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Cookwise The
Secrets Of
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Cooking Revealed
***The Secrets
Of Cooking
Revealed***

The classic, must-have American cookbook from one of our greatest authorities on food. James Beard was the "dean of American cookery" (New York

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Times), and he put practically everything he learned about cooking into this single magnificent--now classic--cookbook.

JAMES BEARD'S
AMERICAN

COOKERY includes more than fifteen hundred of his favorite and most successful recipes, as well as advice on dozens of

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cooking questions, from choosing meats and vegetables to preserving fruit and making real cheeseburgers. A celebration of the roots of cooking in the American style, this repackaged edition features the original text and color illustrations, and a new foreword by Tom Colicchio. Like Mastering the Art of

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French Cooking and
The Joy of Cooking, it
is a standard reference
no kitchen is complete
without.

Provides guidance for
making one's own
whole grain bread,
covering topics such as
the wheat kernel,
enzymes, and the
process of delayed
fermentation, and
presents fifty-five

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recipes for whole grain sandwich, hearth, and specialty breads as well as bagels, crackers, and other items.

In this outrageous and delectable new volume, the Man Who Ate Everything proves that he will do anything to eat everything. That includes going fishing for his own supply of bluefin tuna belly;

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nearly incinerating his oven in pursuit of the perfect pizza crust, and spending four days boning and stuffing three different fowl—into each other-- to produce the Cajun specialty called “turducken.” It

Must've Been
Something I Ate finds
Steingarten testing the virtues of chocolate and gourmet salts;

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debunking the mythology of lactose intolerance and Chinese Food Syndrome; roasting marrow bones for his dog , and offering recipes for everything from lobster rolls to gratin dauphinois. The result is one of those rare books that are simultaneously mouth-watering and side-splitting.

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"The James Beard Award-winning, bestselling author of CookWise and BakeWise delivers essential cooking know-how based on her expansive understanding of food science. Want to cook fluffier scrambled eggs and more flavorful sauces, keep your greens brilliantly green, and make everything

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taste more delicious?

KitchenWise combines
beloved cookbook
author Shirley Corriher's
down-to-earth advice
with scientific expertise
to address everyday
cooking issues. Whether
you are a beginner or a
professional chef,
Shirley's guidance will
save you time and
money, and help you
know exactly what to do

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at the stove. A gifted teacher with a degree in chemistry, Shirley takes readers through the hows and whys of what she does in the kitchen, explaining the science behind common problems and offering solutions for how to fix them. (For example, salt has an amazing ability to suppress bitterness and allow other flavors

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to emerge.) In KitchenWise, which is filled with more than thirty of Shirley's favorite time-tested recipes, readers will learn why certain ingredients work well together and what makes good food great. Amazingly informative, approachable, and packed with proven techniques,

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KitchenWise serves up new ways to get the most from your meals"--
From the political comedy of All in the Family and Maude and the liberal hilarity of Taxi, Soap, and Saturday Night Live to the post-1960s frolics of Three's Company and apolitical programs like Happy Days and Fantasy Island, Ozersky

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describes the range and power of television as it echoed the larger schemes of American life."

70 Quick-Fix
Weeknight Dinners + 30
Luscious Weekend
Recipes: a Cookbook
50 Healthy, Easy,
Authentic Recipes
In the Kitchen with A
Good Appetite
Parenting Advice from

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Secrets Of
the Girl Your Parents
Warned You About

TV in an Era of Change,
1968-1978

The Return of the Man
Who Ate Everything
The Hows and Whys of
Successful Baking with
Over 200 Magnificent
Recipes

Food x Mixing + Heat =
Baking

The Instant

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National Bestseller
and #1 Indie Next
Pick In the vein of
the classic 84,
Charing Cross
Road, this witty
and tender novel
follows two women
in 1960s America
as they discover
that food really
does connect us

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all, and that
friendship and
laughter are the
best medicine.
When twenty-
seven-year-old
Joan Bergstrom
sends a fan
letter--as well as a
gift of saffron--to
fifty-nine-year-old
Imogen Fortier, a

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life-changing
friendship begins.

Joan lives in Los Angeles and is just starting out as a writer for the newspaper food pages. Imogen lives on Camano Island outside Seattle, writing a monthly column for

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a Pacific
Northwest

magazine, and
while she can hunt
elk and dig for
clams, she's
never tasted fresh
garlic--exotic fare
in the Northwest of
the sixties. As the
two women
commune through

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their letters, they build a closeness that sustains them through the Cuban Missile Crisis, the assassination of President Kennedy, and the unexpected in their own lives. Food and a good life—they can't be

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separated. It is a discovery the women share, not only with each other, but with the men in their lives. Because of her correspondence with Joan, Imogen's decades-long marriage blossoms into

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something new
and exciting, and
in turn, Joan
learns that true
love does not
always come in the
form we expect it
to. Into this
beautiful, intimate
world comes the
ultimate test of
Joan and

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Imogen's friendship—a test that summons their unconditional trust in each other. A brief respite from our chaotic world, *Love & Saffron* is a gem of a novel, a reminder that food and friendship are the antidote to

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most any
heartache, and
that human
connection will
always be worth
creating.

100 dependable
recipes including
no-fuss weeknight
dinners plus
leisurely weekend
meals to look

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forward to, from
the bestselling
author of Once
Upon a Chef.

Years before she
started her popular
Once Upon a Chef
blog, back when
she became a new
mom, Jennifer
Segal kept a
recipe binder

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divided into two
sections-

Weeknight and
Weekend. This is
how she thought
about what to cook
for dinner, and,
fifteen years later,
it still is. In this
versatile collection,
you'll find seventy
recipes for fast

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and easy
weeknight meals,
like Sesame-
Ginger Meatballs
and Pecorino-
Crusted Chicken
with Rosemary,
and thirty recipes
for slow, soothing
weekend cooking,
whether that's
company-friendly

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Sear-Roasted
Beef Tenderloin
with Horseradish
Cream Sauce or
lazy Sunday
morning Popovers
with Salted Maple
Butter. You'll also
find Jenn's favorite
desserts, like
Cherry Ricotta
Cake and Triple

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Chocolate
Cheesecake, that
are easy enough
for the weeknight
rush and luscious
enough for
weekend rest and
celebration.

Featuring seventy
all-new dishes plus
thirty fan favorites
from her popular

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blog, Once Upon a Chef, each recipe is tested and retested multiple times in Jenn's home kitchen to ensure they are reliable, delicious, and sure to please every night of the week.

What do you do

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when your marriage is so unhappy that you begin to fantasize about your husband's funeral? That's how bad it got for Alisa Bowman. . . So she launched a last-ditch effort to save her marriage.

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Project: Happily Ever After is her fearlessly honest and humorous account of how she went from being a “divorce daydreamer” to renewing her wedding vows—and all of the steps in between. From

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bikini waxes to
erotica, romance
instruction
manuals to second
honeymoons, the
silent treatment to
power struggles,
she goes where
many marriage-
improvement
gurus have feared
to tread. Equal

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parts funny,
poignant, and
most importantly,
useful, Bowman's
story will give other
miserably-married
folks courage and
hope. And in
addition to telling
her own story, she
packs
straightforward

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prescriptive
guidance,
including a
“10-Step Marital
Improvement
Guide.” Readers
will laugh. They'll
cry. And they can
start on the road
toward their own
happy ending!
Looks at the

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science behind
everyday cooking
with information on
molecular
gastronomy, the
physiology of
taste, basic
components of
meals, the use of
tenderizing
enzymes and
gelatins, and

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covers the effects
of boiling,
steaming, braising,
roasting, grilling,
and microwaving.

Noted cooking
teacher, culinary
expert and lifelong
food enthusiast
Betty Ann Litvak
shares her secrets
for success in this

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engaging and
informative

cookbook that
reflects her years
of cooking lore.

Filled with
outstanding
recipes and
entertaining
stories, from all
parts of America to
international

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treasures, this is the go-to book, whether you are making a weekday meal for your family, or creating an impressive feast for entertaining. Betty Ann's experience in the kitchen shines throughout

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the book, and her infectious passion for cooking includes many Cook's Tips to help advise, instruct and entertain her readers. Recipient of The Culinary Trust's Julia Child Scholarship for Independent Study

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in France, and a
Certified Culinary
Professional, Betty
Ann Litvak is the
teacher you want
to lead you to new
heights in the
kitchen!

Essential Food
Science for Home
Cooks

European Tarts

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Cooking Revealed
Cooking
On Food and
Cooking
In Defense of
Processed Food
A Guide to Making
the Best of Foods
and Recipes
I'm Just Here for
More Food
Raising Rebels

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*Proven ways to
create a more
loving family
Research
proves that
happy families
are good for
health,
longevity,
peace of mind,
productivity,
and success.*

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*In The Secrets
of Happy*

Families,

Scott Haltzman

offers an

original

approach to

building

family

contentment

that works for

families of

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all ethnicities and make-ups—two-parent, single-parent, blended, childless, or same-sex couple. He provides a "positive psychology"

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*way of solving
family
problems
through
strategy and
leadership,
including
knowing and
accepting who
you are,
taking a
leadership*

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*role in loving
and united
relationships,
building a
network of
support in
extended
families and
communities,
and making
quality time
for fun,*

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*adventures,
holidays, and
rituals.*

*Renowned
Cincinnati TV
and radio
personality
Marilyn Harris
is back to
invite you
into her
"kitchen on*

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*the air." This
collection
features many
of the recipes
she has shared
with her fans
over the last
fifteen years.
Every new book
from Martha
Stewart is
cause for*

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*celebration,
and with
Martha
Stewart's
Baking
Handbook, she
returns to
bring the
pleasures of
baking to
readers at
every level,*

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*from beginner
to expert and
beyond. A
culinary
compendium
packed with
more than 200
foolproof
recipes for
the best baked
goods, Martha
Stewart's*

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Baking Handbook takes readers by the hand and guides them through the process of creating an irresistible variety of cakes, cookies, pies,

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tarts, breads,
and much more.
This essential
addition to
every cook's
library is
rich with
tips,
techniques,
and the
mouthwatering
and stunning

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*recipes for
which Martha
Stewart is so
well known.
Covering a
delectable
array of
topics from
simple to
sophisticated,
including
biscuits,*

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*muffins,
scones,
cookies, layer
cakes,
specialty
cakes, sweet
and savory
pies and
tarts, and
pastries and
breads, she
provides a*

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*dazzlingly
delicious yet
crystal-clear,
vividly
illustrated
repertoire of
recipes. There
are cakes that
are elegant
enough for
formal
occasions,*

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*such as
showers,
weddings, and
dinner
parties, and
basic
favorites
meant to be
enjoyed every
day and then
passed down
through the*

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generations.
Every chapter
includes
indispensable
visual
equipment
glossaries and
features vital
make-ahead
information
and storage
techniques.

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*Organized for
maximum*

*clarity and
practicality,
the handbook
also offers
step-by-step
how-to
photographs
that demystify
even the most
complex and*

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nuanced techniques.

These culinary building blocks will turn good bakers into great bakers, and make great bakers even better. Filled with time-

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*honored
classics, such
as Marble Cake
with White-
Chocolate
Glaze, Apple
Pie, Challah,
Baba au Rhum,
and
Croissants, as
well as lots
of new*

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*surprises,
Martha*

Stewart's

Baking

*Handbook will
be reached for
again and
again, no
matter the
season or
occasion.*

"Here, you

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*will find the
recipes and
how-tos for
the popovers
you dream
about, and for
the simple
crumb cake
that you
always want to
whip up on
Sunday*

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*morning, and
for the double-
chocolate*

brownie

cookies that

will make you

a bigger hero

with the after-

school crowd,

and for the

citrus bars

that you could

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*only find in
that little
bakery that's
no longer
under the same
management. .
. . Baking
offers comfort
and joy and
something
tangible to
taste and*

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*savor. We all
hope that
these recipes
provide you
with years of
pleasure.”*

*–Martha
Stewart*

*Alton Brown
explores the
science behind
breads, cakes,*

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*cookies, pies,
and custards,
explaining it
in his own
inimitable
style. Recipes
cover all the
basics, from
pie crust to
funnel cake to
cheese
souffle. The*

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book also
contains
appendices and
equipment
lists.

A kitchen
classic for
over 35 years,
and hailed by
Time magazine
as "a minor
masterpiece"

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*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*

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*of where our
foods come
from, what
exactly
they're made
of, and how
cooking
transforms
them into
something new
and delicious.
For its*

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*twentieth
anniversary,
Harold McGee
prepared a
new, fully
revised and
updated
edition of On
Food and
Cooking. He
has rewritten
the text*

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*almost
completely,
expanded it by
two-thirds,
and
commissioned
more than 100
new
illustrations.*

*As
compulsively
readable and*

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*engaging as
ever, the new
On Food and
Cooking
provides
countless eye-
opening
insights into
food, its
preparation,
and its
enjoyment. On*

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*Food and
Cooking* Revealed

*pioneered the
translation of
technical food
science into
cook-friendly
kitchen
science and
helped birth
the inventive
culinary*

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movement known
as "molecular
gastronomy."
Though other
books have
been written
about kitchen
science, *On
Food and
Cooking*
remains
unmatched in

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*the accuracy,
clarity, and
thoroughness
of its
explanations,
and the
intriguing way
in which it
blends science
with the
historical
evolution of*

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*foods and
cooking
techniques.*

*Among the
major themes
addressed
throughout the
new edition
are: ·*

*Traditional
and modern
methods of*

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*food
production and
their
influences on
food quality .
The great
diversity of
methods by
which people
in different
places and
times have*

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*prepared the
same
ingredients ·
Tips for
selecting the
best
ingredients
and preparing
them
successfully ·
The particular
substances*

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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

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*invaluable and
monumental
compendium of
basic
information
about
ingredients,
cooking
methods, and
the pleasures
of eating. It
will delight*

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*and fascinate
anyone who has
ever cooked,
savored, or
wondered about
food.*

*A Novel of
Friendship,
Food, and Love*

*Sauces
The Golden*

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CookWise
The Science
and Lore of
the Kitchen
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Treats and
Special Sweets
for Morning to
Midnight
Archie

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is a
highlights
reel of
guidance from
one of the
world's most
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Peaceful
Parenting and

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Unschooling
advocates.**

**Dayna Martin
cuts to the
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concepts with
compassion,
kindness, and
unconventional
wisdom, urging
us to reframe**

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**outdated
parenting
perspectives
to forge a
freer future
for our
families.
Raising our
children is
the most
revolutionary
act we are**

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**likely to
accomplish in
our lifetime.**

**We need to
reject the
cultural norms
of the society
in which we
live. We need
to oppose, and
therefore
change, the**

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**way we view
the purpose of
parenting. We
need to be
rebels, to
raise rebels.
Written as a
textbook with
an online
laboratory
manual for
students and**

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**adopting
faculties,
this work is
intended for
non-science
majors /
liberal
studies
science
courses and
will cover a
range of**

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**scientific
principles of
food, cooking
and the
science of
taste and
smell.**

**Chapters
include: The
Science of
Food and
Nutrition of M**

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**acromolecules;
Science of
Taste and
Smell; Milk,
Cream, and Ice
Cream,
Metabolism and
Fermentation;
Cheese,
Yogurt, and
Sour Cream;
Browning;**

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**Fruits and
Vegetables;
Meat, Fish,
and Eggs;
Dough, Cakes,
and Pastry;
Chilies,
Herbs, and
Spices; Beer
and Wine; and
Chocolate,
Candy and**

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**Other Treats.
Each chapters
begins with
biological,
chemical, and
/or physical
principles
underlying
food topics,
and a
discussion of
what is**

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**happening at
the molecular
level. This
unique
approach is
unique should
be attractive
to chemistry,
biology or
biochemistry
departments
looking for a**

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bring students
into their
classroom.**

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pre-requisites
for the course
and the work
is appropriate
for all
college levels
and majors.**

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**Whisk up
perfection in
no time!**

**Elevate your
next culinary
creation from
forgettable to
fantastic with
over 200
marinades,
dips, and
sauces to**

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**craft your own
signature
concoction.**

**You know the
saying: Behind
every great
salad stands
an even
greater
dressing. And
with
Dressings,**

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**you're sure to
never run out
of options!
This is the
only dressing
bible you'll
ever
need--full of
useful ideas
for any season
and for any
occasion. Try**

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Mamie's grapefruit-papaya

dressing over a bed of kale.

Make your own

Hollandaise

sauce (with a

vegan

alternative!)

for homemade

Eggs Benedict.

From rose

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water

vinaigrette to

smoky ranch,

Dressings

gives you the

tools to spice

up any meal.

Fresh

ingredients

deserve a

dressing to

match, and the

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**recipes inside
couldn't be
easier to
make. Save
yourself a
trip to the
store and give
your meal a
much-needed
kick with
Dressings!
Here are just**

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**a few of the
fabulous
recipes: *No-
Vinegar
Vinaigrette
*Lemon-Thyme
Dressing
*Honey-Black
Pepper
Vinaigrette
*Sally's
Roasted Tomato**

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Cooking Revealed

Dressing

***Pesto Potato
Salad Dressing
In Cookwise,
food sleuth
Shirley
Corriher tells
you how and
why things
happen in
cooking. When
you know how**

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**to estimate
the right
amount of
baking powder,
you can tell
by looking at
the recipe
that the cake
is
overleavened
and may fall.
When you know**

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**that too
little liquid
for the amount
of chocolate
in a recipe
can cause the
chocolate to
seize and
become a solid
grainy mass,
you can spot
chocolate**

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**truffle
recipes that
will be a
disaster. And,
in both cases,
you know
exactly how to
"fix" the
recipe.
Knowing how
ingredients
work,**

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**individually
and in
combination,
will not only
make you more
aware of the
cooking
process, it
will transform
you into a
confident and
exceptional**

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**cook—a cook
who is in
control.**

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different kind
of cookbook.**

**There are more
than 230**

**outstanding
recipes—from
Snapper**

Fingers with

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Cooking Revealed

**Smoked Pepper
Tartar Sauce
to Chocolate
Stonehenge
Slabs with
Cappuccino
Mousse—but
here each
recipe serves
not only to
please the
palate but to**

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**demonstrate
the roles of
ingredients
and
techniques.
The What This
Recipe Shows
section
summarizes the
special
cooking points
being**

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**demonstrated
in each
recipe. This
little bit of
science in
everyday
language
indicates
which steps or
ingredients
are vital and
cannot be**

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**omitted
without**

consequences.

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your cooking
level, you'll
find CookWise
a revelation.**

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T. Mike Fletch
er**

**Subtitle:
Divinely**

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Desserts with
Little or No
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KitchenWise
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Time-honored
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& More**
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Eight Keys to
Building a
Lifetime of
Connection and

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An Oral
History as
Told by Jon
Stewart, the C
orrespondents,
Staff and
Guests
Traditional
and
Contemporary
Favorites from**

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**the Past 200
Years**
Cooking Revealed

This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-color photography throughout. These

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great recipes take advantage of the slow cooker's ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anupy Singla shows the busy, harried

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family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to

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store, prepare, and combine them in different ways.

Among her 50 recipes are all the classics — specialties like dal, palak paneer, and gobi aloo — and also dishes like butter chicken, keema, and much more. The result is a

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terrific introduction
to making healthful,
flavorful Indian food
using the simplicity
and convenience of
the slow cooker.

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journeys from
Memphis to Miami
to deliver more than
two hundred
authentic Southern

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recipes, including
new twists on old
fare

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KitchenWise
delivers a lively and
fascinating guide to
better baking
through food
science. Follow

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kitchen sleuth
Shirley Corriher as
she solves
everything about
why the cookie
crumbles. With her
years of experience
from big-pot cooking
at a boarding school
and her classic
French culinary
training to her work
as a research

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biochemist at
Vanderbilt

University School of
Medicine, Shirley
looks at all aspects
of baking in a
unique and exciting
way. She describes
useful techniques,
such as brushing
your puff pastry with
ice water—not just
brushing off the

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flour—to make the
pastry higher,
lighter, and flakier.
She can help you
make moist cakes;
shrink-proof perfect
meringues; big,
crisp cream puffs;
amazing pastries;
and crusty,
incredibly flavorful,
open-textured
French breads, such

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as baguettes.

Restaurant chefs
and culinary
students know
Shirley from their
grease-splattered
copies of CookWise,
an encyclopedic
work that has saved
them from many a
cooking disaster.

With numerous “ At-
a-Glance ” charts,

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BakeWise gives busy people information for quick problem solving. BakeWise also includes Shirley's signature “ What This Recipe Shows ” in every recipe. This scientific and culinary information can apply to hundreds of recipes,

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not just the one in which it appears.

BakeWise does not have just a single source of knowledge; Shirley loves reading the works of chefs and other good cooks and shares their tips with you, too. She applies not only her expertise but that of

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the many artisans she admires, such as famous French pastry chefs Gaston Lenôte and Chef Roland Mesnier, the White House pastry chef for twenty-five years; and Bruce Healy, author of *Mastering the Art of French Pastry*.

Shirley also

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retrieves "lost arts" from experts of the past such as Monroe Boston Strause, the pie master of 1930s America. For one dish, she may give you techniques from three or four different chefs plus her own touch of science— " better

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baking through chemistry.” She adds facts such as the right temperature, the right mixing speed, and the right mixing time for the absolutely most stable egg foam, so you can create a light-as-air génoise every time.

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Beginners can cook from BakeWise to learn exactly what they are doing and why. Experienced bakers find out why the techniques they use work and also uncover amazing pastries from the past, such as Pont Neuf (a creation of puff pastry, pâte à

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choux, and pastry cream) and Religieuses, adorable “ little nuns ” made of puff pastry filled with a satiny chocolate pastry cream and drizzled with mocha icing. Some will want it simply for the recipes—incredibly moist whipped

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cream pound cake
made with heavy
cream; flourless fruit
soufflés; chocolate
crinkle cookies with
gooey, fudgy
centers; huge
popovers; famed
biscuits. But this
book belongs on
every baker's shelf.
Two divergent
influences--Souther

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n cooking and
French
cuisine--come
together in Bon
Appétit, Y'all, a
modern Southern
chef's passionate
and utterly
appealing homage
to her culinary roots.
Espousing a simple-
is-best philosophy,
classically trained

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French chef and
daughter and
granddaughter of
consummate
Southern cooks,
Virginia Willis uses
the finest
ingredients,
concentrates on
sound French
technique, and lets
the food shine in a
style she calls

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soups and stews;
desserts; and
sauces and
preserves. Collected
here are stylishly
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and French classics
(New Southern
Chicken and
Dumplings, Boeuf
Bourgignonne), rib-
sticking, old-timey
favorites (Meme's

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Fried Okra, Angel
Biscuits), and
perfectly executed
comfort food
(Mama's Apple Pie,
Fried Catfish
Fingers with
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Rémoulade). Nearly
100 photographs
bring to life both
Virginia's food and
the bounty of her

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native Georgia.

You'll also find a
wealth of tips and
techniques from a
skilled and
innovative teacher,
and the stories of a
Southern girl
steeped to her core
in the food, kitchen
lore, and
unconditional
hospitality of her

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culinary forebears on both sides of the Atlantic. Bon Appétit, Y'all is Virginia's way of saying, "Welcome to my Southern kitchen. Pull up a chair." Once you have tasted her food, you'll want to stay a good long while.

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Pork, Huevos
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Foo Yong,
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on the history of
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The New Southern

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author of
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travels the
United States
to pay tribute
to the nation's
diverse ethnic
baking
traditions with***

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represent the
best of each
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culinary
heritage and
its influence
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Stewart, as
told by its corr
espondents,
writers, and
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almost***

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today's most
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highlighted
the***

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the powerful,
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Now the
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gags,
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and
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will be***

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members and
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Comedy***

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underdog late-
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to Trevor
Noah's
succession,
rising from a
scrappy jester
in the 24-hour
political news
cycle to
become part**

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heart of
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trusted source
for not only
comedy but
also
commentary,
with a
reputation for
calling bullshit
and an ability***

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change in the
world.***

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of incisive
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coverage,
passionate
debates with
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Obama and
Hillary Clinton,***

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***feuds with Bill
O'Reilly and
Fox, and
provocative
takes on Wall
Street and
racism, The
Daily Show
has been a
cultural
touchstone.
Now, for the***

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***first time, the
people behind
the show's
seminal
moments
come together
to share their
memories of
the last-
minute
rewrites, impr
ovisations,***

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**pranks,
romances,
blow-ups, and
moments of
Zen both on
and off the set
of one of
America's
most groundbr
eaking shows.
This groundbr
eaking**

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**collection
encompasses
both sweet
and savory
favorites:
yeast breads
and quick
breads, layer
cakes and loaf
cakes,
doughnuts and
fruit desserts,**

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**pies and
simple
pastries.**
**Taking as his
starting point
1796, the year
the first
American
cookbook was
published,
Greg Patent,
an**

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**accomplished
baker, has
mined sources
from across
the country
for exemplary
baking recipes
by and for
home cooks.
Perusing old
cookbooks,
journals, and**

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***handwritten
diaries from
libraries and
private
archives, he
has skillfully
recreated
treasured
recipes or
used them as
inspiration for
his own***

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***thoroughly up-
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restaurant;
and a
sensationally
easy
butterscotch
cake that won
a national
baking contest
in 1954. Here
as well are
hundreds of

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**contemporary
standouts,
such as Malted
Milk Chocolate
Layer Cake, Bl
ueberry-Lemo
n Curd
Streusel
Muffins,
Peaches and
Cream
Cobbler, and**

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**Raised Potato
Doughnuts.**

A kitchen is no different from most science laboratories and cookery may properly be regarded as an experimental science. Food

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***preparation
and cookery
involve many
processes
which are well
described by
the physical
sciences.***

***Understanding
the chemistry
and physics of
cooking***

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***should lead to
improvements
in
performance
in the kitchen.
For those of us
who wish to
know why
certain recipes
work and
perhaps more
importantly***

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**why others
fail,**
**appreciating
the underlying
physical
processes will
inevitably help
in unravelling
the mysteries
of the "art" of
good cooking.
Strong praise**

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**from the
reviewers -**

**"Will be
stimulating for
amateur cooks
with an
interest in
following
recipes and
understanding
how they
work. They**

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***will find
anecdotes
and, sprinkled
throughout
the book,
scientific
points of
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The book is a
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and is an
invitation to***

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become better acquainted with the science of cooking." - NATURE "This year, at last, we have a book which shows how a practical understanding

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***of physics and
chemistry can
improve
culinary
performance...
[Barham] first
explains, in a
lucid non-
textbooky
way, the
principles
behind taste,***

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***flavour and
the main
methods of
food
preparation,
and then gives
fool-proof
basic recipes
for dishes
from roast leg
of lamb to
chocolate***

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soufflé." -

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"This book is

full of

interesting

and relevant

facts that

clarify the

techniques of

cooking that

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***lead to the
texture, taste
and aroma of
good cuisine.
As a physicist
the author
introduces the
importance of
models in
preparing
food, and their
modification***

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**as a result of
testing**

(tasting)."-

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"Focuses quite

specifically on

the physics

and food

chemistry of

practical

domestic

cooking in

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***terms of real
recipes... Each
chapter starts
with an
overview of
the scientific
issues
relevant to
that food
group, e.g.
toughness of
meat,***

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***thickening of
sauces,
collapse of
sponge cakes
and soufflés.
This is
followed by
actual recipes,
with the
purpose
behind each
ingredient and***

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**technique
explained, and
each recipe
followed by a
table
describing
some common
problems,
causes and
solutions.
Each chapter
then ends with**

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***suggested
experiments
to illustrate
some of the
scientific
principles
exploited in
the chapter." -
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(U.K.), The
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(Ireland), and
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deserves space
on the shelf
right next to
"Salt, Fat,
Acid, Heat" as
a titan of the
how-and-why
brigade."** – The

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"Deep and
illuminating,
fresh and
highly
informative...
a most
brilliant
achievement." -
Yotam
Ottolenghi "[A]
beautiful and
intelligent

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book." – J.
Kenji López-
Alt, author The
Food Lab and
Chief
Consultant for
Serious
Eats.com Aroma,
texture, sound,
emotion—these
are just a few
of the elements
that play into

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our perceptions
of flavor. The
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how to convert
approachable
spices, herbs,
and commonplace
pantry items
into tasty,
simple dishes.
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book, Nik
Sharma,
scientist, food
blogger, and
author of the
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home cooks on
an exploration
of flavor in
more than 100
recipes. •

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knowledge to
both home cooks
and seasoned
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science of
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Sharma's

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elemental
ingredients to
make delicious
dishes that hit

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include

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Mintade,

Saltiness:

Roasted Tomato

and Tamarind

Soup,

Sweetness:

Honey Turmeric

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with Pineapple,**

Savoriness:

Blistered

Shishito

Peppers with

Bonito Flakes,

and Richness:

Coconut Milk

Cake. • A

global,

scientific

approach to

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more • Perfect

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those
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food and
flavor, and
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Bushman can
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kitchen and
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may
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late, keeping
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pleasing picky
eaters,
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the day. You
and your family
will be glad

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palate in this

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ABC News

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the most jaded,
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coach'!"

--Joanne Weir,
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series Weir
Cooking in the
City and author
of Weir Cooking
in the City
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Bushman's . . .
enthusiasm
reaches right
out from the

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page and there
is no reason
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Jennifer's book
in hand."

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and author of
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champion
cooking
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grain breads
that taste
better than any
you've ever
had. We know
whole grain
breads are
better for us,
but will we
actually eat
them, much less
take time to
bake them? Yes,

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says beloved
baking

instructor

Peter Reinhart,

but only if

they are very,

very good. So

Reinhart, with

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experience

crafting

amazing

artisanal

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**bread, has
made it his
mission to
create whole
grain breads
that are
nothing short
of incredible.
And because his
approach is
also simpler
and less labor
intensive than**

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conventional
techniques,
you'll choose
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these breads.
His fifty-five
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whole grain
sandwich,
hearth, and
specialty
breads, plus
bagels,

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Crackers, and
more,

incorporate
widely
available whole
wheat flour as
well as other
flours and
grains such as
rye, barley,
steel-cut oats,
cornmeal, and
quinoa. Each is

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so rich with
flavor and
satisfying
texture that
white-flour
counterparts
pale in
comparison.
Written in
Reinhart's
famously clear
style and
accompanied by

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inspiring
photographs,
these recipes
were perfected
with the help
of nearly 350
testers.

Introductory
chapters
provide a
tutorial, with
step-by-step
photographs, of

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**the delayed
fermentation
method that is
at the heart of
these recipes,
as well as a
crash course in
baking science,
discussions of
grains other
than wheat, and
more. Advanced
bakers will**

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**relish
Reinhart's
innovative
techniques and
exacting
scientific
explanations,
and beginning
bakers will
rejoice in the
ease of baking
wholesome
breads with**

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such
extraordinary
flavor.

"Sound
nutrition is
the cornerstone
of any healthy
lifestyle,"
writes Michel
Stroot, and he
should know. As
the executive
chef at

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southern
California's
famed Golden
Door Spa, he
has perfected
the art of
conscious
cooking and
nourishment and
now shares over
150 of his
unique and
delicious

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recipes in
Golden Door
Cooks Light and
Easy. The
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is one of
America's most
exclusive
holistic
wellness
retreats, and
the celebration
of food-from

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garden to table-
Cooking Revealed
is a
cornerstone of
the spa's
"simplicity is
luxury"
ideology.
Stroot's
recipes are not
only
nutritionally
balanced, but
also

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imaginative,
aromatic, and
always
delicious. In
keeping with
the Golden Door
Spa philosophy,
he aims to
"provide the
hurried person
a cuisine of
simple and
enticing meals

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that will renew
physical and
mental energy,"
with recipes
that use only
fresh, healthy
ingredients,
allowing
creativity and
spirit to
enhance every
meal. With
guidelines for

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creating well-
balanced meal
plans, advice
on how to cut
time in the
kitchen, and
ways to reduce
fat while
enhancing
flavor, Golden
Door Cooks
Light and Easy
surpasses so

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many other cookbooks that amount to nothing more than a list of exotic ingredients from a fancy kitchen. From breakfast to beverages, appetizers to sauces, salads

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to seafood and
easy desserts,
Chef Stroot
shares his
favorite menus
as he reflects
on the Golden
Door belief
that "it is
necessary to
maintain a
balance between
what goes into

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our bodies and
what we can
expect to get
out in terms of
energy,
enthusiasm, and
enjoyment." Clas
sically
trained, Chef
Michel Stroot
honed his
skills as the
executive chef

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at the Golden Door Spa for more than two decades. His food has been praised by the New York Times, Los Angeles Times, Gourmet, and Vogue. Stroot has been called "a kitchen genius"

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and his
Cooking Revealed
creations

"tantalizing
and singularly
inspiring."

Originally from
Belgium, he
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Presents more
two hundred
recipes and

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numerous tips
for producing
coffee cakes,
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understand why,
and apply that
understanding to
other situations.
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simply put, a
book about how
to cook well. A
work of
astounding

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promised land of
a satisfying dish.

"Melissa Clark's
recipes are as
lively and diverse
as ever, drawing
on influences
from Marrakech
to Madrid to the
Mississippi Delta.
She has her
finger on the
pulse of how and

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what America
likes to eat."

-Tom Colicchio,
author of Craft of
Cooking "A Good
Appetite,"

Melissa Clark's
weekly feature in
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Times Dining
Section, is about
dishes that are
easy to cook and

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that speak to everyone, either stirring a memory or creating one. Now, Clark takes the same freewheeling yet well-informed approach that has won her countless fans and applies it to

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one hundred and fifty delicious, simply sophisticated recipes. Clark prefaces each recipe with the story of its creation-the missteps as well as the strokes of genius-to inspire improvisation in

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her readers. So when discussing her recipe for Crisp Chicken Schnitzel, she offers plenty of tried-and-true tips learned from an Austrian chef; and in My Mother's Lemon Pot Roast, she gives the same

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high-quality
advice, but culled
from her own
family's kitchen.
Memorable
chapters reflect
the way so many
of us like to eat:
Things with
Cheese (think
Baked
Camembert with
Walnut Crumble

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and Ginger
Marmalade), The
Farmers' Market
and Me (Roasted
Spiced
Cauliflower and
Almonds), It
Tastes Like
Chicken (Garlic
and Thyme-
Roasted Chicken
with Crispy
Drippings

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Croutons), and many more delectable but not overly complicated dishes. In addition, Clark writes with Laurie Colwin-esque warmth and humor about the relationship that we have with

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our favorite foods, about the satisfaction of cooking a meal where everyone wants seconds, and about the pleasures of eating. From stories of trips to France with her parents, growing up (where she

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and her sister were required to sit on unwieldy tuna Nicoise sandwiches to make them more manageable), to bribing a fellow customer for the last piece of dessert at the farmers' market, Melissa's stories

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will delight any
reader who starts
thinking about
what's for dinner
as soon as
breakfast is
cleared away.

This is a
cookbook to read,
to savor, and
most important,
to cook delicious,
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from.

Ellyn Satter's
Secrets of
Feeding a
Healthy Family
takes a
leadership role in
the grassroots
movement back
to the family
table. More a
cooking primer
than a cookbook,

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this book encourages singles, couples, and families with children to go to the trouble of feeding themselves well. Satter uses simple, delicious recipes as a scaffolding on which to hang

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fast tips, night-
before
suggestions, in-
depth
background
information, ways
to involve kids in
the kitchen, and
guidelines on
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children. In

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chapters about
eating, feeding,
choosing food,
cooking,
planning, and
shopping, the
author
entertainingly
helps readers
have fun with
food while not
eating
unhealthily or too

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often. She cites current studies and makes a convincing case for lightening up on fat and sodium without endangering ourselves or our children. The book demonstrates Satter's dictum

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that “your positive feelings about food and eating will do more for your health than adhering to a set of rules about what to eat and what not to eat.” The fourth edition of the classic reference,

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with updated
information and
recipes reflecting
contemporary
trends and
methods---plus,
for the first time,
color
photography
throughout.

It has become
popular to blame
the American

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obesity epidemic
and many other
health-related
problems on
processed food.
Many of these
criticisms are
valid for some
processed-food
items, but many
statements are ov
ergeneralizations
that unfairly

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target a wide range products that contribute to our health and well-being. In addition, many of the proposed dangers allegedly posed by eating processed food are exaggerations based on highly

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selective views of
experimental
studies. We crave
simple answers
to our questions
about food, but
the science
behind the
proclamations of
food pundits is
not nearly as
clear as they
would have you

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believe. This book presents a more nuanced view of the benefits and limitations of food processing and exposes some of the tricks both Big Food and its critics use to manipulate us to adopt their

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point of view.

Food is a source of enjoyment, a part of our cultural heritage, a vital ingredient in maintaining health, and an expression of personal choice. We need to make those choices based on credible

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information and
not be beguiled
by the
sophisticated
marketing tools
of Big Food nor
the ideological
appeals and gut
feelings of self-
appointed food
gurus who have
little or no
background in

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