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The Seven Culinary Wonders of the World

Language and food are universal to humankind. Language accomplishes more than a pure exchange of information, and food caters for more than mere subsistence. Both represent crucial sites for socialization, identity construction, and the everyday fabrication and perception of the world as a meaningful, orderly place. This volume on Culinary Linguistics contains an introduction to the study of food and an extensive overview of the literature focusing on its role in interplay with language. It is the only publication fathoming the field of food and food-related studies from a linguistic perspective. The research articles assembled here encompass a number of linguistic fields, ranging from historical and ethnographic approaches to literary studies, the teaching of English as a foreign language, psycholinguistics, and the study of computer-mediated communication, making this volume compulsory reading for anyone interested in genres of food discourse and the linguistic connection between food and culture. Now Open Access as part of the Knowledge Unlatched 2017 Backlist Collection.

Chop Suey

Integrating nutritional science with culinary expertise, a physician explains how to prevent disease, shed pounds, and promote overall health by using foods that tempt the palate while promoting the body's immunity.

101 Square Meals

A wildly hilarious and irreverent memoir of a globe-trotting life lived meal-to-meal by one of our most influential and respected food critics. As the son of a diplomat growing up in places like Hong Kong, Taiwan, and Japan, Adam Platt didn't have the chance to become a picky eater. Living, traveling, and eating in some of the most far-flung locations around the world, he developed an eclectic palate and a nuanced understanding of cultures and cuisines that led to some revelations which would prove important in his future career as a food critic. In Tokyo, for instance--"a kind of paradise for nose-to-tail cooking"--he learned that "if you're interested in telling a story, a hair-raisingly bad meal is much better than a good one." From dim sum in Hong Kong to giant platters of Peking duck in Beijing, fresh-baked croissants in Paris and pierogi on the snowy streets of Moscow, Platt takes us around the world, re-tracing the steps of a unique, and lifelong, culinary education. Providing a glimpse into a life that has intertwined food and travel in exciting and unexpected ways, *The Book of Eating* is a delightful and

sumptuous trip that is also the culinary coming-of-age of a voracious eater and his eventual ascension to become, as he puts it, "a professional glutton."

Everyone Is Italian on Sunday

85 authentic recipes and 100 stunning photographs that capture the cultural and cooking traditions of the Italian South, from the mountains to the coast. In most cultures, exploring food means exploring history—and the Italian south has plenty of both to offer. The pasta-heavy, tomato-forward "Italian food" the world knows and loves does not actually represent the entire country; rather, these beloved and widespread culinary traditions hail from the regional cuisines of the south. Acclaimed author and food journalist Katie Parla takes you on a tour through these vibrant destinations so you can sink your teeth into the secrets of their rustic, romantic dishes. Parla shares rich recipes, both original and reimagined, along with historical and cultural insights that encapsulate the miles of rugged beaches, sheep-dotted mountains, meditatively quiet towns, and, most important, culinary traditions unique to this precious piece of Italy. With just a bite of the Involtoni alla Piazzetta from farm-rich Campania, a taste of Giurgiulena from the sugar-happy kitchens of Calabria, a forkful of "U Pan" Cuott" from mountainous Basilicata, a morsel of Focaccia from coastal Puglia, or a mouthful of Pizz e Foje from quaint Molise, you'll discover what makes the food of the Italian south unique. Praise for Food of the Italian South "Parla clearly crafted every recipe with reverence and restraint, balancing authenticity with accessibility for the modern home cook." Fine Cooking "Parla's knowledge and voice shine in this outstanding meditation on the food of South Italy from the Molise, Campania, Puglia, Basilicata, and Calabria regions. . . . This excellent volume proves that no matter how well-trodden the Italian cookbook path is, an expert with genuine curiosity and a well-developed voice can still find new material." Publishers Weekly (starred review) "There's There's Italian food, and then there's there's Italian food. Not just pizza, pasta, and prosciutto, but obscure recipes that have been passed down through generations and are only found in Italy . . . and in this book." Woman's Day (Best Cookbooks Coming Out in 2019) "[With] Food of the Italian South, Parla wanted to branch out from Rome and celebrate the lower half of the country." Punch "Acclaimed culinary journalist Katie Parla takes cookbook readers and home cooks on a culinary journey." The Parkersburg News and Sentinel

The Grain Bowl

An Eater Best Cookbook of Fall 2020 " This groundbreaking new cookbook from chef, bestselling author, and TV star Marcus Samuelsson celebrates contemporary Black cooking in 150 extraordinarily delicious recipes. It is long past time to recognize Black excellence in the culinary world the same way it has been celebrated in the worlds of music, sports, literature, film, and the arts. Black cooks and creators have led American culture forward with indelible contributions of artistry and ingenuity from the start, but Black authorship has been consistently erased from the story of American food. Now, in The Rise, chef, author, and television star Marcus Samuelsson gathers together an unforgettable feast of food, culture, and history to highlight the diverse deliciousness of Black cooking today. Driven by a desire to fight against bias, reclaim Black culinary traditions, and energize a new generation of cooks, Marcus shares his own journey alongside 150 recipes in honor of dozens of top chefs, writers, and activists—with stories exploring their creativity and influence. Black cooking has always been more than "soul food," with flavors tracing to the African continent, to the Caribbean, all over the United States, and beyond. Featuring a mix of everyday food and celebration cooking, this book also includes an introduction to the pantry of the African diaspora, alongside recipes such as: Chilled corn and tomato soup in honor of chef Mashama Bailey Grilled short ribs with a piri-

piri marinade and saffron tapioca pudding in homage to authors Michael Twitty and Jessica B. Harris Crab curry with yams and mustard greens for Nyesha Arrington Spiced catfish with pumpkin leche de tigre to celebrate Edouardo Jordan Island jollof rice with a shout-out to Eric Adjepong Steak frites with plantain chips and green vinaigrette in tribute to Eric Gestel Tigernut custard tart with cinnamon poached pears in praise of Toni Tipton-Martin A stunning work of breadth and beauty, *The Rise* is more than a cookbook. It's the celebration of a movement.

97 Orchard

While eating is a universal experience, for Singaporeans it carries strong national connotations. The popular Singaporean-English phrase "Die die must try" is not so much hyperbole as it is a reflection of the lengths that Singaporeans will go to find great dishes. In *Eating Her Curries and Kway: A Cultural History of Food in Singapore*, Nicole Tarulevicz argues that in a society that has undergone substantial change in a relatively short amount of time, food serves Singaporeans as a poignant connection to the past. Covering the period from British settlement in 1819 to the present and focusing on the post-1965 postcolonial era, Tarulevicz tells the story of Singapore through the production and consumption of food. Analyzing a variety of sources that range from cookbooks to architectural and city plans, Tarulevicz offers a thematic history of this unusual country, which was colonized by the British and operated as a port within Malaya, but which is without a substantial pre-colonial history. Connecting food culture to the larger history of Singapore, she discusses various topics including domesticity and home economics, housing and architecture, advertising, and the regulation of food-related manners and public behavior such as hawking, littering, and chewing gum. Moving away from the predominantly political and economic focus of other histories of Singapore, Tarulevicz provides an important alternative reading of Singaporean society.

Three Squares

Pork -- Honey -- Salt -- Chile -- Rice -- Cacao -- Tomato

Mastering the Art of Soviet Cooking

Edible insects have always been a part of human diets, but in some societies there remains a degree of disdain and disgust for their consumption. Insects offer a significant opportunity to merge traditional knowledge and modern science to improve human food security worldwide. This publication describes the contribution of insects to food security and examines future prospects for raising insects at a commercial scale to improve food and feed production, diversify diets, and support livelihoods in both developing and developed countries. Edible insects are a promising alternative to the conventional production of meat, either for direct human consumption or for indirect use as feedstock. This publication will boost awareness of the many valuable roles that insects play in sustaining nature and human life, and it will stimulate debate on the expansion of the use of insects as food and feed.

The Rise

"This book is the single most important work of my life. It represents decades of enjoying and working with food and the people I love most in this world." —Rachael If you're like Rachael Ray, you'll agree that there is something comforting and heartwarming about a heaping plate of perfectly cooked spaghetti with moist and tender meatballs covered in a luscious, dark-red

tomato sauce. Now, in *Everyone Is Italian on Sunday*, Rachael invites you into her home to share her family's culinary history and the recipes that have shaped her life and career. For Rachael, Italian food—spinach gnocchi, linguine puttanesca, chicken saltimbocca, pizza capricciosa—has the power to summon cherished, happy memories. In this one indispensable book, she has brought together signature recipes for the traditional Italian staples that she grew up with and still cooks for her family and friends today. From arancini to saffron gnocchetti sardi, from small bites to hearty meals, from her sister's favorite Italian desserts to her husband's Italian ingredient-inspired cocktails, here is a treasury of delicious dishes to prepare with love and devour with gusto. Classic Italian cooking has always been the foundation of almost every meal that Rachael prepares, and she hopes that you and your family, friends, and neighbors will love savoring everything that Italian cooking has to offer. Italian Sundays are all about bringing people together and creating wonderful memories while enjoying the pleasures of great homemade food. So pull up a chair at Rachael's kitchen table and experience the magic of an Italian Sunday!

Culinary Linguistics

In a tour de force of historical reportage, Timothy Egan's National Book Award-winning story rescues an iconic chapter of American history from the shadows. The dust storms that terrorized the High Plains in the darkest years of the Depression were like nothing ever seen before or since. Following a dozen families and their communities through the rise and fall of the region, Timothy Egan tells of their desperate attempts to carry on through blinding black dust blizzards, crop failure, and the death of loved ones. Brilliantly capturing the terrifying drama of catastrophe, he does equal justice to the human characters who become his heroes, "the stoic, long-suffering men and women whose lives he opens up with urgency and respect" (*New York Times*). In an era that promises ever-greater natural disasters, *The Worst Hard Time* is "arguably the best nonfiction book yet" (*Austin Statesman Journal*) on the greatest environmental disaster ever to be visited upon our land and a powerful reminder about the dangers of trifling with nature. This e-book includes a sample chapter of *THE IMMORTAL IRISHMAN*.

A Taste of Power

Discover Spain's culture and cuisine Claudia Roden has spent five years researching and writing about the food of Spain, resulting in this definitive, passionate and evocative cookbook which takes in the different regions and looks at the history, the people and the culture at the heart of this country, and at that which binds it all together - the delicious food and recipes passed down through generations. From simple, rustic tapas and delicately flavoured soups, to elaborate celebratory dishes served on silver platters and cakes and desserts each with a story to tell, this is the book about Spain to learn from and to cook from.

5 Square Low-Carb Meals

Born in a surreal Moscow communal apartment where eighteen families shared one kitchen, Anya von Bremzen grew up singing odes to Lenin, black-marketeering Juicy Fruit gum at school, and longing for a taste of the mythical West. It was a life by turns absurd, drab, naively joyous, melancholy and, finally, intolerable. In 1974, when Anya was ten, she and her mother fled to the USA, with no winter coats and no right of return. These days, Anya is the doyenne of high-end food writing. And yet, the flavour of Soviet kolbasa, like Proust's madeleine,

transports her back to that vanished Atlantis known as the USSR . In this sweeping, tragicomic memoir, Anya recreates seven decades of the Soviet experience through cooking and food, and reconstructs a moving family history spanning three generations. Her narrative is embedded in a larger historical epic: Lenin's bloody grain requisitioning, World War II starvation, Stalin's table manners, Khrushchev's kitchen debates, Gorbachev's disastrous anti-alcohol policies and the ultimate collapse of the USSR. And all of this is bound together by Anya's sardonic wit, passionate nostalgia and piercing observations. *Mastering the Art of Soviet Cooking* is a book that stirs the soul as well as the senses.

The Book of Eating

The founder of 5 Squares, a food delivery service that caters to celebrities and everyone who wants to lose weight safely and easily, offers more than 100 of her Zone[®] and low[®]carb recipes, in a plan for healthy eating—five daily meals at a time. Have you been looking for a healthy way to eat, without all the hassle of counting calories, calculating percentages, cutting out the foods you love, or regaining the weight? If so, Monica Lynn, founder and CEO of 5 Squares, offers the perfect plan to change how you eat—and to change your life. 5 Squares delivers five healthy, balanced meals—or "squares"—to clients each day. Now, you too can make the meals that have helped thousands of happy customers—including celebrities and members of the Yankees, the Mets, and the Rangers—lose weight and increase their energy. Lynn's philosophy is simple: "Eat more, eat clean, and plan ahead." Eating five satisfying but smaller meals a day helps keep your metabolism running smoothly. Developed especially for your kitchen and based on tried[®]and[®]true nutritional information, the plan eliminates wheat and sugar in favour of foods that help build lean muscle mass. Lynn takes the guesswork out of healthful eating with twenty days' worth of easy[®]to[®]use recipes packed with flavour. The result: Your extra pounds will drop off safely and easily, and your energy will increase by leaps and bounds!

Something from the Oven

Offers an account of an eating history in America which focuses on a variety of topics, ingredients, and cooking styles.

Fast Food Nation

The 8x8 Cookbook

A fun, lively history of the revolution in American cooking that took place in the 1950s traces the innovations, cookbooks, products, techniques, and marketing campaigns that changed the way Americans prepared food forever. Reprint.

Square Meals

Essays and anecdotes on the subject of gastronomy discuss the abuses of the potato, the furtive enjoyment of "secret eatings," and the culinary customs of ancient Greece, the Roman empire, and medieval Europe.

Culinary Intelligence

"A Taste of Power is an investigation of the crucial role culinary texts and practices played in the making of cultural identities and social hierarchies since the founding of the United States. Nutritional advice and representations of food and eating, including cookbooks, literature, magazines, newspapers, still life paintings, television shows, films, and the internet, have helped throughout American history to circulate normative claims about citizenship, gender performance, sexuality, class privilege, race, and ethnicity, while promising an increase in cultural capital and social mobility to those who comply with the prescribed norms. The study examines culinary writing and practices as forces for the production of social order and, at the same time, as points of cultural resistance against hegemonic norms, especially in shaping dominant ideas of nationalism, gender, and sexuality, suggesting that eating right is a gateway to becoming an American, a good citizen, an ideal man, or a perfect mother. Cookbooks, as a low-prestige literary form, became the largely unheralded vehicles for women to participate in nation-building before they had access to the vote or public office, for middle-class authors to assert their class privileges, for men to claim superiority over women even in the kitchen, and for Lesbian authors to reinscribe themselves into the heteronormative economy of culinary culture. The book engages in close reading of a wide variety of sources and genres to uncover the intersections of food, politics, and privilege in American culture."--Provided by publisher.

Cooking for Geeks

A substantially revised and updated edition of the highly respected guide to using nutrition as an integrated part of an athlete's total performance enhancing package.

The Complete Guide to Food for Sports Performance

This revised and updated edition of the classic Square Meals is a celebration of American food from the 1920s through the 1950s, a salute to the days of lunch counters and the times when Sunday dinner was hearty and special.

Eating Her Curries and Kway

The next best thing to having Mark Bittman in the kitchen with you Mark Bittman's highly acclaimed, bestselling book *How to Cook Everything* is an indispensable guide for any modern cook. With *How to Cook Everything The Basics* he reveals how truly easy it is to learn fundamental techniques and recipes. From dicing vegetables and roasting meat, to cooking building-block meals that include salads, soups, poultry, meats, fish, sides, and desserts, Bittman explains what every home cook, particularly novices, should know. 1,000 beautiful and instructive photographs throughout the book reveal key preparation details that make every dish inviting and accessible. With clear and straightforward directions, Bittman's practical tips and variation ideas, and visual cues that accompany each of the 185 recipes, cooking with *How to Cook Everything The Basics* is like having Bittman in the kitchen with you. This is the essential teaching cookbook, with 1,000 photos illustrating every technique and recipe; the result is a comprehensive reference that's both visually stunning and utterly practical. *Special Basics* features scattered throughout simplify broad subjects with sections like "Think of Vegetables in Groups," "How to Cook Any Grain," and "5 Rules for Buying and Storing Seafood." 600 demonstration photos each build on a step from the recipe to teach a core lesson, like "Cracking an Egg," "Using Pasta Water," "Recognizing Doneness," and "Crimping the Pie Shut." Detailed notes appear in blue type near selected images. Here Mark highlights what to look for during a particular step and offers handy advice and other helpful asides. Tips

and variations let cooks hone their skills and be creative.

Small Adventures in Cooking

We are what we eat, as the saying goes, but we are also how we eat, and when, and where. Our eating habits reveal as much about our society as the food on our plates, and our national identity is written in the eating schedules we follow and the customs we observe at the table and on the go. In *Three Squares*, food historian Abigail Carroll upends the popular understanding of our most cherished mealtime traditions, revealing that our eating habits have never been stable—far from it, in fact. The eating patterns and ideals we’ve inherited are relatively recent inventions, the products of complex social and economic forces, as well as the efforts of ambitious inventors, scientists and health gurus. Whether we’re pouring ourselves a bowl of cereal, grabbing a quick sandwich, or congregating for a family dinner, our mealtime habits are living artifacts of our collective history—and represent only the latest stage in the evolution of the American meal. Our early meals, Carroll explains, were rustic affairs, often eaten hastily, without utensils, and standing up. Only in the nineteenth century, when the Industrial Revolution upset work schedules and drastically reduced the amount of time Americans could spend on the midday meal, did the shape of our modern “three squares” emerge: quick, simple, and cold breakfasts and lunches and larger, sit-down dinners. Since evening was the only part of the day when families could come together, dinner became a ritual—as American as apple pie. But with the rise of processed foods, snacking has become faster, cheaper, and easier than ever, and many fear for the fate of the cherished family meal as a result. The story of how the simple gruel of our forefathers gave way to snack fixes and fast food, *Three Squares* also explains how Americans’ eating habits may change in the years to come. Only by understanding the history of the American meal can we help determine its future.

Square Meals

A delicious take on the latest superfood meal, with innovative grain, seed, and rice recipes ideal for everyday healthy eating Grain bowls and porridge are hitting the headlines with their nutritious properties. Restaurants worldwide are adding grain-based dishes to their menus - and not just for breakfast. These recipes are guaranteed to surprise and inspire, built around quinoa, oats, rye, chia, spelt, buckwheat, barley, amaranth, black rice, and millet. The Grain Bowl is a collection of 90 hearty recipes for breakfast, lunch, and dinner - delicious, satisfying, easy, and heart-healthy - made with a variety of grains, seeds, rice, and superfoods, plus fresh fruits, slow-cooked meats, roasted vegetables, and sweet treats. This book serves up delicious and nourishing options for home cooks everywhere.

The Worst Hard Time

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The Food of Spain

Culinary historian Anne Willan traces the origins of American cooking through profiles of twelve essential women cookbook writers—from Hannah Woolley in the mid-1600s to Fannie Farmer, Julia Child, and Alice Waters—highlighting their key historical contributions and most representative recipes. Anne Willan, multi-award-winning culinary historian, cookbook writer, cooking teacher, and founder of La Varenne Cooking School in Paris, explores the lives and work of women cookbook authors whose important books have defined cooking over the past three hundred years. Beginning with the first published cookbook by Hannah Woolley in 1661, up to Alice Waters today, these women, and books, created the canon of the American table. Focusing on the figures behind the recipes, *Women in the Kitchen* traces the development of American home cooking from the first, early colonial days to transformative cookbooks by Fannie Farmer, Irma Rombauer, Julia Child, Edna Lewis, and Marcella Hazan. Willan offers a short biography of each influential woman, including her background, and a description of the seminal books she authored. These women inspired one another, and in part owe their places in cooking history to those who came before them. Featuring fifty original recipes, as well as updated versions Willan has tested and modernized for the contemporary kitchen, this engaging narrative seamlessly moves through history to help readers understand how female cookbook authors have shaped American cooking today.

Edible Insects

Harold McGee's *On Food and Cooking* is a kitchen classic. Hailed by *Time* magazine as "a minor masterpiece" when it first appeared in 1984, *On Food and Cooking* is the bible to which food lovers and professional chefs worldwide turn 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. Now, for its twentieth anniversary, Harold McGee has 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 give birth to the inventive culinary movement known as "molecular gastronomy." Though other books have now 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 this 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.

Food, Health, Vitamins

Describes professional cooks at the turn of the century, their passion and idealism as well as their bizarre and misguided ideas, and the influential culinary style they engineered.

The German-Jewish Cookbook

The Sportsman

Think before you eat * Choose the best ingredients you can afford * Understand flavor, and pack as much of it as you can into each bite As an award-winning food writer, Peter Kaminsky was well acquainted with the occupational hazard of life as a professional eater. But when his health (and his waistline!) started to suffer, he began to re-think his approach to how and what he consumed. In *Culinary Intelligence*, his memoir and personal manifesto, Kaminsky explains his practical approach to losing weight: think more about food, rather than less. Here Kaminsky shows, with a hefty dose of humor, the way to better eating without sacrificing on pleasure.

Eating History

Chinese cuisine has had a deep impact on culinary traditions in Southeast Asia, where the lack of certain ingredients and access to new ingredients along with the culinary knowledge of local people led Chinese migrants to modify traditional dishes and to invent new foods. This process brought the cuisine of southern China, considered by some writers to be "the finest in the world," into contact with a wide range of local and global cuisines and ingredients. When Chinese from Southeast Asia moved on to other parts of the world, they brought these variants of Chinese food with them, completing a cycle of culinary reproduction, localization and invention, and globalization. The process does not end there, for the new context offers yet another set of ingredients and culinary traditions, and the "embedding and fusing of foods" continues, creating additional hybrid forms. Written by scholars whose deep familiarity with Chinese cuisine is both personal and academic, *Chinese Food and Foodways in Southeast Asia and Beyond* is a book that anyone who has been fortunate enough to encounter Southeast Asian food will savour, and it provides a window on this world for those who have yet to discover it.

Women in the Kitchen

An exciting new voice in food, up-and-coming chef James Ramsden is one of a generation of sophisticated 20- and 30-somethings who, despite being in step with current trends, are hesitant to cook anything more demanding than pasta. James gets this audience out of its culinary rut with recipes that are delicious, enticing, and simple to follow while also being both unexpected and familiar.

Chinese Food and Foodways in Southeast Asia and Beyond

Presents hundreds of recipes for breakfast, lunch, dinner, and snacks, all based on old pamphlets, product brochures, community cookbooks, and popular cookbooks that first appeared between 1920 and 1960

Cook Beautiful

The debut cookbook from Athena Calderone, creator of EyeSwoon, with 100 seasonal recipes for meals as gorgeous as they are delicious. In *Cook Beautiful*, Athena reveals the secrets to preparing and presenting unforgettable meals. As the voice and curator behind EyeSwoon, an

online lifestyle destination for food, entertaining, fashion, and interior design, Athena cooks with top chefs, hosts incredible dinners, and designs stunning tablescapes, while emphasizing the importance of balancing the visual elements of each dish with incredible flavors. In her debut cookbook, she's finally showing the rest of us how to achieve her impeccable yet approachable cooking style. Included are 100 recipes with step-by-step advice on everything from prep to presentation—from artfully layering a peach and burrata salad to searing a perfect steak. Recipes include Grilled Zucchini Flatbread with Ramp-Pistachio Pesto, Charred Eggplant with Zaatar and Yogurt Tahini, Mezzi Rigatoni with Radicchio and Guanciale, Stewed Pork with Squash and Walnut Gremolata, Blood Orange Bundt Cake with Orange Bitters Glaze, and more. Organized by season, each section closes with a tablescape inspired by nature, along with specific table décor and entertaining tips. Cook Beautiful is where design meets food, where culinary tradition marries food styling, where home chefs become experts. These are luscious dishes to make for friends and family, with advice that will inspire you to create visually stunning, and still wholly delicious, culinary masterpieces.

Perfection Salad

Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

Serve It Forth

In 97 Orchard, Jane Ziegelman explores the culinary life that was the heart and soul of New York's Lower East Side around the turn of the twentieth century—a city within a city, where Germans, Irish, Italians, and Eastern European Jews attempted to forge a new life. Through the experiences of five families, all of them residents of 97 Orchard Street, Ziegelman takes readers on a vivid and unforgettable tour, from impossibly cramped tenement apartments, down dimly lit stairwells, beyond the front stoops where housewives congregated, and out into the hubbub of the dirty, teeming streets. Ziegelman shows how immigrant cooks brought their ingenuity to the daily task of feeding their families, preserving traditions from home but always ready to improvise. 97 Orchard lays bare the roots of our collective culinary heritage.

Food of the Italian South

This cookbook features recipes for German-Jewish cuisine as it existed in Germany prior to World War II, and as refugees later adapted it in the United States and elsewhere. Because these dishes differ from more familiar Jewish food, they will be a discovery for many people. With a focus on fresh, seasonal ingredients, this indispensable collection of recipes includes numerous soups, both chilled and hot; vegetable dishes; meats, poultry, and fish; fruit desserts; cakes; and the German version of challah, Berches. These elegant and mostly easy-to-make recipes range from light summery fare to hearty winter foods. The Gropmans—a mother-daughter author pair—have honored the original recipes Gabrielle learned after arriving as a baby in Washington Heights from Germany in 1939, while updating their format to reflect contemporary standards of recipe writing. Six recipe chapters offer easy-to-follow instructions for weekday meals, Shabbos and holiday meals, sausage and cold cuts, vegetables, coffee and cake, and core recipes basic to the preparation of German-Jewish cuisine. Some of these recipes come from friends and family of the authors; others have been culled from interviews conducted by the authors, prewar German-Jewish cookbooks, nineteenth-century American

cookbooks, community cookbooks, memoirs, or historical and archival material. The introduction explains the basics of Jewish diet (kosher law). The historical chapter that follows sets the stage by describing Jewish social customs in Germany and then offering a look at life in the vibrant _migr_ community of Washington Heights in New York City in the 1940s and 1950s. Vividly illustrated with more than fifty drawings by Megan Piontkowski and photographs by Sonya Gropman that show the cooking process as well as the delicious finished dishes, this cookbook will appeal to readers curious about ethnic cooking and how it has evolved, and to anyone interested in exploring delicious new recipes.

ChefMD's Big Book of Culinary Medicine

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

A Square Meal

In 1784, passengers on the ship Empress of China became the first Americans to land in China, and the first to eat Chinese food. Today there are over 40,000 Chinese restaurants across the United States--by far the most plentiful among all our ethnic eateries. Now, in Chop Suey Andrew Coe provides the authoritative history of the American infatuation with Chinese food, telling its fascinating story for the first time. It's a tale that moves from curiosity to disgust and then desire. From China, Coe's story travels to the American West, where Chinese immigrants drawn by the 1848 Gold Rush struggled against racism and culinary prejudice but still established restaurants and farms and imported an array of Asian ingredients. He traces the Chinese migration to the East Coast, highlighting that crucial moment when New York "Bohemians" discovered Chinese cuisine--and for better or worse, chop suey. Along the way, Coe shows how the peasant food of an obscure part of China came to dominate Chinese-American restaurants; unravels the truth of chop suey's origins; reveals why American Jews fell in love with egg rolls and chow mein; shows how President Nixon's 1972 trip to China opened our palates to a new range of cuisine; and explains why we still can't get dishes like those served in Beijing or Shanghai. The book also explores how American tastes have been shaped by our relationship with the outside world, and how we've relentlessly changed foreign foods to adapt to them our own deep-down conservative culinary preferences. Andrew Coe's Chop Suey: A Cultural History of Chinese Food in the United States is a fascinating tour of America's centuries-long appetite for Chinese food. Always illuminating, often exploding long-held culinary myths, this book opens a new window into defining what is American cuisine.

How to Cook Everything The Basics

Author Kathy Strahs elevates the simple 8x8-inch square baking dish into a dinnertime secret weapon for busy families. Beyond the usual brownies and casseroles, The 8x8 Cookbook offers 64 recipes for modern "square meals."

On Food and Cooking

From the author of the acclaimed 97 Orchard and her husband, a culinary historian, an in-depth exploration of the greatest food crisis the nation has ever faced--the Great Depression--and how it transformed America's culinary culture. The decade-long Great Depression, a period of shifts in the country's political and social landscape, forever changed

the way America eats. Before 1929, America's relationship with food was defined by abundance. But the collapse of the economy, in both urban and rural America, left a quarter of all Americans out of work and undernourished—shattering long-held assumptions about the limitlessness of the national larder. In 1933, as women struggled to feed their families, President Roosevelt reversed long-standing biases toward government-sponsored “food charity.” For the first time in American history, the federal government assumed, for a while, responsibility for feeding its citizens. The effects were widespread. Championed by Eleanor Roosevelt, “home economists” who had long fought to bring science into the kitchen rose to national stature. Tapping into America's long-standing ambivalence toward culinary enjoyment, they imposed their vision of a sturdy, utilitarian cuisine on the American dinner table. Through the Bureau of Home Economics, these women led a sweeping campaign to instill dietary recommendations, the forerunners of today's Dietary Guidelines for Americans. At the same time, rising food conglomerates introduced packaged and processed foods that gave rise to a new American cuisine based on speed and convenience. This movement toward a homogenized national cuisine sparked a revival of American regional cooking. In the ensuing decades, the tension between local traditions and culinary science has defined our national cuisine—a battle that continues today. *A Square Meal* examines the impact of economic contraction and environmental disaster on how Americans ate then—and the lessons and insights those experiences may hold for us today. *A Square Meal* features 25 black-and-white photographs.

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