

Renaissance Kitchen Cookbook

From the host of the beloved Netflix series Time to Eat and winner of The Great British Baking Show come over 100 time-smart recipes to tackle family mealtime. Nadiya Hussain knows that feeding a family and juggling a full work load can be challenging. Time to Eat solves mealtime on weeknights and busy days with quick and easy recipes that the whole family will love. Nadiya shares all her tips and tricks for making meal prep as simple as possible, including ideas for repurposing leftovers and components of dishes into new recipes, creating second meals to keep in the freezer, and using shortcuts--like frozen foods--to cut your prep time significantly. In Time to Eat, Nadiya teaches you to make recipes from her hit Netflix show, including Peanut Butter & Jelly Traybake, Instant Noodles, Egg Rolls, and zesty Marmalade Haddock. Each recipe also notes exactly how long it will take to prepare and cook, making planning easy. Helpful icons identify which recipes can be made ahead, which ones are freezer-friendly, and which ones can be easily doubled. In 1615 Englishman Gervase Markham published a handbook for housewives that contains "all the virtuous knowledges and actions both of the mind and body, which ought to be in any complete housewife". Markham instructs and advises on everything from the plague to baldness and bad breath. Woodcut illustrations add a richness to this look at life during the Renaissance.

"50 recipes inspired by life in Chinatown."--Cover.

Though Bartolomeo Scappi's Opera (1570), the first illustrated cookbook, is well known to historians of food, up to now there has been no study of its illustrations, unique in printed books through the early seventeenth century. In Food and Knowledge in Renaissance Italy, Krohn both treats the illustrations in Scappi's cookbook as visual evidence for a lost material reality; and through the illustrations, including several newly-discovered hand-colored examples, connects Scappi's Opera with other types of late Renaissance illustrated books. What emerges from both of these approaches is a new way of thinking about the place of cookbooks in the history of knowledge. Krohn argues that with the increasing professionalization of many skills and trades, Scappi was at the vanguard of a new way of looking not just at the kitchen-as workshop or laboratory-but at the ways in which artisanal knowledge was visualized and disseminated by a range of craftsmen, from engineers to architects. The recipes in Scappi's Opera belong on the one hand to a genre of cookery books, household manuals, and courtesy books that was well established by the middle of the sixteenth century, but the illustrations suggest connections to an entirely different and emergent world of knowledge. It is through study of the illustrations that these connections are discerned, explained, and interpreted. As one of the most important cookbooks for early modern Europe, the time is ripe for a focused study of Scappi's Opera in the various contexts in which Krohn frames it: book history, antiquarianism, and visual studies.

The Opera of Bartolomeo Scappi (1570)

100 Delicious Recipes for All Things Peach

Renaissance Recipes

The Cookbook Library

Fit for Success

Knowledge and Taste in the Early Modern English Kitchen

Culinary Readings and Culinary Histories

This gorgeously illustrated volume began as notes on the collection of cookbooks and culinary images gathered by renowned cookbook author Anne Willan and her husband Mark Cherniavsky. From the spiced sauces of medieval times to the massive roasts and ragoùts of Louis XIV ' s court to elegant eighteenth-century chilled desserts, The Cookbook Library draws from renowned cookbook author Anne Willan ' s and her husband Mark Cherniavsky ' s antiquarian cookbook library to guide readers through four centuries of European and early American cuisine. As the authors taste their way through the centuries, describing how each cookbook reflects its time, Willan illuminates culinary crosscurrents among the cuisines of England, France, Italy, Germany, and Spain. A deeply personal labor of love, The Cookbook Library traces the history of the recipe and includes some of their favorites.

Anyone can cook in the French manner anywhere, wrote Mesdames Beck, Bertholle, and Child, with the right instruction. And here is the book that, for forty years, has been teaching Americans how.Mastering the Art of French Cooking is for both seasoned cooks and beginners who love good food and long to reproduce at home the savory delights of the classic cuisine, from the historic Gallic masterpieces to the seemingly artless perfection of a dish of spring-green peas. This beautiful book, with more than one hundred instructive illustrations, is revolutionary in its approach because: It leads the cook infallibly from the buying and handling of raw ingredients, through each essential step of a recipe, to the final creation of a delicate confection. It breaks down the classic cuisine into a logical sequence of themes and variations rather than presenting an endless and diffuse catalogue of recipes; the focus is on key recipes that form the backbone of French cookery and lend themselves to an infinite number of elaborations bound to increase anyone s culinary repertoire.

NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake. “ Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn ’ t a chef or a restaurant owner—she ’ s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You ’ ll get more than three million results. Where do you start? What if you pick a recipe that ’ s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you ’ ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you ’ ll bookmark and use so often they become your own, recipes you ’ ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Summary The Scientific Principles of Hypertrophy Training is a fundamental analysis of what your training should look like if muscle growth is your main goal, or even just one of your goals. The book takes you on a grand tour of all of the main 7 training principles and how to apply them to one’s training - no matter your experience level, diet phase, or sport.It features:1)An in-depth 376 page explanation on nearly every important facet of hypertrophy training with summarized "main points" guide at the end of each chapter2)How to apply hypertrophy training to or around other sports and hobbies3)How to work around injuries and still grow muscle4)Thorough advice on how to construct and modify a hypertrophy program for all experience levels and diet phases5)How to design training programs when you’re limited on time6)Advice on how to troubleshoot your hypertrophy program for best results.What people are saying about 'Scientific Principles of Hypertrophy Training' "Loaded with great info. A university course on hypertrophy! Loaded with useful information and it does a great job with outlining the approach to hypertrophy. The content of the book is amazing and so thorough." Michael S. "Great deal of gains assured. The book is full of useful information that all lifters can definitely take benefit from even if they don't specialize in hypertrophy or differ at certain topics. In my personal case, whilst I don't share completely my opinion regarding volume manipulation within mesocycles, I couldn't agree more on many other topics discussed in the book (love the SFTR) and I recommend it to anyone looking to go a step further in their knowledge regarding resistance training or just training in general. Also there's amazing content on YT that complement the book perfectly. Really good investment." Javier M" This book has been an incredibly useful tool to help me think about how to set up my training based upon underlying principles. This has made it much easier to adjust my program based upon my needs/desires/progress instead of trying to mimic the appearance of other people's programs." Josh J" This is the new bodybuilding bible. Read it, accept the 9-principles of hypertrophy into your training and let them wash away your past gym mistakes. You will come out the other side a born again hypertrophy principle master." Maria C"Book is excellent. It builds on much of the tremendous free information Dr. Mike puts out on volume landmarks and provides the methodology to build the plan including how to use your workout data to best determine your own individual plan. I would recommend this as an add to the library for everyone serious about adding muscle to your frame. Great work Dr. Mike & Team!" John F

Paladares

Shrek Cookbook

Scientific Principles of Hypertrophy Training

The Southerner's Cookbook

Four Centuries of the Cooks, Writers, and Recipes That Made the Modern Cookbook

101 Canning and Pickling Recipes for the Modern Kitchen: A Cookbook

The Renaissance Diet 2.0

Guiding philosophies on facing the future from the founder of Renaissance Periodization

Hundreds of recipes designed to get exceptional meals on the table in under an hour With Kitchen Simple, James Peterson, one of America's most celebrated cookbook authors and renowned cooking instructors, delivers a definitive resource for the busy home cook. Elevating routine, weekday fare into exciting culinary creations, Peterson proves unequivocally that great food need not be complicated or time-consuming to prepare. More than 200 recipes, such as Summer Steak Salad, Mexican-Style Gazpacho, White Bean Bruschetta, Red Cabbage with Bacon and Apples, and Ricotta Ravioli, are thoughtfully streamlined to require no more than thirty minutes of active prep time with delivery to the table in under an hour. For leisurely meals and celebratory occasions, there are also dozens of luxe dishes, like Red Wine Pot Roast, Eggplant Parmigiano, Duck Confit, and Profiteroles with Chocolate Sauce. And, from the master of sauces, comes a paired-down primer on making foolproof Mayonnaise, Caper and Herb Sauce for vegetables and chicken, and an easy Béarnaise to dress up grilled fish. Kitchen Simple presents creative possibilities for weeknight meals, quick-and-easy breakfasts, impromptu dinner parties, and inspired last-minute desserts. And with Peterson's invaluable variations, cooks can confidently substitute harder-to-find ingredients with items already at hand. Additional advice on how to stock a pantry with staples to make everyday cooking even easier, plus an inventory of truly indispensable kitchen tools make Kitchen Simple a go-to source of inspiration for cooks of all persuasions: novice or experienced, time-pressed or laid-back, casual or serious.

Winner of the James Beard Award for Best American Cookbook "Between Harlem and Heaven presents a captivatingly original cuisine. Afro-Asian-American cooking is packed with unique and delicious layers of flavor. These stories and recipes lay praise to the immense influence the African Diaspora has had on global cuisine." — Sean Brock "This is more than just a cookbook. Alexander and JJ take us on a culinary journey through space and time that started more than 400 years ago, on the shores of West Africa. Through inspiring recipes that have survived the Middle Passage to seamlessly embrace Asian influences, this book is a testimony to the fact that food transcends borders." — Chef Pierre Thiam In two of the most renowned and historic venues in Harlem, Alexander Smalls and JJ Johnson created a unique take on the Afro-Asian-American flavor profile. Their foundation was a collective three decades of traveling the African diaspora, meeting and eating with chefs of color, and researching the wide reach of a truly global cuisine: their inspiration was how African, Asian, and African-American influences criss-crossed cuisines all around the world. They present here for the first time over 100 recipes that go beyond just one place, taking you, as noted by The New Yorker, "somewhere between Harlem and heaven." This book branches far beyond "soul food" to explore the melding of Asian, African, and American flavors. The Afro Asian flavor profile is a window into the intersection of the Asian diaspora and the African diaspora. An homage to this cultural culinary path and the grievances and triumphs along the way, Between Harlem and Heaven isn't fusion, but a glimpse into a cuisine that made its way into the thick of Harlem's cultural renaissance. JJ Johnson and Alexander Smalls bring these flavors and rich cultural history into your home kitchen with recipes for... - Grilled Watermelon Salad with Lime Mango Dressing and Cornbread Croutons, - Feijoada with Black Beans and Spicy Lamb Sausage, - Creamy Macaroni and Cheese Casserole with Rosemary and Caramelized Shallots, - Festive punches and flavorful easy sides, sauces, and marinades to incorporate into your everyday cooking life. Complete with essays on the history of Minton's Jazz Club, the melting pot that is Harlem, and the Afro-Asian flavor profile by bestselling coauthor Veronica Chambers, who just published the wildly successful Yes, Chef by Marcus Samuelsson, this cookbook brings the rich history of the Harlem food scene back to the home cook.

The long awaited ultimate performance cookbook, a modern classic, a must-have for all cycling aficionados serious about nutritional intake. Translated from the original in Danish, Hannah Grant s unmissable cookbook takes you through a 3 week, with 350-pages of easy-to-prepare recipes containing allergy friendly, natural, un-processed foods, The Grand Tour Cookbook is the ultimate companion in the Kitchen for athletes. Based on actual food prepared for professional cycling s grueling 3-week Grand Tours including the Giro d'Italia, Tour de France and the Vuelta, this book is a guide on how to cook, what to eat and how to maximize athletic performance throughout the year. Hannah Grant has a background in modern sports nutrition and The Grand Tour Cookbook focuses on the challenges presented by the caloric requirements of an endurance athlete: solutions are presented that comprise a beneficial carbohydrate intake, a bounty of ideas to keep vegetables, proteins and good fats captivating and mouth-watering. Maximize your performance by changing the way you eat - lose weight, get more energy, conquer those goals and become a successful rider. Acknowledged by the world s best restaurant executive head chef Rene Redzepi (NOMA, Copenhagen), the book also features insight and experience from Exercise Physiologist-Nutrition Scientist Stacy T Sims, MSc, PhD, World Tour riders: Alberto Contador, Peter Sagan, Michael Rogers, Nicholas Roche, Ivan Basso, Roman Kreuziger, Matti Brechel, Michael Valgren, Michael Mørkov, Christoffer Juul, Chris Anker, Sports Director Nicki Sorensen and Body Therapist Kristoffer Glavind Kjær. Read opinions on food and nutrition for body and mind and how they optimise performance through eating intelligently.

The Renaissance of Italian Cooking

Recipes Inspired by the Private Restaurants of Cuba

A Novel

Platina, on Right Pleasure and Good Health

Three Rivers Renaissance Cookbook

The Smitten Kitchen Cookbook

The Fresh Eggs Daily Cookbook

Think You Can't Can? Think Again... The craft of canning has undergone a renaissance, attracting celebrity chefs, home cooks, and backyard gardeners alike. Canned and pickled foods have become a cornerstone of the artisanal food movement, providing an opportunity to savor seasonal foods long after harvest and to create bold new flavors. Tart and Sweet by Kelly Geary and Jessie Knadler is the essential canning manual for the 21st century, providing a modern tutorial on small-batch canning accompanied by easy-to-follow photos and instructions as well as more than 101 sweet and savory recipes for preserved fruits and pickled vegetables, including jams, chutneys, marmalades, syrups, relishes, sauces, and salsas. With traditional favorites like canned peaches and bread-and-butter pickles as well as more inventive flavor combinations such as kumquat marmalade and pickled ramps, Tart and Sweet offers endless possibilities for creative preserving. In addition, you'll find recipes and inspiration for using your canned goods in delicious and unique ways, from cocktails to cakes. Whether you're assembling a plate of pickled hors d'oeuvres, baking with fresh apple butter, or gifting jars of blueberry jam in December, you'll find countless uses for your homemade preserves.

A warm and stylish Southern cookbook, from the owners of the beloved Nashville-based The Peach Truck, celebrating all things peach in 100 fresh and flavorful recipes. When Stephen and Jessica Rose settled in Nashville, they fell in love with their new city. Their only reservation: Where were the luscious peaches that Stephen remembered from his childhood in Georgia? Amid Nashville's burgeoning food scene, the couple partnered with his hometown peach orchard to bring just-off-the-tree Georgia peaches to their adopted city, selling them out of the back of their 1964 Jeep Gladiator in Nashville's farmer's markets. Since starting their company in 2012, Stephen and Jessica have attracted a quarter of a million followers on social media and have delivered more than 4.5 million peaches to tens of thousands of customers in 48 states. With The Peach Truck Cookbook, the couple brings the lusciousness of the Georgia peach and the savory and sweet charms of Southern cooking, as well as the story behind their success and an insider's guide to the Nashville food scene, to readers everywhere. From first bites to easy lunches to mouth-watering dinner dishes and sumptuous desserts, The Peach Truck Cookbook captures the Southern cooking renaissance with fresh, delectable, orchard-to-table recipes that feature peaches in every form. Whether you're craving peach pecan sticky buns, peach jalapeno cornbread, white pizza with peach, pancetta, and chile, or peach lavender lemonade—or have always wanted to try your hand at making a classic peach pie—Stephen and Jessica have you covered. Many of Nashville's most celebrated hotspots and chefs, including Sean Brock, Lisa Donovan, and Tandy Wilson, have contributed recipes, so you'll also get a how-to on cult menu items such as Burger Up's Peach Truck Margarita. Also included is a pocket peach education—as Jessica and Stephen take you through peach varieties, best harvesting practices, and everything you need to know to have a peach-stocked pantry. Full of character and charm, The Peach Truck Cookbook is not only an essential addition to the peach-lover's kitchen, it will bring the beauty of summer to your table all year round.

The debut cookbook from Jessica Koslow, award-winning chef of LA's popular restaurant Sqirl, featuring more than 100 fresh, market-driven, healthy, and flavorful recipes. Jessica Koslow and her restaurant, Sqirl, are at the forefront of the California cooking renaissance, which is all about food that surprises us and engages all of our senses—it looks good, tastes vibrant, and feels fortifying yet refreshing. In Everything I Want to Eat, Koslow shares 100 of her favorite recipes for health-conscious but delicious dishes, all of which always use real foods—no fake meat or fake sugar here—that also happen to be suitable for vegetarians, vegans, or whomever you're sharing your meal with. The book is organized into seven chapters, each featuring a collection of recipes centered on a key ingredient or theme. Expect to find recipes for dishes Sqirl has become known for, as well as brand-new seasonal flavor combinations, including: Raspberry and cardamom jam Sorrel-pesto rice bowl Burnt brioche toast with house ricotta and seasonal jam Lamb merguez, cranberry beans, roasted tomato, and yogurt cheese Valrhona chocolate fleur de sel cookies Almond hazelnut milk Koslow lives in LA, where everyone is known to be obsessively health-conscious and where dietary restrictions are the norm. People come into Sqirl and order dishes with all sorts of substitutions and modifications—hold the feta, please, add extra kale. They are looking to make their own healthy adventures. Others may tack breakfast sausage, cured bacon, or Olli's prosciutto on to their order. So Koslow has had to constantly think about ways to modify dishes for certain diets, which in a way has made her a better, more adaptable cook. Throughout this book, Koslow provides notes and thought bubbles that show how just about any dish can be modified for specific tastes and dietary needs, whether it needs to be gluten-free or vegan. Everything I Want to Eat captures the excitement of the food at Sqirl—think of a classic grilled cheese turned playful with the addition of tomato coriander jam—while also offering accessible recipes, like blood orange upside-down cake, that can be easily made in the home kitchen. Moreover, it's an entirely new kind of cookbook and approach to how we are all starting to think about food, allowing readers to play with the recipes, combining and shaping them to be nothing short of everything you want to eat.

Renaissance Italy's art, literature, and culture continue to fascinate. The domestic life has been examined more in recent years, and this book reveals the preparation, eating, and the sociability of dining in Renaissance Italy. It takes readers behind the scenes to the Renaissance kitchen and dining room, where everyday meals as well as lavish banquets were prepared and consumed. Katherine McIver considers the design, equipment, and location of the kitchen and food prep and storage rooms in both middle-class homes and grand country estates. The diner's room, the orchestration of dining, and the theatrical experience of dining are detailed as well, all in the context of the renowned food and architectural scholars of the day.

From Kitchen to Page Over Seven Centuries

A Proper Newe Booke of Cokerie

Recipes from Our Italian Kitchen

Shakespeare's Kitchen

Recipes, Wisdom, and Stories

Dumplings, Egg Rolls, Bao Buns, Sesame Noodles, Roast Duck, Fried Rice, and More—50 Recipes Inspired by Life in Chinatown

Kitchen Simple

From Garden & Gun—the magazine that features the best of Southern cooking, dining, cocktails, and customs—comes an heirloom-quality guide to the traditions and innovations that define today’s Southern food culture, with more than 100 recipes and 4-color photography throughout. From well-loved classics like biscuits and fried chicken to uniquely regional dishes such as sonker (Piedmont, North Carolina’s take on cobbler) or Minorcan chowder (Florida’s version of clam chowder), each recipe in The Southerner’s Cookbook tells a story about Southern food and its origins. With contributions from some of the South’s finest chefs, a glossary of cooking terms, and essays from many of the magazine’s most beloved writers, The Southerner’s Cookbook is much more than simply a collection of recipes: it is a true reflection of the South’s culinary past, present, and future Named one of Eater’s Best New Cookbooks for Fall 2015 Selected as one of Vainty Fair’s “18 Best New Cookbooks”

Rhubarb sheds its image as a sugar-swathed pie plant to find its place in appetizers, salads, side dishes, entrées, and more—while also remaining one of the best desserts around.

The Renaissance Diet 2.0 is not a fad. Instead, this hands-on guide presents a sports nutrition approach to eating for fat loss, muscle gain, and enhanced sport performance by incorporating current, comprehensive evidence—setting it apart from all the misinformation on nutrition available today. Within this book, you will read which parts of a diet determine results. Delving into calorie intake, food quality, meal spacing and timing, and supplement use, you will understand how to rank-order each part based on its relative contribution to diet, ensuring that you remain focused and avoid getting needlessly caught up in minute details. Next you will further explore why and how calories matter; how much protein is enough; whether snacking is a good idea or if intermittent fasting is better. Each of these questions and more will be answered, giving you the foundational knowledge to understand diet structure. Finally, you will learn how to design your individual diet by using the given step-by-step guidelines on how to modify your diet as your body adapts. Additional information about hunger management, diet psychology, and long-term diet planning is provided—all to achieve the best results. Also included are special diet considerations for a vegan diet, training multiple times a day, competition day, endurance sports, and women at different life stages, as well as information on the most pervasive diet myths and why

they are wrong. By using the knowledge and tools in this book, you are guaranteed to achieve any fat loss, muscle gain, or performance goal. Renaissance Periodization has helped hundreds of thousands of clients across the world reach their fitness goals. Whether you want to lose fat, gain muscle, or improve sports performance, the experts at RP can help get you there. Foreword by Rich Froning.

2018 James Beard Award Winner: Best American Cookbook Named one of the Best Cookbooks of 2017 by NPR, The Village Voice, Smithsonian Magazine, UPROXX, New York Magazine, San Francisco Chronicle, Mpls. St. PaulMagazine and others Here is real food—our indigenous American fruits and vegetables, the wild and foraged ingredients, game and fish. Locally sourced, seasonal, “clean” ingredients and nose-to-tail cooking are nothing new to Sean Sherman, the Oglala Lakota chef and founder of The Sioux Chef. In his breakout book, The Sioux Chef’s Indigenous Kitchen, Sherman shares his approach to creating boldly seasoned foods that are vibrant, healthful, at once elegant and easy. Sherman dispels outdated notions of Native American fare—no fry bread or Indian tacos here—and no European staples such as wheat flour, dairy products, sugar, and domestic pork and beef. The Sioux Chef’s healthful plates embrace venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, timplsula or wild turnip, plums, purslane, and abundant wildflowers. Contemporary and authentic, his dishes feature cedar braised bison, griddled wild rice cakes, amaranth crackers with smoked white bean paste, three sisters salad, deviled duck eggs, smoked turkey soup, dried meats, roasted corn sorbet, and hazelnut-maple bites. The Sioux Chef’s Indigenous Kitchen is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota and Minnesota territories, with a vision and approach to food that travels well beyond those borders.

The First Modern Cookery Book

The American Historical Association Companion to Food History

Renaissance Recipes for the Contemporary Cook: A Cookbook

Time to Eat

The Peach Truck Cookbook

Mastering the Art of French Cooking

The English Housewife

The most popular book by the Italian philosopher Platina (1421-81), in facing pages of Latin and English, is introduced with a 45-page biography, a 45-page account of the text and its revisions, and a chronological list of Platina's works. The text itself is highly annotated mostly with references to his sources. The introduction and text are indexed separately. Annotation copyrighted by Book News, Inc., Portland, OR.

Bartolomeo Scappi (c. 1500-1577) was arguably the most famous chef of the Italian Renaissance. He oversaw the preparation of meals for several Cardinals and was such a master of his profession that he became the personal cook for two Popes. At the culmination of his prolific career he compiled the largest cookery treatise of the period to instruct an apprentice on the full craft of fine cuisine, its methods, ingredients, and recipes. Accompanying his book was a set of unique and precious engravings that show the ideal kitchen of his day, its operations and myriad utensils, and are exquisitely reproduced in this volume. Scappi’s Opera presents more than one thousand recipes along with menus that comprise up to a hundred dishes, while also commenting on a cook’s responsibilities. Scappi also included a fascinating account of a pope’s funeral and the complex procedures for feeding the cardinals during the ensuing conclave. His recipes inherit medieval culinary customs, but also anticipate modern Italian cookery with a segment of 230 recipes for pastry of plain and flaky dough (torte, ciambelle, pastizzi, crostate) and pasta (tortellini, tagliatelli, struffoli, ravioli, pizza). Terence Scully presents the first English translation of the work. His aim is to make the recipes and the broad experience of this sophisticated papal cook accessible to a modern English audience interested in the culinary expertise and gastronomic refinement within the most civilized niche of Renaissance society.

A captivating novel of Renaissance Italy detailing the mysterious life of Bartolomeo Scappi, the legendary chef to several popes and author of one of the bestselling cookbooks of all time, and the nephew who sets out to discover his late uncle ’ s secrets—including the identity of the noblewoman Bartolomeo loved until he died. When Bartolomeo Scappi dies in 1577, he leaves his vast estate—properties, money, and his position—to his nephew and apprentice Giovanni. He also gives Giovanni the keys to two strongboxes and strict instructions to burn their contents. Despite Scappi ’ s dire warning that the information concealed in those boxes could put Giovanni ’ s life and others at risk, Giovanni is compelled to learn his uncle ’ s secrets. He undertakes the arduous task of decoding Scappi ’ s journals and uncovers a history of deception, betrayal, and murder—all to protect an illicit love affair. As Giovanni pieces together the details of Scappi ’ s past, he must contend with two rivals who have joined forces—his brother Cesare and Scappi ’ s former prot é g é , Domenico Romoli, who will do anything to get his hands on the late chef ’ s recipes. With luscious prose that captures the full scale of the sumptuous feasts for which Scappi was known, The Chef ’ s Secret serves up power, intrigue, and passion, bringing Renaissance Italy to life in a delectable fashion.

Shakespeare’s KitchenRenaissance Recipes for the Contemporary Cook: A CookbookRandom House

Over 100 Fabulous Recipes to Use Eggs in Unexpected Ways

The Art of Cooking

Delicious Meals for Busy Lives: A Cookbook

How to Buy Food, how to Cook It, and how to Serve it

Between Harlem and Heaven

Everything I Want to Eat

L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)

Prologue: a rendez-vous -- The cook -- Writer and author -- Origin and early development of modern cookbooks -- Printed cookbooks: diffusion, translation, and plagiarism -- Organizing the cookbook -- Naming the recipes -- Pedagogical and didactic aspects -- Paratexts in cookbooks -- The recipe form -- The cookbook genre -- Cookbooks for rich and poor -- Health and medicine in cookbooks -- Recipes for fat and lean days -- Vegetarian cookbooks -- Jewish cookbooks -- Cookbooks and aspects of nationalism -- Decoration, illusion, and entertainment -- Taste and pleasure -- Gender in cookbooks and household books -- Epilogue: cookbooks and the future

Maestro Martino of Como has been called the first celebrity chef, and his extraordinary treatise on Renaissance cookery, The Art of Cooking, is the first known culinary guide to specify ingredients, cooking times and techniques, utensils, and amounts. This vibrant document is also essential to understanding the forms of conviviality developed in Central Italy during the Renaissance, as well as their sociopolitical implications. In addition to the original text, this first complete English translation of the work includes a historical essay by Luigi Ballerini and fifty modernized recipes by acclaimed Italian chef Stefania Barzini. The Art of Cooking, unlike the culinary manuals of the time, is a true gastronomic lexicon, surprisingly like a modern cookbook in identifying the quantity and kinds of ingredients in each dish, the proper procedure for cooking them, and the time required, as well as including many of the secrets of a culinary expert. In his lively introduction, Luigi Ballerini places Maestro Martino in the complicated context of his time and place and guides the reader through the complexities of Italian and papal politics. Stefania Barzini's modernized recipes that follow the text bring the tastes of the original dishes into line with modern tastes. Her knowledgeable explanations of how she has adapted the recipes to the contemporary palate are models of their kind and will inspire readers to recreate these classic dishes in their own kitchens. Jeremy Parzen's translation is the first to gather the entire corpus of Martino's legacy.

"Shakespeare's Kitchen not only reveals, sometimes surprisingly, what people were eating in Shakespeare's time but also provides recipes that today's cooks can easily re-create with readily available ingredients." —from the Foreword by Patrick O'Connell Francine Segan introduces contemporary cooks to the foods of William Shakespeare's world with recipes updated from classic sixteenth- and seventeenth-century cookbooks. Her easy-to-prepare adaptations shatter the myth that the Bard's primary fare was boiled mutton. In fact, Shakespeare and his contemporaries dined on salads of fresh herbs and vegetables; fish, fowl, and meats of all kinds; and delicate broths. Dried Plums with Wine and Ginger-Zest Crostini, Winter Salad with Raisin and Caper Vinaigrette, and Lobster with Pistachio Stuffing and Seville Orange Butter are just a few of the delicious, aromatic, and gorgeous dishes that will surprise and delight. Segan's delicate and careful renditions of these recipes have been thoroughly tested to ensure no-fail, standout results. The tantalizing Renaissance recipes in Shakespeare's Kitchen are enhanced with food-related quotes from the Bard, delightful morsels of culinary history, interesting facts on the customs and social etiquette of Shakespeare's time, and the texts of the original recipes, complete with antiquated spellings and eccentric directions. Patrick O'Connell provides an enticing Foreword to this edible history from which food lovers and Shakespeare enthusiasts alike will derive nourishment. Want something new for dinner? Try something four hundred years old. NOTE: This edition does not include photos.

"Rasachandrika is one of the classics among cookery books in Marathi. Generations of housewives have begun their culinary career by reading and following this book. Now the secrets of Saraswat cookery would be available to a much wide readership through this English edition." --Back cover.

Food and Knowledge in Renaissance Italy

Cooking and Eating in Renaissance Italy

Your Scientific Guide to Fat Loss, Muscle Gain, and Performance

A Critical Edition and Translation of De Honesta Voluptate Et Valetudine

Trisha's Kitchen

From Kitchen to Table

"Tuscan food tastes like itself. Ingredients are left to shine. . . . So, if on your visit, I hand you an apron, your work will be easy. We'll start with primo ingredients, a little flurry of activity, perhaps a glass of Vino Nobile di Montepulciano, and soon we'll be carrying platters out the door. We'll have as much fun setting the table as we have in the kitchen. Four double doors along the front of the house open to the outside—so handy for serving at a long table under the stars (or for cooling a scorched pan on the stone wall). Italian Philosophy 101: la casa aperta, the open house." —from the Introduction In all of Frances Mayes's bestselling memoirs about Tuscany, food plays a starring role. This cuisine transports, comforts, entices, and speaks to the friendly, genuine, and improvisational spirit of Tuscan life. Both cooking and eating in Tuscany are natural pleasures. In her first-ever cookbook, Frances and her husband, Ed, share recipes that they have enjoyed over the years as honorary Tuscans: dishes prepared in a simple, traditional kitchen using robust, honest ingredients. A toast to the experiences they've had over two decades at Bramasole, their home in Cortona, Italy, this cookbook evokes days spent roaming the countryside for chestnuts, green almonds, blackberries, and porcini; dinner parties stretching into the wee hours, and garden baskets tumbling over with bright red tomatoes. Lose yourself in the transporting photography of the food, the people, and the place, as Frances's lyrical introductions and headnotes put you by her side in the kitchen and raising a glass at the table. From Antipasti (starters) to Dolci (desserts), this cookbook is organized like a traditional Italian dinner. The more than 150 tempting recipes include: · Fried Zucchini Flowers · Red Peppers Melted with Balsamic Vinegar · Potato Ravioli with Zucchini, Speck, and Pecorino · Risotto Primavera · Pizza with Caramelized Onions and Sausage · Cannellini Bean Soup with Pancetta · Little Veal Meatballs with Artichokes and Cherry Tomatoes · Chicken Under a Brick · Short Ribs, Tuscan-Style · Domenica's Rosemary Potatoes · Folded Fruit Tart with Mascarpone · Strawberry Semifreddo · Steamed Chocolate Cake with Vanilla Sauce Frances and Ed also share their tips on stocking your pantry, pairing wines with dishes, and choosing the best olive oil. Learn their time-tested methods for hand rolling pasta and techniques for coaxing the best out of seasonal ingredients with little effort. Throw on another handful of pasta, pull up a chair, and languish in the rustic Italian way of life.

For a significant part of the early modern period, England was the most active site of recipe publication in Europe and the only country in which recipes were explicitly addressed to housewives. This book analyses the full range of English manuscript and printed recipe collections produced over the course of two centuries. Recipes reveal much more than the history of puddings and pies: they expose the unexpectedly therapeutic, literate, and experimental culture of the English kitchen.

125 comfort food recipes and family favorites that are simple to prepare and will bring loved ones together, plus fun family stories and photos, from country music star, Food Network star, and #1 best-selling author Trisha Yearwood Trisha Yearwood's fans know that she can cook up a comforting, delicious meal that will feed a family! Like her earlier bestsellers, Trisha's Kitchen will include new family favorites and easy-to-make comfort foods, with stories about her family and what's really important in life. The 125 recipes include dishes her beloved mother used to make, plus new recipes like Pasta Pizza Snack Mix and Garth's Teriyaki Bowl. Every recipe tells a story, whether it's her grandma's Million Dollar Cupcakes, or her Camo Cake that she made for her nephew's birthday. As Trisha says: "I love to cook now more than I ever have, because for me, cooking is about love. It's sharing a meal with family and friends and talking about our lives. It's working out thoughts in my head about what I need to conquer or accomplish while I'm working on a homemade pastry crust. Sometimes the feel of cold butter in my hands working through the flour just makes me see things more clearly."

Food and cuisine are important subjects for historians across many areas of study. Food, after all, is one of the most basic human needs and a foundational part of social and cultural histories. Such topics as famines, food supply, nutrition, and public health are addressed by historians specializing in every era and every nation. Food in Time and Place delivers an unprecedented review of the state of historical research on food, endorsed by the American Historical Association, providing readers with a geographically, chronologically, and topically broad understanding of food culturesNfrom ancient Mediterranean and medieval societies to France and its domination of haute cuisine. Teachers, students, and scholars in food history will appreciate coverage of different thematic concerns, such as transfers of crops, conquest, colonization, immigration, and modern forms of globalization.

Damn Good Chinese Food

Simple Recipes for Everyday Life

Afro-Asian-American Cooking for Big Nights, Weeknights, and Every Day

Rhubarb Renaissance

The Grand Tour Cookbook

Essential Recipes for Everyday Cooking [A Cookbook]

The Tuscan Sun Cookbook

Provides recipes for Shrek-themed breakfasts, lunches, dinners, and snacks, each featuring illustrated step-by-step cooking instructions and scenes from the movies.

Providing a unique perspective on a fascinating aspect of early modern culture, this volume focuses on the role of food and diet as represented in the works of a range of European authors, including Shakespeare, from the late medieval period to the mid seventeenth century. The volume is divided into several sections, the first of which is "Eating in Early Modern Europe"; contributors consider cultural formations and cultural contexts for early modern attitudes to food and diet, moving from the more general consideration of European and English manners to the particular consideration of historical attitudes toward specific foodstuffs. The second section is "Early Modern Cookbooks and Recipes," which takes readers into the kitchen and considers the development of the cultural artifact we now recognize as the cookbook, how early modern recipes might "work" today, and whether cookery books specifically aimed at women might have shaped domestic creativity. Part Three, "Food and Feeding in Early Modern Literature" offers analysis of the engagement with food and feeding in key literary European and English texts from the early sixteenth to the early seventeenth century: François Rabelais's Quart livre, Shakespeare's plays, and seventeenth-century dramatic prologues. The essays included in this collection are international and interdisciplinary in their approach; they incorporate the perspectives of historians, cultural commentators, and literary critics who are leaders in the field of food and diet in early modern culture.

Cuba is experiencing a cultural and culinary renaissance—and its paladares, the private restaurants, are leading the way. Paladares is a fascinating culinary and visual journey through the new Cuba. Born in Soviet Russia in the era of shortages, award-winning writer Anya von Bremzen brings a unique perspective to the stories that Cuba ’ s chefs, restaurateurs, farmers, and food historians share with her. She eavesdrops on passionate arguments about black beans and tamales; pries Daiquiri secrets from legendary El Floridita (Hemingway ’ s watering hole); guides us to vibrant agros (markets) and visionary organic farms. We learn of Fidel ’ s obsession with cows, milk, and ice cream. We hear wrenching memories of the Período Especial, the years of terrible privation after Soviet aid vanished. We meet colorful expats who fell for Cuba and ended up opening restaurants—and local hipsters who obsess over global culture gleaned solely from foreign movies and magazines. Fawn Schlow ’ s evocative photographs frame it all with the ramshackle glamour of old Havana, Cuba ’ s stunning countryside, dishes that are earthy and innovative, and Cuba ’ s incredible people. The more than 100 recipes in Paladares are as intriguing as the characters behind them. Traditional Cuban bean pots, saucy picadillo, crunchy fritters, soulful tamales, Roast Chicken Stuffed with Black Beans and Rice—and a Gulf Stream of cocktails—are all featured here. But the recipes also reflect the current aspiration of Cuban cooks to finally catch up with the world through dishes such as Pumpkin Soup with Blue Cheese, Ceviche with Mango and Black-Eyed Peas, or Coffee-Rubbed Pork. Cuba ’ s culinary culture is being reborn, and Paladares joyously savors this revolution.

"Fresh Eggs Daily blogger Steele lays down as many tips and recipes as her chickens do eggs in this innovative and plucky collection.... This will be hard to beat." – Publishers Weekly (Starred Review) Lisa Steele, fifth-generation chicken keeper and founder of the popular blog Fresh Eggs Daily, knows a thing or two about eggs. And she ’ s ready to show you just how easy and delicious it can be to make eggs a staple of every meal. First, Lisa will tell you everything you don ’ t know about eggs—such as what the different labels on grocery store egg cartons mean—and bust some common egg myths. From there, she provides you with foundational techniques for cooking with eggs, including steaming, grilling, baking, and frying. And finally, Lisa shares her go-to recipes for everything from breakfast staples, like eggs Benedict and a classic French trifold " omelette, " to breads, sandwiches, beverages, snacks, soups, salads, pasta, cakes, pies, and condiments. You ’ ll encounter a wide variety of both sweet and savory dishes with Lisa ’ s unique twists. Read The Fresh Eggs Daily Cookbook to discover new and exciting ways to incorporate fresh eggs into your cooking and baking repertoire each and every day.

Saraswat Cookery Book with Notes and Home Remedies, Useful Hints and Hindu Festivals

A History of Cookbooks

Rasachandrika

Recipes for Thought

Tart and Sweet

The Chef’s Secret

(mid-16th C., 1545?)