to learn on every page. Among the chapter titles there’s “Bread Makes a Meal,” which includes such alluring recipes as a ham and Gruyère bread pudding, spaghetti and bread crumbs, breaded eggplant cutlets, and David’s version of egg-in-a-hole. A chapter called “My Kind of Snack” includes quail eggs with flavored salt; speckled sushi rice with toasted nori; polenta pizza with crumbled sage; raw beet tartare; and mackerel rillettes. The recipes in “Vegetables to Envy” range from a South Indian dish of cabbage with black mustard seeds to French grandmother–style vegetables.

“Strike While the Iron Is Hot” is all about searing and quick cooking in a cast-iron skillet. Another chapter highlights dishes you can eat from a bowl with a spoon. And so it goes, with one irrepressible chapter after another, one perfect food moment after another: this is a book with recipes to crave.

'If we could all live and eat a little more like 'Tom the world and the food chain would be in much better shape.' Anna Jones 'This book is like a hybrid of Michael Pollan and Anna Jones. It combines serious food politics with flavour-packed modern recipes. This is a call-to-arms for a different way of eating which seeks to lead us there not through lectures but through a love of food, in all its vibrancy and variety.' Bee Wilson Tom's mission is to teach a way of eating that prioritises the environment without sacrificing pleasure, taste and nutrition. Tom's manifesto, 'Root to Fruit' demonstrates how we can all become part of the solution, supporting a delicious, biodiverse and regenerative food system, giving us the skills and knowledge to shop, eat and cook sustainably, whilst eating healthier, better-tasting food for no extra cost.

Senegal will transport you deep into the country s rich, multifaceted cuisine. You ll feel the sun at your back and the cool breeze off the Atlantic, hear the sizzle of freshly caught fish hitting the grill, and bask in the tropical palm forests of Casamance. Inspired by the depth of Senegalese cooking and the many people he s met on his culinary journey, these recipes are Pierre Thiam s own creative, modern takes on the traditional. Learn to cook the vibrant, diverse food of Senegal, such as soulful stews full of meat falling off the bone; healthy ancient grains and dark leafy greens with superfood properties; fresh seafood grilled over open flame, served with salsas singing of bright citrus and fiery peppers; and lots of fresh vegetables and salads bursting with West African flavors. Pierre s first book, Yolele , introduced Senegalese food to the world, and now Senegal takes a deeper dive, showcasing the ingredients and techniques elemental to Senegalese cooking, the food producers at the heart of its survival, and the unique cultural and historical context it exists in. You ll meet local farmers, fishermen, humble food producers, and home cooks each with stories to tell and recipes to share and savor. You won t just be learning to make a few dishes, you ll learn about the Senegalese people, the stories of their past, and importantly, the issues they face today and tomorrow. This is the food of Senegal, from the source to the bowl."

Simple Recipes with Exceptional Flavor

Senegal

Superfood and Functional Food

Ultimate Nigerian Cookbook

An Introduction to New African Cuisine – From Ghana With Love

Black Girl Baking

Friendly and inviting--bound to be a classic--"What's Cooking America" offers more than 800 tried-and-tasted recipes, accompanied by a wealth of well-organized information. When Andra Cook and Linda Stradley discovered that they each had been working on compiling favorite recipes requested by their children, they decided to throw their efforts into one pot and let it simmer for a while until the contents were thick and rich to emerge fully seasoned as "What's Cooking America." Andra Cook lives in North Carolina and Linda Stradley lives in Oregon.

In this landmark cookbook, chef Pierre Thiam, a native of Senegal, celebrates fonio, an ancient "miracle grain" of his childhood that he believes could change the world. Grown for centuries in Africa, fonio is not only nutritious and gluten-free, but also as easy to cook as rice and quinoa. The Fonio Cookbook is full of simple recipes for the home cook, with both traditional West African dishes such as Fonio Fritters with Sweet Potato and modern creations like Tamarind Roasted Chicken with Fonio and Fonio Seafood Paella. There are also numerous fonio dishes for breakfast and satisfying your sweet tooth, including Fonio and Plantain Pancakes and Fonio Chocolate Cake with Raspberry Coulis. Among the recipes, you'll find a rich cultural history of fonio that Thiam recounts in fascinating detail. The Fonio Cookbook also takes the reader on a journey to Senegal's fonio-growing region, with evocative photos and stories from harvest season detailing the grain's ease of growth and highlighting the people who transform fonio from crop to edible grain. Come along and discover this nutrient-rich ancient grain that's gaining incredible momentum in the western world and how it can replace any grain in your favorite dishes. Healthy recipes from the COMO Shambhala team that deliver pleasure, confidence and inspiration too.

Botanical Baking

Syrup Recipes for All-natural Pop, Floats, Cocktails, and More