

Spices Salt And Aromatics In The English Kitchen English Cooking Ancient And Modern Vol1

The American Heart Association recommends no more than two-thirds of a teaspoon of salt per day, but it's easy to exceed that in just one meal. For anyone with hypertension, heart disease, or diabetes—and the millions of Americans whose high salt intake puts them at risk of developing these conditions—**You Won't Believe It's Salt-Free** offers 125 delicious no-salt recipes that take family dinners from monotonous to mouth-watering. Culinary expert Robyn Webb reveals her secret: simple spice blends that anyone can buy or make at home, plus recipes that use exotic aromatics like kaffir lime leaves and star anise to create bold, beautiful flavors. From Chipotle Chicken to Herbs de Provence Squash, there is something for everyone's palate. Once you experiment beyond the salt shaker, your health will improve and your cooking will too.

More than 400 recipes—from beloved classic to new inspirations—that celebrate the tomato in its many mouthwatering preparations around the world. Ever been confronted by a couple of unpromising-looking tomatoes and some of yesterday's bread, with nothing else for supper? In **The Big Red Book of Tomatoes**, Lindsey Bareham will turn them into a delectable dinner for one. And, if you're a gardener, the next time you're stuck with a load of tomatoes that won't ripen, why not try Lindsey's irresistible green tomato tart with zabaglione cream? In this lively, inspirational cookbook featuring more than 400 recipes, the fruit we love to eat as a vegetable is given the star treatment. There are salsas from Mexico, curries from India, Arab tagines, pizzas from Italy, and chutneys from the British Isles. And if you want to know how to make the ultimate Bloody Mary, then this is the book for you. There are innovative dishes such as Tomato Tarte Tatin, Golden Tomato Lasagna with Basil and Vine Tomatoes, classics such as Stuffed Tomatoes and Insalata Tricolore, as well as the more unusual Shaker Tomato Cream Pie, and of course pasta in every guise. Bareham explores the tomato's affinity with eggs, bread and pasta, as well as its ubiquitous appeal in salads and sauces, or paired with meat and fish. For lovers of quick dishes or slow simmering on the back burner, **The Big Red Book of Tomatoes** is an invaluable addition to the kitchen shelf.

The key to confident cooking lies not in learning to follow intricate recipes but rather in mastering a select handful of truly appealing yet straightforward dishes that invite experimentation and improvisation to reflect the seasons and the cook's own palate. In **Salt to Taste**, Chef Marco Canora presents a tempting repertoire of 100 soulful recipes that embody this philosophy perfectly: food that is comforting and familiar but with a depth of flavor and timeless appeal that mark the dishes as true essentials of the contemporary table. Each meticulously written recipe offers insightful lessons drawn both from memories of his mother's cooking and his years as one of New York's most respected chefs, guiding the way to a delicious dish every time. Extensive chef's notes suggest ways to streamline the process and enhance the savory results, marrying the precision of the professional kitchen with the warmth of home cooking. Those looking to elevate their cooking from merely good to truly spectacular will find much here to inspire them, while those in need of culinary coaching will learn that creating greatness is within reach. With a little forethought, care, practice, and observation, any cook can quickly gain the confidence to "salt to taste."

Sure to interest bibliophiles who cook, this detailed descriptive catalog of Serena Levi's working-library collection of cookbooks features an extensive Index and draws an oblique picture of some facets of the author's life.

Something Old, Something New

A Translation of Books 1 and 4 of Oribasius' Medical Compilations with an Introduction and Commentary

A Complete Guide to the Identification and Uses of Common and Exotic Spices and Natural Flavourings

Hot Sour Salty Sweet

You Won't Believe It's Salt-Free

Atrocious Books

Bittersweet

*"The most incredibly sophisticated compendium of all that is good in British cooking" by the renowned author of **An Omelette and a Glass of Wine** (Jeremy Lee, *The Guardian*). Elizabeth David presents a collection of English recipes using spices, salt, and aromatics. The book includes dishes such as briskets and spiced beef, smoked fish, cured pork and sweet fruit pickles. An emphasis is placed on the influence of India, the Middle East, and the Far East on the English kitchen. "David is in her element; the prose sings, and the song is paean to the exotica that she craved. Even her treatment of a subject ordinarily as prosaic as measurements feels fresh forty years later. . . . She demolishes the canard that traditional British food is limited and bland." —*British Food in America* "[David] demonstrates the varied and diverse nature of English cooking, identifying its many influences over the centuries resulting from trade with other nations. In fact the book is less a selection of recipes than an historical journey through countries that have influenced the English addiction to spices. . . . This is an exceptional, well-researched book. An informative and enjoyable read which at the same time doubles as a useful reference tool." —*The Caterer* "A lovely variety of well-flavored dishes from many countries." —*The Art of Eating**

*A posthumous collection of recipes and articles—recommended by her friends and fans—from "the best food writer of her time" (Jane Grigson, *The Times Literary Supplement*). Before Elizabeth David died in 1992, she and her editor, Jill Norman, had begun work on a volume of "The Best of," but then her health deteriorated and the project was shelved. The idea was revived in 1996, when chefs and writers and Elizabeth's many friends were invited to select their favorite articles and recipes. The names of the contributors—who number among some of our finest food writers, such as Simon Hopkinson, Alice Waters, Sally Clarke, Richard Olney, Paul Levy, and Anne Willan—appear after the pieces they had chosen along with their notes. The writings and recipes which make up **South Wind Through the Kitchen** are drawn from all of Elizabeth David's books, namely **A Book of Mediterranean Food**; **French Country Cooking**; **Italian Food**; **Summer Cooking**; **French Provincial Cooking**; **Spices, Salt and Aromatics in the English Kitchen**; **English Bread and Yeast Cookery**; **An Omelette and a Glass of Wine**; and **Harvest of the Cold Months**. There are over 200 recipes organized around courses and ingredients such as eggs and cheese, fish and shellfish, meat, poultry and game, vegetables, pasta, pulses and grains, sauces, sweet dishes and cakes, preserves, and bread, all interspersed with extracts and articles making*

it a delightful compendium to dip into as well as cook from. "The doyenne of food writers . . . a touching eulogy compiled by those who loved her . . . While it contains recipes from France, the Mediterranean, and the Levant, the book is really a collection of Mrs. David's memories of those places." —The Dabbler

A revealing look at the history and production of spices, with modern, no-nonsense advice on using them at home. Every home cook has thoughts on the right and wrong ways to use spices. These beliefs are passed down in family recipes and pronounced by television chefs, but where do such ideas come from? Many are little better than superstition, and most serve only to reinforce a cook's sense of superiority or cover for their insecurities. It doesn't have to be this way. These notes On Spice come from three generations of a family in the spice trade, and dozens upon dozens of their collected spice guides and stories. Inside, you'll learn where spices come from: historically, geographically, botanically, and in the modern market. You'll see snapshots of life in a spice shop, how the flavors and stories can infuse not just meals but life and relationships. And you'll get straightforward advice delivered with wry wit. Discover why: Salt grinders are useless Saffron is worth its weight in gold (as long as it's pure) That jar of cinnamon almost certainly isn't Vanilla is far more risqué than you think Learn to stop worrying and love your spice rack.

"A wonderful cookbook with the very best authentic Italian recipes . . . Flick through it and you can feel immediately transported to a table under an olive tree" (The Sunday Tribune). Named One of the Top 100 Cookbooks of the Last 25 Years by Cooking Light! Verdura has become a classic that readers turn to as their vegetable cooking bible—with irresistible recipes representing the best of the Italian approach to vegetable preparation, an earthy yet spirited technique that celebrates fresh ingredients simply treated. Contending that eating well-prepared vegetables helps us to appreciate life's natural cycles, Viana La Place presents recipes for antipastos, salads, soups, sandwiches, pasta, risottos, pizzas, and much more. The vegetables she explores run from the familiar—artichokes, aubergines, radicchio—to the more exotic, such as chayote, cardoons, and brocciflower. (Sauté her cauliflower-broccoli hybrid in garlic and oil—then top it with pungent provolone!) Other recipes, such as Soup of Dried Broad Beans with Fresh Fennel; Fettucine with Peas, Spring Onions, and Mint; Grilled Bread with Raw Mushroom Salad; and Baked Red Pepper Fritatta; give further evidence of the author's original yet thoughtful way with the earth's bounty. Desserts are also included, among them Watermelon with Bittersweet Chocolate Shavings; Grilled Figs with Honey and Walnuts; and Lemon Granita and Brioches. With a vegetable and herb guide and an ingredient glossary, Verdura provides comprehensive information while exciting the palate.

The Best of Elizabeth David

An Encyclopedia of History, Culture and Social Influence from Hunter Gatherers to the Age of Globalization

Dangerous Tastes

Baking and Pastry

Proceedings of the Oxford Symposium on Food and Cookery 2012

The Complete Guide to Long-Term Low-Carb Dieting

On Spice

In Kitchen Medicine the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

Summer Cooking - first published in 1955 - is Elizabeth David's wonderful selection of dishes, for table, buffet and picnic, that are light, easy to prepare and based on seasonal ingredients. Elizabeth David shows how an imaginative use of herbs can enhance even the simplest meals, whether egg, fish or meat, while her recipes range from a simple salade niçoise to strawberry soufflé. Finally, Summer Cooking has chapters on hors d'oeuvres, summer soups, vegetables, sauces and sweets that are full of ideas for fresh, cool food all summer long. 'Not only did she transform the way we cooked but she is a delight to read' Express on Sunday 'Britain's most inspirational food writer' Independent 'When you read Elizabeth David, you get perfect pitch. There is an understanding and evocation of flavours, colours, scents and places that lights up the page' Guardian 'Not only did she transform the way we cooked but she is a delight to read' Express on Sunday Elizabeth David (1913-1992) is the woman who changed the face of British cooking. Having travelled widely during the Second World War, she introduced post-war Britain to the sun-drenched delights of the Mediterranean and her recipes brought new flavours and aromas into kitchens across Britain. After her classic first book Mediterranean Food followed more bestsellers, including French Country Cooking, Summer Cooking, French Provincial Cooking, Italian Food, Elizabeth David's Christmas and At Elizabeth David's Table.

A kitchen classic for over 35 years, and hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, On Food and Cooking is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary, Harold McGee prepared a new, fully revised and updated edition of On Food and Cooking. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new On Food and Cooking provides countless eye-opening insights into food, its preparation, and its enjoyment. On Food and Cooking pioneered the translation of technical food science into cook-friendly kitchen science and helped birth the inventive culinary movement known as "molecular gastronomy." Though other books have been written about kitchen science, On Food and Cooking remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout the new edition are: · Traditional and modern methods of food production and their influences on food quality · The great diversity of methods by which people in different places and times have prepared the same ingredients · Tips for selecting the best ingredients and preparing them successfully · The particular substances that give foods their flavors, and that give us pleasure · Our evolving knowledge of the health benefits and risks of foods On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

This is the family cookbook Martha Washington kept and used for fifty years, with over five hundred classic recipes dating largely from Elizabethan and Jacobean times, the golden age of English cookery.

Home Remedies

Mastering the Elements of Good Cooking

Spices of Life

The Book of Spice: From Anise to Zedoary

Vegetables Italian Style

World Food: An Encyclopedia of History, Culture and Social Influence from Hunter Gatherers to the Age of Globalization

Spices and Natural Flavourings

A complete herbal handbook of home cures and kitchen remedies from the team behind Backyard Medicine and Backyard Medicine for All! Originally published in the UK as Kitchen Medicine. Years ago, every household practiced kitchen medicine. Doctors were expensive and people were self-reliant—even when it came to health care. Today, doctors are more expensive and we've become much less self-reliant. Now Home Remedies revives that lost tradition of the kitchen as pharmacy. Learn how: Fennel wards off symptoms of menopause Garlic reduces cholesterol levels Lemon relieves rheumatism Ginger treats a cold An olive oil purge can eliminate gallstones Sore joints are eased with mustard So much more! With great original photography, foolproof recipes, and fascinating insights into the history of these household ingredients, Home Remedies gives you the "medicinal intelligence" to create your own remedies and cures from the remarkable treasures found sitting in your kitchen right now.

In Beard on Food, one of America's great culinary thinkers and teachers collects his best essays, ranging from the perfect hamburger to the pleasures of oxtails, from salad dressing to Sauce Diable. The result is not just a compendium of fabulous recipes and delicious bites of writing. It's a philosophy of food—unfussy, wide-ranging, erudite, and propelled by Beard's exuberance and sense of fun. In a series of short, charming essays, with recipes printed in a contrasting color (as they were in the beloved original edition), Beard follows his many enthusiasms, demonstrating how to make everyday foods into delicious meals. Covering meats, vegetables, fish, herbs, and kitchen tools, Beard on Food is both an invaluable reference for cooks and a delightful read for armchair enthusiasts. (For more information, visit the James Beard Foundation at www.jamesbeard.org.) Praise for James Beard: "In matters of the palate James Beard is absolutely to be trusted...He is always on target."—Chicago Tribune "James Beard has done more than anybody else to popularize good food in America."—New York Times "Beard was an innovator, an experimenter, a missionary in bringing the gospel of good cooking to the home table."—Craig Claiborne "Too much of James Beard can never be enough for me."—Gael Greene

Aliza Green provides a fully-illustrated guide to spices, creating 50 spice blends, and 50 recipes using flavor profiles from around the world.

Luminous at dawn and dusk, the Mekong is a river road, a vibrant artery that defines a vast and fascinating region. Here, along the world's tenth largest river, which rises in Tibet and joins the sea in Vietnam, traditions mingle and exquisite food prevails. Award-winning authors Jeffrey Alford and Naomi Duguid followed the river south, as it flows through the mountain gorges of southern China, to Burma and into Laos and Thailand. For a while the right bank of the river is in Thailand, but then it becomes solely Lao on its way to Cambodia. Only after three thousand miles does it finally enter Vietnam and then the South China Sea. It was during their travels that Alford and Duguid—who ate traditional foods in villages and small towns and learned techniques and ingredients from cooks and market vendors—came to realize that the local cuisines, like those of the Mediterranean, share a distinctive culinary approach: Each cuisine balances, with grace and style, the regional flavor quartet of hot, sour, salty, and sweet. This book, aptly titled, is the result of their journeys. Like Alford and Duguid's two previous works, Flatbreads and Flavors ("a certifiable publishing event" —Vogue) and Seductions of Rice ("simply stunning"—The New York Times), this book is a glorious combination of travel and taste, presenting enticing recipes in "an odyssey rich in travel anecdote" (National Geographic Traveler). The book's more than 175 recipes for spicy salsas, welcoming soups, grilled meat salads, and exotic desserts are accompanied by evocative stories about places and people. The recipes and stories are gorgeously illustrated throughout with more

than 150 full-color food and travel photographs. In each chapter, from Salsas to Street Foods, Noodles to Desserts, dishes from different cuisines within the region appear side by side: A hearty Lao chicken soup is next to a Vietnamese ginger-chicken soup; a Thai vegetable stir-fry comes after spicy stir-fried potatoes from southwest China. The book invites a flexible approach to cooking and eating, for dishes from different places can be happily served and eaten together: Thai Grilled Chicken with Hot and Sweet Dipping Sauce pairs beautifully with Vietnamese Green Papaya Salad and Lao sticky rice. North Americans have come to love Southeast Asian food for its bright, fresh flavors. But beyond the dishes themselves, one of the most attractive aspects of Southeast Asian food is the life that surrounds it. In Southeast Asia, people eat for joy. The palate is wildly eclectic, proudly unrestrained. In *Hot, Sour, Salty, Sweet*, at last this great culinary region is celebrated with all the passion, color, and life that it deserves.

The Science and Lore of the Kitchen

A Celebration in Obituaries

The Big Red Book of Tomatoes

Mastering the Art and Craft

English Cooking, Ancient and Modern: Spices, salt and aromatics in the English kitchen

Spices, Salt and Aromatics in the English Kitchen

My Aromatic Kitchen

In essays ranging from his earliest cooking lessons in a cold-water walk-up apartment on New York's Lower East Side to opinions both admiring and acerbic on the food writers of the past ten years, John Thorne argues that to eat exactly what you want, you have to make it yourself. Thorne tells us how he learned to cook for himself the foods that he likes best to eat, and following along with him can make you so hungry that his simple, suggestive recipes will inspire you to go into the kitchen and translate your own appetite into your own supper.

Now a Netflix series! New York Times Bestseller and Winner of the 2018 James Beard Award for Best General Cookbook and multiple IACP Cookbook Awards Named one of the Best Books of 2017 by: NPR, BuzzFeed, The Atlantic, The Washington Post, Chicago Tribune, Rachel Ray Every Day, San Francisco Chronicle, Vice Munchies, Elle.com, Glamour, Eater, Newsday, Minneapolis Star Tribune, The Seattle Times, Tampa Bay Times, Tasting Table, Modern Farmer, Publishers Weekly, and more. A visionary new master class in cooking that distills decades of professional experience into just four simple elements, from the woman declared “America’s next great cooking teacher” by Alice Waters. In the tradition of *The Joy of Cooking* and *How to Cook Everything* comes *Salt, Fat, Acid, Heat*, an ambitious new approach to cooking by a major new culinary voice. Chef and writer Samin Nosrat has taught everyone from professional chefs to middle school kids to author Michael Pollan to cook using her revolutionary, yet simple, philosophy. Master the use of just four elements—Salt, which enhances flavor; Fat, which delivers flavor and generates texture; Acid, which balances flavor; and Heat, which ultimately determines the texture of food—and anything you cook will be delicious. By explaining the hows and whys of good cooking, *Salt, Fat, Acid, Heat* will teach and inspire a new generation of cooks how to confidently make better decisions in the kitchen and cook delicious meals with any ingredients, anywhere, at any time. Echoing Samin’s own journey from culinary novice to award-winning chef, *Salt, Fat, Acid, Heat* immediately bridges the gap between home and professional kitchens. With charming narrative, illustrated walkthroughs, and a lighthearted approach to kitchen science, Samin demystifies the four elements of good cooking for everyone. Refer to the canon of 100 essential recipes—and dozens of variations—to put the lessons into practice and make bright, balanced vinaigrettes, perfectly caramelized roast vegetables, tender braised meats, and light, flaky pastry doughs. Featuring 150 illustrations and infographics that reveal an atlas to the world of flavor by renowned illustrator Wendy MacNaughton, *Salt, Fat, Acid, Heat* will be your compass in the kitchen. Destined to be a classic, it just might be the last cookbook you’ll ever need. With a foreword by Michael Pollan.

A completely revised and updated edition of the popular pickle handbook. Delicatessen and farm shop shelves are crammed with pickles, as well as salsas, vinegars, pastes, and chutneys; these spiced-up specialties are all the rage and have become the in-vogue accompaniments of the moment. It’s easy to understand their attraction: they are assertive and potent, but can also be subtle; sometimes they assault the palate, sometimes they tease with their piquancy. Cooks at home know they can add a buzz to quite ordinary food. Farmers’ markets are also a fruitful and profitable prospect for small-scale pickle and chutney makers, who are able to sell their wares without having to negotiate needless “food miles.” Legions of enthusiasts are bringing pickling back home—and they also understand how to succeed in business. The world really is our larder and pickles are back where they belong—on the front row. This much-in-demand handbook includes recipes not just for fruit and vegetable pickles, but also for pickled meats and fish.

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.

The History of a Temptation

How to Use Kitchen Staples to Treat Common Ailments

Beard on Food

The Story of Spices

On Food and Cooking

Eat Well on \$4/Day

South Wind Through the Kitchen

In this ingenious and delectable cookbook, accomplished and innovative chef Kille Enna shows readers how to use simple aromatic blends of herbs, spices, fruits, and vegetables to create unforgettable meals. With nine cook and lifestyle books to her name, Kille Enna has become an icon of simple organic elegance. In this cookbook she distills the lessons she's learned from a life devoted to spices and herbs into timeless recipes that anyone can make. Enna's message is straightforward: the tastiest most flavor-packed meals include fresh, high-quality ingredients, prepared simply by adding aromatic blends. Here she offers fifty recipes, each featuring a key ingredient combined with an aromatic blend of spices, herbs, fruits, and vegetables. Inspired by the harvest from her own organic garden in southern Sweden, this book's recipes range from the crisp, cool offerings of winter to the sultry, sensuous heat of summer. Using ingredients that are in season and widely available, Enna shows how combinations of spices and herbs can transform everyday foods into refined meals. In between recipes, Enna offers in-depth tips on everything from cast iron skillets to edible flowers. Bathed in the colorful radiance of Enna's own photography and infused with her lifelong passion for nature and simple living, this is a cookbook that will appeal to the senses and that will remain an essential reference in kitchens everywhere.

This book brings together edited articles from the second edition of the Encyclopaedia of Islam that are relevant to food culture, health, diet, and medicine in pre-Islamic Muslim societies.

Presents recipes for vegetarian dishes from a variety of cultures, including soups, breads, entrees, salads, beverages, and desserts

Diet for an Emperor presents the first translation into English of Books 1 and 4 of the Medical Compilations of Oribasius, together with a commentary assessing the medical theories behind this invaluable source of information on food and diet in the Roman Empire.

A Guide to the Art, Science, and Lore of Combining Flavors

Ethnic Recipes from India, China, Mexico, Southeast Asia, the Middle East, and Europe

Wrapped & Stuffed Foods

The Mustard Book

The Fat of the Land

Good and Cheap

Salt, Fat, Acid, Heat

Spices, Salt and Aromatics in the English KitchenGrub Street Cookery

This selection of Times obituaries from 1872 to 2014 revisits the lives of 125 women who have all, in their own way, played an important part in women's educational, professional, social, cultural and emotional journey over the best part of two centuries. The anthology starts with the obituary of 91-year-old pioneering mathematician and scientist Mary Somerville (d. 1872) and concludes with that of 110-year-old concert pianist and Holocaust survivor Alice Herz-Sommer (d. 2014). In between come a formidable trio of later scientists: the discoverer of radium Marie Curie; the unsung heroine of DNA, Rosalind Franklin; and the only British woman to win a Nobel Prize for science, Dorothy Hodgkin. Plus a further quintet of great pianists: Clara Schumann, Myra Hess, Eileen Joyce, Tatiana Nikolayeva and Moura Lympany. Among campaigners, there is nursing reformer Florence Nightingale (d. 1910), along with suffragists Emmeline, Christabel and Sylvia Pankhurst (d. 1928, 1958 and 1960), the 20th century's best-known promoter of contraception (Marie Stopes, d. 1958), civil rights worker Rosa Parks (d. 2005), founder of the hospice movement Cicely Saunders (d. 2005), anti-apartheid campaigner Helen Suzman (d. 2009) and Nobel Prize-winning environmentalist Wangari Maathai (d. 2011). Interspersed are women prime ministers from Golda Meir of Israel (d. 1978) to Margaret Thatcher (d. 2013); actresses from Sarah Bernhardt (d. 1923) to Marilyn Monroe (d. 1962) and Elizabeth Taylor (d. 2011); novelists from George Eliot (d. 1880) to Doris Lessing (d. 2013); singers from Jenny Lind (d. 1887) to Joan Sutherland (d. 2010); plus aviators, a mountaineer, a Channel swimmer, war correspondents, ballerinas, sportswomen, botanists, US first ladies, iconic members of the British royal family, and more.

The definitive book on one of the world's most versatile ingredients. Mustard has a long and fascinating history weaving back through many different cultures. It was being cultivated even earlier than 4000 BC. The peppery flavored leaves of the plant can be eaten and are indeed one of the mainstays of southern American soul food cooking. Its seeds can be pressed to make oil as well as used whole. This is the first authoritative book on the subject and covers all aspects of its history, cultivation, and its many and varied uses, both culinary and medicinal. There is something here for everyone, from the professional chef, who may want to learn how to make mustard from scratch, to the home cook. The bulk of the book is dedicated to over 150 recipes using mustard as an ingredient and includes recipes for sauces, soups, starters, fish, poultry, game, meat, vegetables, pickles, baking, savorys, and puddings. There is also a section on making mustard at home. Among the tempting treats to try are Mostarda di Cremona, now a fashionable relish on many tables, glazes for baked hams, chicken wings with mustard and lime, mackerel in black treacle and mustard, lapin moutarde (one of the classics of the French kitchen), glazed salt beef with mustard sauce, mustard seed sausages, mustard greens in coconut milk, piccalilli (probably one of the most famous pickles), spiced gingerbread, and mustard seed and allspice biscuits.

This book explores the aesthetic pleasures of eating and writing in the lives of M. F. K. Fisher (1908-1992), Alice B. Toklas (1877-1967), and Elizabeth David (1913-1992). Growing up during a time when women's food writing was largely limited to the domestic cookbook, which

helped to codify the guidelines of middle class domesticity, Fisher, Toklas, and David claimed the pleasures of gastronomy previously reserved for men. Articulating a language through which female desire is artfully and publicly sated, Fisher, Toklas, and David expanded women's food writing beyond the domestic realm by pioneering forms of self-expression that celebrate female appetite for pleasure and for culinary adventure. In so doing, they illuminate the power of genre-bending food writing to transgress and reconfigure conventional gender ideologies. For these women, food encouraged a sensory engagement with their environment and a physical receptivity toward pleasure that engendered their creative aesthetic.

Martha Washington's Booke of Cookery and Booke of Sweetmeats

Advice, Wisdom, and History with a Grain of Saltiness

The Magic of Spice Blends

Food Culture and Health in Pre-Modern Muslim Societies

Dieting for an Emperor

Proceedings of the Oxford Symposium on Food and Cooking 2002

The Times Great Women's Lives

"Delightful and complex. When Dalby blends the spices, the result is unique and irresistible."—Alan Davidson, author of The Oxford Companion to Food

Contains essays presented at the 2012 Oxford Symposium on Food and Cookery

In this groundbreaking cookbook, Nina Simonds offers us more than 175 luscious recipes, along with practical tips for a sensible lifestyle, that demonstrate that health-giving foods not only provide pleasure but can make a huge difference in our lives. With her emphasis on the tonic properties of a wide variety of foods, herbs, and spices, this book also brings us up to date on the latest scientific research. In every recipe—gathered from cultures around the world in which good eating is a way of life—Simonds gives us dishes that are both irresistible and have a positive effect on one's well-being. For example: -Cardamom, a key digestive, subtly seasons her Steamed Asparagus with Cardamom Butter. -Cinnamon, which strengthens the heart and alleviates nervous tension, adds spice to her Fragrant Cinnamon Pork with Sweet Potatoes. -Basil has long been used as a healing salve and in teas. So who wouldn't feel rejuvenated by a delicious bowlful of Sun-Dried Tomato Soup with Fresh Basil? -Peanuts, which fortify the immune system and lower cholesterol, provide a tasty, crunchy accent in Sichuan Kung Pao Chicken. -Mint, which has many healing properties, from taming muscle spasms to dissolving gallstones, can be relished in Minty Snap Peas accompanying Pan-Roasted Salmon or in a Pineapple Salsa served with Jerk Pork Cutlets. -And peaches give us vitamin C, beta carotene, and fiber. So enjoy them in a wonderful Gingery Peach-a-Berry Cobbler. To help us understand what part these health-restoring foods can play in our lives, Simonds peppers Spices of Life with lively interviews with a variety of experts, including Dr. Jim Duke, who offers anti-aging advice from his Herbal Pharmacy; Dr. Andrew Weil, who discusses his latest nutritional findings; and Dr. U. K. Krishna, who explains basic Ayurvedic practices for healthy living. And more. With its delicious, easy-to-prepare recipes and concise health information, this delightful book opens up a whole new world of tastes for us to enjoy every day and to share with family and friends.

Here are tips, tricks, and practical advice for dealing with issues that these dieters face every day: How to eat to maintain weight loss, the best way to deal with eating binges, what to do when dining out or facing temptations during the holidays, the safest times of day to eat high-carb foods, McCullough also provides information on new low-carb products, "secret weapons", mail-order sources, vitamin supplements, the use of "healthy fats" in cooking, and effective bounceback programs from periods of indulgence -- as well as 165 delicious recipes that never seem like a sacrifice.

Lessons From My Mother's Kitchen

Spice

The Key to Confident, Delicious Cooking

125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends

Outlaw Cook

Living Low-Carb

At once familiar and exotic, spices are rare things, comforting us in favorite dishes while evoking far-flung countries, Arabian souks, colonial conquests and vast fortunes. John O'Connell introduces us to spices and their unique properties, both medical and magical, alongside the fascinating histories behind both kitchen staples and esoteric luxuries. A tasty compendium of spices and a fascinating history and wide array of uses of the world's favorite flavors—The Book of Spice: From Anise to Zedoary reveals the amazing history of spices both familiar and esoteric. John O'Connell's erudite chapters combine history with insights into art, religion, medicine, science, and is richly seasoned with anecdotes and recipes. Discover why Cleopatra bathed in saffron and mare's milk, why wormwood-laced absinthe caused eighteenth century drinkers to hallucinate and how cloves harvested in remote Indonesian islands found their way into a kitchen in ancient Syria. Almost every kitchen contains a bottle of cloves or a stick of cinnamon, almost every dish a pinch of something, whether chili or cumin. The Book of Spice is culinary history at its most appetizing.

In this brilliant, engrossing work, Jack Turner explores an era—from ancient times through the Renaissance—when what we now consider common condiments were valued in gold and blood. Spices made sour medieval wines palatable, camouflaged the smell of corpses, and served as wedding night aphrodisiacs. Indispensable for cooking, medicine, worship, and the arts of love, they were thought to have magical properties and were so valuable that they were often kept under lock and key. For some, spices represented Paradise, for others, the road to perdition, but they were potent symbols of wealth and power, and the wish to possess them drove explorers to circumnavigate the globe—and even to savagery. Following spices across continents and through literature and mythology, Spice is a beguiling narrative about the surprisingly vast influence spices have had on human desire. Includes eight pages of color photographs. One of the Best Books of the Year: Discover Magazine, The Christian Science Monitor, San Francisco Chronicle

This multicultural and interdisciplinary reference brings a fresh social and cultural perspective to the global history of food, foodstuffs, and cultural exchange from the age of discovery to

contemporary times. Comprehensive in scope, this two-volume encyclopedia covers agriculture and industry, food preparation and regional cuisines, science and technology, nutrition and health, and trade and commerce, as well as key contemporary issues such as famine relief, farm subsidies, food safety, and the organic movement. Articles also include specific foodstuffs such as chocolate, potatoes, and tomatoes; topics such as Mediterranean diet and the Spice Route; and pivotal figures such as Marco Polo, Columbus, and Catherine de' Medici. Special features include: dozens of recipes representing different historic periods and cuisines of the world; listing of herbal foods and uses; and a chronology of key events/people in food history. Proceedings of the Oxford Symposium on Food and Cooking for the year 2002. The subject is The Fat of the Land.

The Best Recipes and Kitchen Wisdom from the Dean of American Cooking

Salt to Taste

Kitchen Medicine

The Innovative Appetites of M.F.K. Fisher, Alice B. Toklas, and Elizabeth David

Aesthetic Pleasure in Twentieth-Century Women's Food Writing

Household Remedies for Common Ailments and Domestic Emergencies

Verdura

The award-winning, bestselling author of *An Everlasting Meal* "revitalizes classics and long-forgotten dishes, bringing them into this century with verve and ease" (*Bon Appetit*) in this "lovely and literary" (*Vogue.com*) cookbook. Many dishes that once excited our palates—like oysters Rockefeller, steak Diane, cheese and walnut soufflés—have disappeared from our tables and, in some cases, from our memories. Creating a unique culinary history, Tamar Adler, a *Vogue* and *New York Times* writer and *Chez Panisse* alum, has collected more than a hundred recipes from old cookbooks and menus and enlivened, updated, and simplified them. Adler's approach to these dishes involves ample use of acid and herbs, pared down techniques, and contemporary ways of serving. Seasonal menus, wine pairings suggested by sommelier Juliette Pope, gorgeous watercolor drawings by artist Mindy Dubin, and a foreword by influential food critic Mimi Sheraton add to this "personal, nostalgic journey...as much about the writing as it is about the cooking" (*The New York Times Book Review*). Adler has created a unique culinary history, filled with delicious recipes and smart, witty prose. It is destined to become a modern classic.

On a sunny morning in May 2005, foreign correspondent Matt McAllester's mother, Ann, died unexpectedly of a heart attack, and despite having spent six years reporting on death and devastation from the world's most brutal war zones, he was pole-axed by grief. Pole-axed, and also astonished to be grieving for a woman who had been largely absent from his life, lost for two-and-a-half decades in her private world of madness. In the weeks and months that followed, Matt found himself poring over old family photos and letters, searching for the warm, quick-witted and beautiful woman he remembered from his earliest childhood, who had now vanished for the second time. But as he looked anew at her long-cherished collection of cookbooks, it occurred to him that the best way to find her again might be through something they both treasured: the food she had once lovingly prepared for her family before she was snatched away from them by illness. With the help of Elizabeth David, the cookery writer his mother most revered, Matt embarked on a culinary journey, returning from the front lines to cook Ann's much-loved recipes: from cassoulet, to spare ribs, to steak with Bordelaise sauce, to oeufs en cocotte, to strawberry ice cream - the source of one of his happiest memories. And for the first time he had someone to prepare these dishes for: his new wife, with whom he was trying to conceive a child.

Bittersweet is McAllester's poignant account of rediscovering his mother's life, coming to terms with her death, and travelling towards a new future as a father. Powerful, affecting and interspersed with mouth-watering recipes, it is a moving testament to the healing power of cooking for those you love.

The leading learning tool for all levels of baking and pastry ability, newly illustrated and updated Praised by top pastry chefs and bakers as "an indispensable guide" and "the ultimate baking and pastry reference," the latest edition of *Baking and Pastry* from The Culinary Institute of America improves upon the last with more than 300 new recipes, photographs, and illustrations, and completely revised and up-to-date information on creating spectacular breads and desserts. Covering the full range of the baking and pastry arts and widely used by professionals and readers who want to bake like professionals, this book offers detailed, accessible instructions on the techniques for everything from yeast breads, pastry doughs, quick breads, breakfast pastries, and savory items to cookies, pies, cakes, frozen desserts, custards, soufflés, and chocolates. In addition, this revised edition features new information on sustainability and seasonality along with new material on plated desserts, special-occasion cakes, wedding cakes, décor techniques, savory and breakfast pastries, and volume production, making it the most comprehensive baking and pastry manual on the market. Named "Best Book: Professional Kitchen" at the International Association of Culinary Professionals (IACP) Cookbook Awards Established by its first two editions as a lifelong kitchen reference for professional pastry chefs

Includes more than 900 recipes and 645 color photographs and illustrations

The Perfect Pickle Book

A Cookbook of Simple and Delicious Recipes for Great Health

Oysters Rockefeller, Walnut Souffle, and Other Classic Recipes Revisited

Summer Cooking

A Culinary Journey Through Southeast Asia

The Spice of Vegetarian Cooking