

East By West Simple Recipes For Ultimate Mind Body Balance

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Against All Grain - Danielle Walker 2013-07-30

Offers recipes for a paleo diet, including Spanish frittata with chorizo, Korean beef noodle bowls, and lemon vanilla bean macaroons.

The Art of Eating Well - Jasmine Hemsley 2014-09-23

The founders of London's Hemsley & Hemsley present a first cookbook that compiles recipes and nutritional expertise that promote sustainable health and satisfaction, focusing on organic, nutrient-rich and unprocessed foods while sharing meal options for busy lifestyles.

Please to the Table - Anya Von Bremzen 1990-01-01

More than 350 recipes from all fifteen republics of the Soviet Union offer samples of the country's vast diversity--from the robust foods of the Baltic states, to the delicate pilafs of Azerbaijan

Land of Plenty - Fuchsia Dunlop 2003

A collection of traditional Sichuanese recipes, drawn from the author's two-year experience with regional chefs and complemented by detailed cooking methods, features a range of dishes and includes an ingredient glossary and a listing of twenty-three key Chinese flavors. 20,000 first printing.

Healthier Together - Liz Moody 2019-04-09

A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love* Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else.

Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

Good and Simple - Jasmine Hemsley 2016-04-12

Discover how simple and delicious eating well can be. Jasmine and Melissa Hemsley are revolutionizing how we eat. Experts on wholesome, nutritious cooking and living a healthy, fashionable lifestyle, the sisters teach people how to enjoy real food to feel happier and more energized. Their simple philosophy of eliminating gluten, grains, and refined sugars, while focusing on maximizing nutrition has revolutionized the way people think of "diet." And, the best part is, preparing such meals is easy and fun. *Good + Simple* has 140 beautiful recipes that are so tasty you'll

forget that they're designed with nourishment in mind. Dishes such as Roasted Squash Soup with Coriander Pesto, Green Goddess Noodle Salad, Cauliflower Rice 3 Ways, Roasted Chicken Thighs with Watercress Salsa Verde, Shrimp and Arugula with Zucchini Noodles, and Cannellini Vanilla Sponge Cake with Chocolate Avocado Frosting are packed with healthful, whole ingredients and taste wonderful. Also included is lots of helpful information from the sisters on making first steps and maintaining a healthy lifestyle; you'll find an at-a-glance guide to their principles of eating well, ten recipes to get you started, basic pantry ingredients to have on-hand, their signature bone both recipe, and much more. With 140 vibrant photographs, tips on transforming leftovers, stocking your fridge and freezer, meals on the run, advice on mindful eating, and a one-week body reset plan, as well as two weekly meal plans, *Good + Simple* is the perfect book for any home cook who loves food and wants to eat well every day.

Good and Cheap - Leanne Brown 2015-07-14

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for *Good and Cheap* is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it "Terrific!"; and Michael Pollan, who cited it as a "cool kickstarter." In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, *Good and Cheap* is poised to become a cookbook that every food lover with a conscience will embrace.

East by West - Jasmine Hemsley 2017-11-02

Winner of the 2018 Hearst Big Books Award (Women's Health and Wellbeing) *East by West* is the first solo cookbook from bestselling author, cook and TV presenter Jasmine Hemsley, co-founder of Hemsley + Hemsley. Featuring 140 delicious recipes from around the world, *East by West* champions the ancient Ayurvedic philosophy of eating to nourish, sustain and repair for ultimate mind-body balance. Jasmine continues her passion for balancing body, mind and spirit amidst the challenges of our fast-paced day-to-day lives, through real food and tasty home cooking. With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, *East by West* is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste (bringing to life store cupboard basics to create dishes) from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Packed with beautiful colour photography and inspired by Jasmine's personal journey with food and healthy living, *East by West* represents a delicious evolution of the

ideas explored in Hemsley + Hemsley bestsellers *Good + Simple* and *The Art of Eating Well*.

The Smitten Kitchen Cookbook - Deb Perelman 2012-10-30

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

From a Polish Country House Kitchen - Anne Applebaum 2012-11-21

Collects ninety Polish recipes, including roasted winter vegetables, stewed beef rolls with kasha, pork lion stuffed with prunes, and fruit pierogi.

Eat to Beat Disease - William W Li 2019-03-19

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems—Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity—to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Jerusalem (EL) - Yotam Ottolenghi 2012-10-16

A collection of 120 recipes exploring the flavors of Jerusalem from the New York Times bestselling author of *Plenty*, one of the most lauded cookbooks of 2011. In *Jerusalem*, Yotam Ottolenghi and Sami Tamimi explore the vibrant cuisine of their home city—with its diverse Muslim, Jewish, and Christian communities. Both men were born in Jerusalem in the same year—Tamimi on the Arab east side and Ottolenghi in the Jewish west. This stunning cookbook offers 120 recipes from their unique cross-cultural perspective, from inventive vegetable dishes to sweet, rich desserts. With five bustling restaurants in London and two stellar cookbooks, Ottolenghi is one of the most respected chefs in the world; in Jerusalem, he and Tamimi have collaborated to produce their most

personal cookbook yet.

East - Meera Sodha 2020-10-20

This edition has been adapted for the US market. It was originally published in the UK. * Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish * "Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?)." —Yotam Ottolenghi "Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best." —Melissa Clark, The New York Times "With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!" —Andrea Nguyen, author of *Vietnamese Food Any Day* and *The Pho Cookbook* Modern, vibrant, fuss-free food made from easy-to-find ingredients, *East* is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, *East* will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

From Grandma's Recipe Box - Gooseberry Patch 2021-01-01

Some of our most cherished memories are of visits to Grandma's house...and the wonderful meals she cooked for us. When she called us down for breakfast, we knew there would be homemade caramel rolls and hot cocoa waiting, just for us. In chilly weather, there was always a hearty kettle of vegetable soup or chili simmering on her stove. At dinnertime, the table overflowed with tender chicken and noodles or slow-baked pot roast, buttery mashed potatoes, brown sugar carrots (because she knew we wouldn't eat them, otherwise!) and salads, fresh-picked from her garden. Her cookie jar was filled with our favorite snickerdoodles or chocolate chip cookies, and there was always a frosted layer cake in the cake stand. So many delicious memories! From *Grandma's Recipe Box* is chock-full of all these recipes and more, shared by cooks like you, handed down through generations and still enjoyed today. We've included easy tips for adding down-home flavor to meals, and for making get-togethers with family & friends special. If you enjoy old-fashioned comfort food, you'll love the recipes in this cookbook! 225 Recipes

Feast in the Middle East - Blanche Araj Shaheen 2020-01-14

Growing up in an Arab American household, rich traditional Arabic dishes were central to Blanche's family's life. However she noticed that previous generations of her family did not document these heirloom recipes on paper, but passed the cooking techniques only by word of mouth. So Blanche began a mission of cultural preservation, taking down the cooking methods and exact ingredients of these hundreds of year old recipes. She launched a popular YouTube cooking show called "Feast in the Middle East" to not only share these recipes with her family, but with the world. Some of these dishes are classical favorites, like smoky Syrian Muhammara dip with walnuts, pomegranate molasses and roasted peppers, "Warak Enab," or rice and lamb rolled into tender grape leaves and cooked in a tomato broth, or Lebanese semolina custard scented with rose water called "Layali Lubnan" or "Lebanese Nights". Other dishes, like Musakhan, come from small and obscure villages like Ein Erik in the Palestinian West Bank. Musakhan is a sumac spiced chicken roasted on bread and smothered with caramelized onions and toasted pine nuts. Ancient recipes like chewy semolina date ring cookies called Ma'moul commemorate both Easter and Ramadan, while an over 1000 year old cinnamon spiced bulgur wheat porridge called Burbarra celebrates the Feast of Santa Barbara in the Arab Levant, Malta, and even Eastern Europe. While many of these dishes used to take hours to make, Blanche modernized these recipes to adapt to today's western palate and busy lifestyles. Readers will be able to recreate street foods like Chicken Shawarma and crispy Felafel in their own kitchens using easy techniques and familiar ingredients. Fusion dishes like Baklava Granola with pistachios and cardamom, Middle Eastern Nachos or

"Machos" with pita chips and cucumber yogurt sauce, and a Lemon Cheesecake made with creamy labneh cheese adapt middle eastern spices and ingredients to western tastes. Today the "Feast in the Middle East" YouTube series has brought together a global cooking community in an unexpected and beautiful way. Now viewers are making these recipes in the United States, Canada, India, Australia, Spain, Korea and beyond. AUTHOR BIOGRAPHY: Blanche Araj Shaheen is the YouTube personality and host of the popular cooking show, Feast in the Middle East. Prior to her foray into food, she was a television host and reporter in both entertainment and news. She reported and hosted programs for PBS, G4 Television, and Link Media's "Mosaic World News of the Middle East." She also became the first Arab American entertainment reporter, as a contributor for the ABC live show called "View From the Bay." In 2010 Blanche made the switch to hosting her own YouTube cooking show, sharing heirloom recipes preserved by her mother and grandmother. With her journalism background, she decided to document the recipes in this cookbook, and Feast in the Middle East was born. She gives the historical relevance of many signature dishes, and shares personal stories from her own family traditions and trips to the Middle East. Aside from her ongoing cooking series on YouTube, Blanche's Feast in the Middle East has been featured on Virgin America Airlines
AUTHOR HOME: Los Altos, C

Food Network Kitchens Cookbook - Jennifer Darling 2003

The team of kitchen professionals who work behind the scenes on the cooking programs of the Food Network shares recipes for breakfasts, soups, salads, main and side dishes, breads, and desserts, and offers cooking tips.

Material Girl, Mystical World - Ruby Warrington 2017-05-02

Utterly transporting and stylish, *Material Girl, Mystical World* takes you on an unforgettable journey through modern spirituality—from meditation and tarot to astrology—guided by wise and witty tastemaker Ruby Warrington, founder of *The Numinous*. Inspired by the consciousness-shifting traditions that have moved seekers for generations, *Material Girl, Mystical World* is a fabulous adventure in the "Now Age"—a sophisticated upgrade on cosmic thinking, from healing crystals to doing your dharma, for women who know that a closetful of designer shoes can happily coexist with a deeply meaningful life. Set against the backdrop of Ruby Warrington's own transformative path from her dream job as an influential fashion journalist to creating *The Numinous*, the high-style, high-vibe online magazine about spirituality for modern women, *Material Girl, Mystical World* invites readers on a colorful journey to discover their own path to personal enlightenment in every area of life, from love, sex, and relationships to fashion, beauty, health, and wellness. Combining the wit and charm of a modern-day Carrie Bradshaw with the stylish soul of Elizabeth Gilbert, Warrington shows us that it is within our power, right now, to create a life that is both intentional and fabulous—while also contributing to a major shift in global consciousness. From how to survive and thrive at Burning Man to creating rituals that celebrate the Divine Feminine to exploring the shaman in you, *Material Girl, Mystical World* is an inspiring call to arms for women looking to find their authenticity and voice in business, relationships, and spirit, from Brooklyn to London to Venice, C.A., and Black Rock City and beyond. A writer to watch, Warrington bestows on readers her wry, winning, and ultimately wise take on modern life.

5 Ingredients - Jamie Oliver 2019-01-08

Jamie Oliver—one of the bestselling cookbook authors of all time—is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

The First Forty Days - Heng Ou 2016-04-26

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming

and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. *The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

Blue Ginger - Ming Tsai 1999

Presents a collection of more than 125 innovative recipes for dishes that blend the best in Western and Eastern ingredients and cooking techniques

The South Beach Diet Cookbook - Arthur Agatston 2004-04-13

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

East Meets Vegan - Sasha Gill 2019-03-05

A vibrant tour of Asia in 90 vegan recipes When Sasha Gill went vegan, she wasn't about to leave her family's home-cooked favorites behind. Pad thai without fish sauce? Curry without ghee? In *East Meets Vegan*, Sasha proves that Asian cooking can be plant-based—as well as easy, affordable, and delicious! Here are: Veganized favorites: Spring rolls, red bean pancakes, shiitake ramen, mango lassis Can't-believe-it's-vegan twists: Tandoori cauliflower "wings," pineapple fried rice, jackfruit biryani, "butter chicken," a sushi feast to feed a crowd Mix-and-match pairings: Combine leftovers for your own take on Asian fusion. Bursting with more than 100 sumptuous photographs, this is your passport to a culinary adventure—from the comfort of your kitchen.

Madhur Jaffrey's Cookbook - Madhur Jaffrey 1987

Cool Beans - Joe Yonan 2020-02-04

Unlock the possibilities of beans, chickpeas, lentils, pulses, and more with 125 fresh, modern recipes for globally inspired vegetarian mains, snacks, soups, and desserts, from a James Beard Award-winning food writer "This is the bean bible we need."—Bon Appétit JAMES BEARD AWARD NOMINEE • ONE OF THE BEST COOKBOOKS OF THE YEAR: Food Network, NPR, Forbes, Smithsonian Magazine, Wired After being overlooked for too long in the culinary world, beans are emerging for what they truly are: a delicious, versatile, and environmentally friendly protein. In fact, with a little ingenuity, this nutritious and hearty staple is guaranteed to liven up your kitchen. Joe Yonan, food editor of the Washington Post, provides a master base recipe for cooking any sort of bean in any sort of appliance—Instant Pot, slow cooker, or stovetop—as well as creative recipes for using beans in daily life, from Harissa-Roasted Carrot and White Bean Dip to Crunchy Spiced Chickpeas to Smoky Black Bean and Plantain Chili. Drawing on the culinary traditions of the Middle East, the Mediterranean, Africa, South America, Asia, and the American South, and with beautiful photography throughout, this book has recipes for everyone. With fresh flavors, vibrant spices, and clever techniques, Yonan shows how beans can make for thrilling dinners, lunches, breakfasts—and even desserts!

The Everyday Ayurveda Cookbook - Kate O'Donnell 2016-10-11

Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that we need to find balance. In *The Everyday Ayurveda Cookbook*, Kate O'Donnell inspires you to get into the kitchen and explore this time-honored system of seasonal eating for health and vibrancy. Season by season, learn how the changing weather and environment both mirror and influence your body and appetite. Foundational "everyday" recipes can be adapted to any season and any dosha for nourishing, flavorful meals. Includes lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons.

The Silver Palate Cookbook - Sheila Lukins 2007-04-20

Enriched with full-color photographs in honor of its twenty-fifth anniversary, *The Silver Palate Cookbook* is the beloved classic that brings a new passion for food and entertaining into American homes. Its 350 flawlessly seasoned, stand-out dishes make every occasion special, and its recipes, featuring vibrant, pure ingredients, are a pleasure to cook. Brimming with kitchen wisdom, cooking tips, information about domestic and imported ingredients, menus, quotes, and lore, this timeless book feels as fresh and exciting as the day it was first published. Every reader will fall in love with cooking all over again.

The Ultimate Rice Cooker Cookbook - Beth Hensperger 2003

This book unlocks the rice cooker's true potential. It thoroughly explains how this appliance works and how to prepare every kind of rice, grain, and dried bean.

American Cake - Anne Byrn 2016-09-06

Cakes have become an icon of American culture and a window to understanding ourselves. Be they vanilla, lemon, ginger, chocolate, cinnamon, boozy, Bundt, layered, marbled, even checkerboard—they are etched in our psyche. Cakes relate to our lives, heritage, and hometowns. And as we look at the evolution of cakes in America, we see the evolution of our history: cakes changed with waves of immigrants landing on our shores, with the availability (and scarcity) of ingredients, with cultural trends and with political developments. In her new book **American Cake**, Anne Byrn (creator of the New York Times bestselling series *The Cake Mix Doctor*) will explore this delicious evolution and teach us cake-making techniques from across the centuries, all modernized for today's home cooks. Anne wonders (and answers for us) why devil's food cake is not red in color, how the Southern delicacy known as Japanese Fruit Cake could be so-named when there appears to be nothing Japanese about the recipe, and how Depression-era cooks managed to bake cakes without eggs, milk, and butter. Who invented the flourless chocolate cake, the St. Louis gooey butter cake, the Tunnel of Fudge cake? Were these now-legendary recipes mishaps thanks to a lapse of memory, frugality, or being too lazy to run to the store for more flour? Join Anne for this delicious coast-to-coast journey and savor our nation's history of cake baking. From the dark, moist gingerbread and blueberry cakes of New England and the elegant English-style pound cake of Virginia to the hard-scrabble apple stack cake home to Appalachia and the slow-drawl, Deep South Lady Baltimore Cake, you will learn the stories behind your favorite cakes and how to bake them.

One Piece Pirate Recipes - Eiichiro Oda, Sanji 2021-11-23

You can't become King of the Pirates on an empty stomach! Monkey D. Luffy has defeated dozens of rivals, and that kind of success takes a whole lot of energy! Fortunately, the pirate cook Sanji stands by Luffy's side, ready to support his captain with flaming kicks and piping-hot meals! Hearty and filling, Sanji's recipes keep the greatest pirate crew in the world well-fed, and his flashy techniques will take your culinary skills to the next level! -- VIZ Media

United States of Pie - Adrienne Kane 2012-06-05

A baker's delight, **United States of Pie** is an utterly charming and mouthwatering compendium of heirloom American pies—regional favorites from East to West and North to South—gathered lovingly together by Adrienne Kane, author of *Cooking and Screaming* and creator of the popular food blog www.nosheteria.com. From long lost recipes to classic favorites, the irresistible desserts featured in this wonderful cookbook will be pastry nirvana for Mollie Katzen and Moosewood fans—hot and tasty treats sweetly illustrated, combined with time-tested baking tips and secrets for preparing the perfect pie.

Feel Good - Melissa Hemsley 2022-05-19

'Not just good food, great food, to brighten every day.' - Nadiya Hussain
'Melissa's food is delicious, adventurous and always makes me smile! I always have her books to hand.' - Dr Rupy Aujla
'This is a beauty, full of life-affirming food.' - Thomasina Miers
100 delicious recipes for fuss-free cooking. Melissa Hemsley, bestselling author of *Eat Happy* and co-author of *The Art of Eating Well*, brings satisfying, simple recipes to help you feel your best, whether it's a quick dinner after a long day, cook-ahead lunches to see you through the week or a warming traybake for a cosy night in. Find energising veg dishes, flexible meat and fish recipes, feasts to share with friends, and simple snacks and desserts, using bold, international flavours and often influenced by Melissa's Filipino background. Many recipes take less than half an hour, and all use readily available ingredients. Includes Mushroom and Aubergine Pancakes with Sesame Sauce, Halloumi and Chickpea Rainbow Salad, Mum's Filipino Chicken with Mango-Tomato Salsa and Three-Ingredient Chocolate Pots.

Ani's Raw Food Asia - Ani Physo 2011-05-10

You've been to her kitchen, enjoyed her desserts, and mastered the essentials; now go with raw food goddess Ani Physo back to her roots for the first ever Asian raw food cookbook. Along with recipes from Korea, China, Japan, Thailand, Vietnam, India, Indonesia, and Hawaii and background information on traditional dishes, Ani's Raw Food Asia also offers essential tips on green living, well-being, longevity, fitness, beauty, and entertaining as inspired by a healthy Asian lifestyle. Recipes include: Mixed Vegetable Skewers with Almond-Butter Sauce, Creamed Curry Saag, Vegetable Tempura with Orange Lemongrass Dipping Sauce, Marinated Shiitake Mushroom Dumplings, Corn Fritters with a Hot and Sour Cucumber Dipping Sauce, Dosas, Moo Shoo Vegetables, and more.

Taste of Home Copycat Restaurant Favorites - Taste of Home 2019-11-05
Amp up your dinner routine with more than 100 restaurant copycat dishes made at home! Skip the delivery, avoid the drive thru and keep that tip money in your wallet, because Taste of Home Copycat Restaurant Favorites brings America's most popular menu items to your kitchen. Inside **Taste of Home Copycat Restaurant Favorites** you'll find more than 100 no-fuss recipes inspired by Olive Garden, Panera Bread, Pizza Hut, Cinnabon, Chipotle, Applebee's, Taco Bell, TGI Fridays, The Cheesecake Factory and so many others. Dig in to all of the hearty, savory (and sweet) menu classics you crave most—all from the comfort of your own home. With **Taste of Home Copycat Restaurant Favorites**, get all of the takeout flavors you love without leaving the house! CHAPTERS
Best Appetizers Ever
Coffee Shop Favorites
Specialty Soups, Salads & Sandwiches
Copycat Entrees
Favorite Odds & Ends
Double-Take Desserts

Duck, Duck, Goose - Tad Hills 2018-01-02

The beloved, classic, and New York Times bestselling odd couple Duck & Goose are back, and this time their friendship is put to the test! Now an animated series, available to stream on Apple TV+! **Duck & Goose, Goose & Duck**. Feathered friends forever . . . or are they? You see, there's a challenge to their friendship: a little whippersnapper of a duck named Thistle. Thistle is good at everything (or so she thinks), from math to holding her breath to standing on her head. Duck thinks she's fantastic. But Goose does not! And so Goose is faced with a problem close to the hearts of children everywhere: What happens when your best friend makes a new friend? "Charming, funny, simple, and surprising. . . Hills is master of the light comic touch."—The Boston Globe

East West Street - Philippe Sands 2017-07-11

A profound, important book, a moving personal detective story and an uncovering of secret pasts, set in Europe's center, the city of bright colors—Lviv, Ukraine, dividing east from west, north from south, in what had been the Austro-Hungarian Empire. A book that explores the development of the world-changing legal concepts of "genocide" and "crimes against humanity" that came about as a result of the unprecedented atrocities of Hitler's Third Reich. It is also a spellbinding family memoir, as the author traces the mysterious story of his grandfather as he maneuvered through Europe in the face of Nazi atrocities. This is "a monumental achievement ... told with love, anger and precision" (John le Carré, acclaimed internationally bestselling author). **East West Street** looks at the personal and intellectual evolution of the two men who simultaneously originated the ideas of "genocide" and "crimes against humanity," both of whom, not knowing the other, studied at the same university with the same professors, in "the Paris of Ukraine," a major cultural center of Europe, a city variously called Lemberg, Lwów, Lvov, or Lviv. Phillippe Sands changes the way we look at the world, at our understanding of history and how civilization has tried to cope with mass murder

Asian Tofu - Andrea Nguyen 2012-02-28

From sleek, silken tofu with delicate toppings to piping-hot fried satchels in a robust sauce, tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed. America has embraced tofu as a healthy, affordable ingredient. And while it has been welcomed into sophisticated mainstream dining, tofu is often hidden in Western guises and in limited applications. In her third intrepid cookbook, celebrated food writer and teacher ANDREA NGUYEN aims to elevate this time-honored staple to a new place of prominence on every table. **Asian Tofu's** nearly 100 recipes explore authentic, ancient fare and modern twists that capture the culinary spirit of East, Southeast, and South Asia. There are spectacular favorites from Japan, Korea, Thailand, Singapore, and India, as well as delicious dishes from Taipei, San Francisco, Santa Monica, and New York. Andrea demystifies tofu and interprets traditional Asian cuisine for cooks, sharing compelling personal stories and dispatches from some of the world's best tofu artisans along the way. For those who want to take their skills to the next level, the tofu tutorial clearly outlines tofu-making technique, encouraging readers to experiment with the unparalleled flavors of homemade varieties. But time-pressed cooks needn't fear: while a few recipes, such as Silken Tofu and Seasoned Soy Milk Hot Pot, are truly best with homemade tofu, most are terrific with store-bought products. Some traditional dishes combine tofu with meat in brilliant partnerships, such as Spicy Tofu with Beef and Sichuan Peppercorn and Tofu with Kimchi and Pork Belly, but this collection is predominantly vegetarian and vegan, including the pristinely flavored Spiced Tofu and Coconut in Banana Leaf and vibrant Spicy Lemongrass Tofu Salad. And innovations such as Okara Doughnuts reveal tofu's more playful side. For

health- and eco-conscious eaters and home chefs who are inspired to make the journey from bean to curd, Asian Tofu is the perfect guide.

[Sally's Baking Addiction](#) - Sally McKenney 2016-10-11

Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

Plant Over Processed - Andrea Hannemann 2020-12-29

A NATIONAL BESTSELLER! Trust in nature. Believe in balance. Eat the rainbow! Andrea Hannemann, aka Earthy Andy, presents a guide to plant-based eating that is simple, delicious, and fun. INCLUDES A 30-DAY PLANT OVER PROCESSED CHALLENGE Andrea Hannemann, known as Earthy Andy to her more than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's mantra, "plant over processed," embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii. But it wasn't always this way. Andy was once addicted to sugar and convenience foods and suffering from a host of health issues that included IBS, Celiac disease, hypothyroidism, asthma, brain fog, and chronic fatigue. Fed up with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of eating that transformed her health and her body. In Plant Over Processed, Andy invites readers to join her on a "30-Day Plant Over Processed Challenge" that will detox the body, followed by a long-term plan for going plant-based without giving up your favorite dishes. Packed

with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

[Ripe Figs: Recipes and Stories from Turkey, Greece, and Cyprus](#) - Yasmin Khan 2021-05-04

The acclaimed author of Zaitoun returns with vibrant recipes and powerful stories from the islands that bridge the Mediterranean and the Middle East. For thousands of years, the eastern Mediterranean has stood as a meeting point between East and West, bringing cultures and cuisines through trade, commerce, and migration. Traveling by boat and land, Yasmin Khan traces the ingredients that have spread through the region from the time of Ottoman rule to the influence of recent refugee communities. At the kitchen table, she explores what borders, identity, and migration mean in an interconnected world, and her recipes unite around thickets of dill and bunches of oregano, zesty citrus and sweet dates, thick tahini and soothing cardamom. Khan includes healthy, seasonal, vegetable-focused recipes, such as hot yogurt soups, zucchini and feta fritters, pomegranate and sumac chicken, and candied pumpkin with tahini and date syrup. Fully accessible for the home cook, with stunning food and location photography, Ripe Figs is a dazzling collection of recipes and stories that celebrate an ever-diversifying region and imagine a world without borders.

Milk & Cardamom - Hetal Vasavada 2019-07-16

Sweeten Any Occasion with Bold, Unforgettable Desserts From Brown Butter Ghee Shortbread Cookies to Pomegranate Curd Brownies, these decadently spiced, versatile recipes are a joy to make and share. Drawing inspiration from her Indian-American upbringing and experience on MasterChef, Hetal Vasavada infuses every creation with the flavors of her heritage. The results are remarkable treats like Mango Lassi French Macarons and Ginger-Chai Chocolate Pot de Crème. Whip up a batch of small sweets (mithai) like Sesame Seed Brittle and Bourbon Biscuits, or impress guests with a fantastic breakfast like Banana Custard Brioche Donuts. The Gulab Jamun Cake, inspired by the quintessential Indian dough-balls soaked in spiced syrup, is the perfect showstopper for any gathering. Simple techniques and smart shortcuts make it easy to create familiar flavors or experiment with new ones. With delectable ingredients like ginger, cardamom, saffron, fennel and rose, every bite is worth celebrating.