

## Food Library Book Index

### Contents

Introductions:.....	3
All About Bees:.....	7
Growing It All, With Abundance: .....	9
Food & Applications for Health: .....	16
Acts & Arts of Preserving, Fermenting, Pickling, Smoking, Curing, & Fire:.....	19
Foragers Guides: .....	22
Mushroom Guides & Things:.....	23
Growing & Understanding Fruits: .....	24
Stories of Food, People, Flavours, History      Understanding something Other:.....	25
Food Theory & Teaching: Includes Butchery.....	28
Cooking With Recipes:.....	30
Vegetarian .....	30
Extending The Borders: .....	34
Game & Bones:.....	40
Soups: .....	41
All About Piscis, Pescado, Poisson, Pesce, Fishch, Fisk, Fish: .....	42
Nations: .....	44
Africa .....	44
Japan China India, .....	44
Thailand Malaysia Indonesia.....	44
Japan.....	45
India.....	46
Middle East: Lebanon, Jordan, Syria, Israel, Turkey .....	48
Europe.....	49
Sardinia, Italy, Spain, France, Germany, Ukraine .....	49
Italy.....	50
France .....	52
Spain .....	54
Germany.....	56
Hungary.....	56
Ukraine.....	56
England .....	56
Ireland .....	58
Scotland .....	59

Scandinavia.....	59
Russia .....	59
America .....	60
Caribbean.....	60
Mexico .....	61
Colombia .....	61
Drink: .....	61

## Introductions:

Title:

The Library at Night

Author:

Alberto Manguel

2008

Alberto Manguel, the acclaimed writer on books and reading, has taken up the subject of libraries. "Libraries," he says, "have always seemed to me pleasantly mad places, and for as long as I can remember I've been seduced by their labyrinthine logic."

In this personal, deliberately unsystematic, and wide-ranging book, he offers a captivating meditation on the meaning of libraries.

The Library at Night " is a fascinating voyage through Manguel's mind, memory, and vast knowledge of books and civilizations.

Title

Food Mania

Authors

Nigel Garwood & Rainer Voigt

2001

An extraordinary visual record of the art of food.

Title:

The Cloud Spotters Guide

Author:

Gavin Pretor-Pinney

2006

Where do clouds come from? Why do they look the way they do? And why have they captured the imagination of timeless artists, Romantic poets, and every kid who's ever held a crayon? Veteran journalist and lifelong sky watcher Gavin Pretor-Pinney reveals everything there is to know about clouds, from history and science to art and pop culture. Cumulus, nimbostratus, and the dramatic and surfbable Morning Glory cloud are just a few of the varieties explored in this smart, witty, and eclectic tour through the skies.

Title:

Gardening Without Water

Author:

Charlotte Green

1999

Have you despaired when long sunny days have left your garden without water?

This book provides the answer to the effects of dryness and drought and shows you how to create a beautiful and productive garden - even when water is scarce.

Title  
 Discovering Dowsing & Divining  
 Author  
 Peter Naylor  
 2004

Title:  
 Water, A Green Guide  
 Author:  
 Job Clift & Amanda Cuthbert  
 2006

Did you know that we use 70% more water today than we did 40 years ago? Or that about 95% of water that gets delivered to our houses goes down the drain? And that a garden hose can use almost as much water in an hour as an average family of four uses in one day? Our population is growing, our climate changing and our lifestyle demands more and more water. Quite simply, we are consuming too much. And with water usage at an all-time high, rationing is round the corner. But the good news is that there are numerous things we can do both at home and at work to reduce our consumption of water, save money and help the environment. This book lists 100 ways in which to do your bit. Tips range from simple measures, such as turning off the tap while you clean your teeth to more drastic ones, such as installing a rainwater harvesting system.

Title:  
 Seeds, Sex & Civilization  
 Author:  
 Peter Thompson  
 2010

"This is a scientific detective story with heroes and heroines following clues and, eventually, finding answers. The history of man's relation to seeds is the history of civilization. To many of us seeds mean little more than tiny objects in paper packets, but we should also think of rice, wheat, coffee, nuts, peas, beans, chocolate and cotton.

Seeds have been hugely important throughout history. Today, how we treat them is of global significance."

Title  
 Success with seeds  
 Author  
 Chris & Valerie Wheeler  
 2003

Growing plants and vegetables from seed is among the most rewarding things a gardener can do. Anyone can successfully grow lush, vibrant plants with the helpful information and gardening techniques found here. Beginners will appreciate the easy-to-follow instructions, while experienced gardeners will value the host of special tips and tricks.

Title:

Seeds of Change - Six plants that transformed mankind

Author:

Henry Hobhouse

2005

Seeds of Change illuminates how sugar, tea, cotton, the potato, quinine, and the cocoa plant have shaped our past. In this fascinating account, the impassioned Henry Hobhouse explains the consequences of these plants with attention-grabbing historical moments.

Title:

Pandora's Seed

Author:

Spencer Wells

2002

Ten thousand years ago, our species made a radical shift in its way of life: We became farmers rather than hunter-gatherers. Although this decision propelled us into the modern world, renowned geneticist and anthropologist Spencer Wells demonstrates that such a dramatic change in lifestyle had a downside that we're only now beginning to recognize. Growing grain crops ultimately made humans more sedentary and unhealthy and made the planet more crowded. The expanding population and the need to apportion limited resources created hierarchies and inequalities. Freedom of movement was replaced by a pressure to work that is the forebear of the anxiety millions feel today. Spencer Wells offers a hopeful prescription for altering a life to which we were always ill-suited. Pandora's Seed is an eye-opening book for anyone fascinated by the past and concerned about the future.

Title:

Food for All

Author:

John Madeley

2002

John Madeley offers a new approach to agricultural production and feeding the hungry. He outlines a low-external input approach, along with a re-integration of new farming practices like organic agriculture and permaculture, and a range of "green" technologies which would eventually make world agriculture a viable livelihood for farmers, providing enough food for the hungry, and safe and good-tasting for the rest of us—all without harming the environment.

Title:

Not on the Label

Author:

Felicity Lawrence

2004

A shocking and highly readable expose of the state of the food production industry in Britain today. Felicity Lawrence will take some of the most popular foods we eat at home to show how the food industry in Britain causes ill health, environmental damage, urban blight, starving smallholders in Africa and Asia, and illegal labourers smuggled and exploited in Britain.

Title:

The Killing of the Countryside

Author:

Graham Harvey

1997

The Killing of the Countryside is a devastating attack on modern British agricultural policy and practice and a plea for a return to natural cycles, an end to subsidies and the domination of agribusiness, and for a safe, sustainable farming system.

Title:

So Shall We Reap

Author:

Colin Tudge

2003

So Shall We Reap exposes the devastating fallout of today's relentless drive for maximum food production at rock-bottom cost, as health scares spiral, rural workers are driven off the land and poor nations are forced to export their goods in a cut-throat marketplace. But, Colin Tudge reveals, there is an alternative. In this explosive book he looks at the global food industry and shows how - without resorting to GM crops - we can take back control from the corporate barons, feed the world and, ultimately, ensure the survival of humanity.

Title:

Small is Beautiful

A Study of Economics as if People Mattered

Author:

E.F. Schumacher

1973

Small Is Beautiful puts forward the revolutionary yet viable case for building our economies around the needs of communities, not corporations.

Linnaeus

The complete naturalist

Wilfred Blunt

Title

Linnaeus

The Complete Naturalist

Author

Wilfrid Blunt

2004

Carl Linnaeus (1707–78) invented the system, now used worldwide, of giving living organisms two Latin names and through his *Systema Naturae*, published in 1735, brought order to all recorded knowledge about plants and animals. This book charts Linnaeus's rise from poor student at Lund University in Sweden, to Professor of Medicine at Uppsala and founder of the Royal Academy of Sciences. A keen traveller, scientist, collector, painter and geologist, his lifelong passion was for botany. In the course of his life, he distinguished and named 9000 plants, 828 shells, 2100 insects and 477 fish.

Title:

The Origin of Plants

Author:

Maggie Campbell-Culver

2001

A fascinating history of Britain's plant biodiversity and a unique account of how our garden landscape has been transformed over 1000 years, from 200 species of plant in the year 1000 to the astonishing variety of plants we can all see today.

Title:

Heirloom Plants

Author:

Thomas Etty & Lorraine Harrison

2015

Heirloom plants often have a charm lacking in commercially produced varieties. And unless these seeds are grown and saved, they will be not only forgotten, but lost, too. Based on the seed catalogs of Thomas Etty, Heirloom Plants lists exciting cultivars to be grown, along with profiles and cultivation tips. Responsible gardening, certainly but with more than a hint of romance; who could resist the lure of the splendid Hubbard Green Warty squash, or the Green Zebra tomato?

### **All About Bees:**

Title:

The Practical Bee Guide

Author:

J.G. Digges

1949

This book contains a detailed and comprehensive guide to beekeeping, including information on history, anatomy, appliances, and management. A thorough guide, complete with easy-to-digest information and helpful diagrams.

Title:

The Bee Keepers Garden

Author:

Ted Hooper & Mike Taylor

1988

A guide intended to assist beekeepers in planting their gardens so as to provide bees with continuous sources of nectar and pollen. The book also encourages other gardeners to keep bees and shows how to maintain an ecological balance in the gardens without using products harmful to bees.

Title:

The Illustrated Encyclopaedia of Beekeeping

Edited by

Roger Morse & Ted Hooper

1985

This A-Z book provides for beekeepers of all levels of experience a comprehensive reference work, bringing together information on honey bees and beekeeping

throughout the world. Its subject matter ranges from the life and ecology of the honey bee to the management and care of these insects, and the processing and marketing of their honey. It is illustrated with photographs, drawings, and diagrams

Title:

The Life of the Bee

Author

Maurice Maeterlinck

1946

The Nobel Prize winner offers brilliant proof that "no living creature, not even man, has achieved in the center of his sphere, what the bee has achieved." From their amazingly intricate feats of architecture to their intrinsic sense of self-sacrifice, Maeterlinck takes a "bee's-eye view" of the most orderly society on Earth.

Title:

Green Guides

Keeping Bees

2011

Beekeeping is a fascinating and rewarding activity and is hugely important to the survival of our declining bee population, as much covered recently by the media. This attractive book offers practical and informative advice on how to get started, how to achieve and collect good harvests, beekeeping through the seasons, troubleshooting, queen rearing and more. It even suggests ways of encouraging bees for 'non-beekeepers'. Written by well respected experts Pam Gregory and Claire Waring, it provides accurate and reliable information on this increasingly popular pastime and is the ideal giftbook for the budding beekeeper.

Title:

Home Honey Production

Author

W.B.Bielby

1977

Title:

A World Without Bees

Authors:

Alison Benjamin & Brian Mccallum

2008

If the bee disappeared off the surface of the globe then man would only have four years of life left." –Albert Einstein

The fascinating history of the western honeybee and the vital role it plays in nature's eco-system.

A third of all that we eat, and much of what we wear, relies on pollination by honeybees. So if — or when — the world loses its black-and-yellow workers, the consequences will be dire.



## **Growing It All, With Abundance:**

Title:

Grow Your Own

Author:

Lawrence D. Hills

1971

Ground-breaking book on all aspects of fruit and vegetable growing. It was widely praised on its publication and remains a classic text in the world of organic gardening.

Title:

Self-sufficiency The Science and Art of Producing and Preserving your own Food

Author:

John & Sally Seymour

1973

"Are you one of the growing army of people in the cities and in the country who deplore the modern methods of food production and who would like to do something about it for themselves? If so, then Self-Sufficiency: The Science and Art of Producing & Preserving Your Own Food is the book for you. The authors have lived a life of almost complete self-sufficiency, first in Suffolk and then in Wales. Their combined travels take in half the world and their research has been immense. They probably know more about self-sufficiency in food than any other people today. They haven't only read about it - they have done it, and this directness of experience comes through strongly in this book..."

Title

21st Century Smallholder

Author

Paul Waddington

2006

From a small terraced house in the middle of a big city, Paul Waddington has made it his business to find out, and while trying it himself, has created a practical and absorbing guidebook along the way. It includes easy-to-read lists, tables, personal anecdote, and stunning illustrations, and more importantly demystifies the subject with practical tips that get to the heart of the matter to show you how you can enjoy the fulfilling aspects of the smallholding life without the hassle and expense of 'going all the way'. If you want to go back to the land without leaving home, this is the perfect guide.

Title:

The Complete Manual of Organic Gardening

Author

Edited by Basil Caplan

1992

A guide to gardening without using artificial fertilizers and pesticides offers practical advice on promoting healthy soil.

Title:

The Principles of Organic Gardening

By

Garden Organic

This booklet, The Principles of Organic Gardening, describes the organic approach to gardening - what to do and what to avoid. After the Introduction, we list the five pillars of organic gardening and describe the thinking behind them:

1. Build and maintain soil health. The soil is full of life, which supports healthy plant growth.
2. Encourage Biodiversity. Different life forms such as plants, insects, birds and mammals all have a role in creating a resilient growing system.
3. Use Resources Responsibly. The organic grower uses resources sustainably, with minimum damage to the planet. Includes guidelines on use of water, energy, wood, plastic and growing containers.
4. Avoid Using harmful chemicals. Toxic chemicals used to kill weeds, diseases and pests can damage the health of your growing area, and all the life-forms within and beyond it.
5. Maintain a healthy growing area. Keeping your growing area in good health, rather than just pest and disease free, is at the heart of organic growing. A diverse and vigorous growing system, good hygiene, and close observation all help prevent problems.

Title

Organic Gardening

Author:

Charles Dowding

2007

Charles shares the wealth of his experience, explaining his approach to soil and plants and revealing the range of techniques that have enabled him to grow healthy and vibrant crops for decades.

Title

The Handbook of Organic Husbandry

Author

Francis Blake

1987

Popular handbook on organic farming, mainly dedicated to horticultural practices. It deals shortly with all aspects of farming (from marketing to livestock husbandry)

## Title

Agriculture Course, The Birth of the Biodynamic Method

## Author

Rudolf Steiner

1924

Steiner's original contribution to human knowledge was based on his ability to conduct 'spiritual research', the investigation of metaphysical dimensions of existence. With his scientific and philosophical training, he brought a new systematic discipline to the field, allowing for conscious methods and comprehensive results. A natural seer from childhood, he cultivated his spiritual vision to a high degree, enabling him to speak with authority on previously veiled mysteries of life. The evolving human being; Cosmos as the source of life; Plants and the living earth; Farms and the realms of nature; Bringing the chemical elements to life; Soil and the world of spirit; Supporting and regulating life processes; Spirits of the elements; Nutrition and vitality; Responsibility for the future.

## Title

The Maria Thun Biodynamic Calendar 2020 (and previous editions)

The original, and still the best, biodynamic guide to sowing and planting.

## Title

Biodynamic Gardening

## Author

Monty Waldin

2015

Biodynamic Gardening is the perfect introduction to this ultra-green method, explaining how it works by improving soil health and performing key tasks at optimal times. Focused chapters show you what to do in the garden each season, including preparing and feeding the soil, caring for plants, keeping a balanced garden ecosystem, and harvesting at the best times for the best flavor. It also includes step-by-step features explain how to make the special soil preparations biodynamic gardening is so famous for.

## Title

A Biodynamic Manual

## Author

Pierre Masson

2011

For anyone already practicing, or turning to, biodynamic gardening and farming methods, numerous detailed questions arise, such as: \* How do you choose your seeds? \* What fertilisers should you use? \* Which natural products are most effective? This manual, fully illustrated with explanatory diagrams and photographs, provides the answers. The book covers \* all aspects of making and using biodynamic preparations and composts \* managing the health of plants \* weed control \* parasite control \* issues around mixed cultivation \* animal care \* specialised crops and planting such as fruit trees and vines. Although the technical aspects of biodynamic growing are exhaustively covered, the author also considers the human qualities necessary for this kind of agriculture to succeed. This is an invaluable guide for all biodynamic growers to have to hand daily.

## Title

The Allotment Gardener

## Author

Ann Nicol

2009

The Allotment Gardener's Handbook' provides a seasonal step-by-step guide to all aspects of allotment gardening.

## Title

Grow Your Own Veg

## Author

Carol Klein

2007

An illustrated, practical beginner's handbook that provides the practical know-how to get growing your own vegetables, from preparing a plot, planning what to plant, and how to grow any one of the 40 featured food plants.

## Title

The Kitchen Gardener

## Author

Alan Titchmarsh

2008

Allotments with ten-year waiting lists; fruit and veg seeds outselling those of flowers - Britain is growing a passion for home produce and the time is right for the nation's favourite gardener to provide the definitive book on the subject.

## Title

Allotment Month by Month

## Author

Alan Buckingham

2009

How to grow your own fruit and veg all year round on your allotment or in your garden

## Title

Allotment Gardening

## Author

Susan Berger

2005

Allotment Gardening is a practical guide to growing your own fruit and vegetables organically. Aimed at those who have not had an allotment before, or are new to growing their own, it is packed with advice from choosing and planning your allotment through to harvesting and storing your produce.

## Title

The Allotment Book

## Author

Andie Clevely

2006

Huge new interest in allotments, now seen as a trendy lifestyle choice and popular pastime for young families. Newly commissioned photography looks at real-life plots and the people who garden in them.

## Title

Gardeners' Question Time

Techniques & tips for gardeners'.

## Author

Mathew Biggs, John Cushnie, Bob Flowerdew, Anne Swinthinbank

2006

Gardeners Question Time panellists, providing novice gardeners and experienced amateurs alike with advice on everything from planting to pruning, from building a pond to lining a hanging basket.

## Title

The Fruit & Vegetable Gardener

## Author

Richard Bird

2003

The Fruit and Vegetable Gardener: The Complete Practical Guide to Kitchen Gardening, from Planning and Planting to Harvesting and Storing.

With our quest for healthier lifestyle, growing your own food is becoming more and more popular. This guide, written by an expert in the field, should be a constant reference for novice and experienced growers alike. The wealth of technical information and tips, as well as step-by-step photography should make any job easy to follow.

## Title

The Encyclopedia of Gardening

## By

Marks & Spencer's

2000

## Title

Everything You Can Do in the Garden Without Actually Gardening.

## Author

Phillippa Lewis

2009

The planning, planting, growing, and tending of a garden may be intimidating to the average person, but the pleasures of a garden need not be. Illustrated throughout, this delightful book demonstrates that we can create our own kingdom and do precisely what we want within the garden — it's not about gardening but about what we do when that is done (or not done).

## Title

Greenhouse Gardener

## Author

Anne Swinthinbank

2006

A greenhouse can be a garden's greatest asset: its nucleus and powerhouse. There are many ways of using it and a gardener can adopt one or all of them.

## Title

The Story of the Potato

## Author

Alan Wilson

1995

Over 300 potato varieties are included with 74 colour painted illustrations. Reviews and analysis of all major potato varieties of the last 250 years.

## Title

Organic Grassland

## Author

Jon Newton

1999

Unique guide written by a recognised authority on the subject. Grass is the most important feed for cattle and sheep. The central theme is that organic grassland can be a productive source of nutrients for livestock provided it is managed correctly. Essential for organic farmers and those converting to organic systems of production.

## Title

Victorian Farm

## Author

BBC publication

Alex Langlands, Peter Ginn, Ruth Goodman

2009

Accompanying the BBC series, this book follows the team as they try to run a farm using only materials and resources that would have been available to them in the Victorian era.

Could you survive a year on a Victorian farm? In this fascinating time-traveling experiment Lion Television, with the BBC, follow a team of historians who will spend a year recreating farm life in 1885.

## Title

Two Hundred Years of British Farm Livestock

## Authors

Stephen J.G. Hall & Juliet Clutton-Brock

1989

Two Hundred Years of British Farm Livestock provides a very readable chronicle of the origins of modern livestock farming and some very good background for many native breeds, all accompanied with some fine plates.

Title

Free Range Poultry

Author

Katie Thear

1997

This popular practical guide to the free range management of chickens on any scale, small or large, has been revised and extended to deal with changes in regulations, welfare considerations.

Title

The Treatment of Cattle by Homoeopathy

Author

George MacLeod

2012

Many farmers today are concerned, not only with the increasing cost of conventional drugs, but also with their side-effects and the build-up of resistant strains of bacteria due to the continued and often indiscriminate use of antibiotics.

While this book will appeal to the already converted it is hoped that the unprejudiced newcomer will be sufficiently encouraged to investigate this system of medicine and enjoy its undoubted benefits.

Title

Bantams for Everyone

Author

H. Easom Smith

1967

Title

Husbandry: An Ancient Art for the Modern World

Author

Jonty Williams

2014

This book tells a story of husbandry - a proper, time-honoured way in which humanity may participate as members and marriage partners with the 'earth communities'.

## **Food & Applications for Health:**

Title

Neal Yard Remedies Cook, Brew, and Blend your own Herbs.

2011

Make your own health-giving herbal concoctions with recipes developed by the experts at Neal's Yard Remedies.

Title

Homeopathy

Author

Dr. Andrew Lockie

1990

A comprehensive guide to homeopathic medicine. Practical and realistic advice on safe treatments for every condition from colds to cancer. It also provides nutritional and lifestyle advice and a section on prevention of disease and health maintenance.

Title

1001 Natural Remedies

Author

Laurel Vukovic

2003

A practical reference from the experts at Natural Health magazine introduces more than one thousand natural remedies designed to treat a variety of common ailments and solve various problems around the house, from skin care to stain removal to gardening tips, all without using commercial chemicals, medicines, or cleaners.

Title

Healing Foods Cookbook

Author

Jane Sen

1996

Jane Sen has created these recipes to serve as inspiration for all those wanting to live healthily on the freshest of foods. The ingredients are rich in the essential nutrients our cells need in the fight against cancer and other diseases.

Title

The Encyclopedia of Herbs & Herbalism

Edited by Malcolm Stuart

1990

Advice on cultivating, collecting, and preserving herbs augments discussion on the origins and development of herbalism, traditional herbal lore, and the medicinal, cosmetic, domestic, and culinary uses of herbs.

Title

Diabetic Best Ever Recipes

Author

Jacqueline Bellefontaine

2009



## Title

Eat Your Way Through the Menopause

## Author

Marilyn Glenville

2002

All women will go through the menopause. However, medical research has proved that many of the symptoms that we associate with the menopause – such as joint pains, mood swings, weight gain and hot flushes – are in many cases peculiar to a Western diet and virtually unknown in countries like Japan, where soya-rich foods are a key part of the diet. In *Healthy Eating for the Menopause*, Marilyn Glenville explains how your diet can work as a natural alternative to hormone replacement therapy and give you results far superior to any drug. Devising recipes rich in the three beneficial food groups – phytoestrogens, essential fatty acids and antioxidants, which are contained naturally in many everyday ingredients – Marilyn Glenville and Lewis Esson have created menus for all the meals in the day. Guaranteeing no risks and no side effects, these recipes will not only help to reduce and even eliminate certain symptoms, but also guard against osteoporosis, heart disease and other illnesses.

## Title

Seriously Good Gluten Free Cooking

## Author

Phil Vickery

2009

Phil Vickery believes that he can revolutionise the notoriously restrictive gluten-free diet. Using his Michelin-starred cooking talents and his nurturing of simple, honest ingredients, Phil has created over 150 recipes that coeliacs have until now only dreamed of.

## Title

Eat right for your body type - Super healthy diet inspired by Ayurveda

## Author

Anjum Anand

2009

Featuring 75 delicious recipes from East and West for healthy eating, Anjum Anand outlines her methods for maintaining a perfect body weight and optimum health.

## Title

Fast Food Nation

## Author

Eric Schlosser

2001

*The Dark Side of the All-American Meal* is a 2001 book written by investigative journalist Eric Schlosser that examines the local and global influence of the United States fast food industry.

Title  
E for Additives  
Author  
Maurice Hanssen  
1987

This work cracks the 'E' number code and enables you to understand the lists of additives that appear on the packs of the food you buy, so that you can see exactly what has been added, where it comes from, why it has been added, what it does to the food and - if anything - what it might do to you.

Title  
The Juice Master  
Author  
Jason Vale

Title  
Grow Your Own Drugs  
Author  
James Wong  
2009

Ethnobotanist James Wong explores the natural remedies that can be made from plants. He's a firm believer that people can save money and feel better using simple remedies for everyday ailments.

Title  
Foods that Harm / Foods that Heal  
Readers digest  
1996

In an A-Z format, this book provides information about diet and health, vitamins and supplements, food additives and allergies, and about which foods will help to combat particular ailments. The book draws on the experience of over 300 experts

Title  
Aphrodisiacs  
Author  
Peter Levene  
1985

Title  
Salt, The Essential Mineral, & its Medicinal Benefits  
Author  
Margaret Briggs  
2007

## **Acts & Arts of Preserving, Fermenting, Pickling, Smoking, Curing, & Fire:**

Title

Ferment for Good - Ancient Foods for the Modern Gut

Author

Sharon Flynn

2017

Ferment for Good is a guide to discovering the joys of fermentation in its myriad variations - framed through the eyes of Sharon Flynn, who was hooked early in her 20s and has since made it her life's work to learn and share all there is to know about this most ancient of practices.

Title

The Complete Book of Preserving

Title

Preserving Through the Year

Author

Oded Schwartz

2012

Make jams, jellies, chutneys, pickles and relishes from early spring right through to late winter with over 130 seasonal recipes in *Preserving Through the Year*. From spring's Chunky Courgette Chutney to summer's Blackcurrant Jam and from autumn's Cranberry Jelly to winter's Rhubarb Marmalade, you can enjoy a whole year of creating beautiful preserves from ingredients at their peak. Make sure your shelves are always stocked with jars and bottles vibrant with colour and packed with flavour with *Preserving Through the Year*.

Title

The Modern Preserver

Author

Kylee Newton

2015

The Modern Preserver takes you through every aspect of preserving: from classic chutneys and jams, through pickles and fermentation, to cordials and compotes. It weds age-old methods with a very contemporary feel.

Title

River Cottage Handbook No.2

Preserves

Author

Pam Corbin

2008

Shares practical guidelines for preserving locally grown fruits, vegetables and herbs while offering seventy-five recipes for such preserves as raspberry jam and apple butter.

Title

Preserving

Author

Ginette Mathiot

2015

Classic French preserving techniques updated for a modern audience.

Title

Basic Basic, Jams, Preserves, and Chutneys Handbook

Author

Marguerite Patten

2001

Marguerite Patten, doyenne of British cookery, shares her wealth of knowledge and her tried and tested recipes for jams, marmalades, jellies, curds, pickles, relishes, chutneys, and ketchups.

Title

Harrods Book of Jams, Jellies & Chutneys

1987

A glorious treasure-trove of ideas to choose from throughout the year.

Title

The Best of Mrs Beeton's Jams, Pickles & Preserves

Author

Isobel Beeton

2007

Mrs Beeton has provided practical help and advice to many generations in their first attempts at running their own homes. The Best of Mrs Beeton's Jams, Pickles and Preserves contains a selection of delicious recipes that make the most of seasonal produce.

Title

Salt, Sugar, Smoke

Author

Diane Henry

2012

This comprehensive book takes a fresh look at preserving.

Title

Smoked, A Beginners Guide to Hot and Cold Smoked Fish, Cheese and Vegetables.

Author

Charlotte Pike

2017

Smoking is one of the oldest, and most delicious ways of preserving, flavouring food, from fish, and meat to vegetables, and dairy products. This book provides an essential guide for anyone who wants to try their hand at this ancient technique.

## Title

Meat Smoking and Smokehouse Design

## Authors

Stanley, Adam & Robert Marianski

2012

This complete reference on curing, smoking, and cooking meats delivers the technical know-how behind preparing meats and sausages, explaining differences between grilling, barbecuing, and smoking.

## Title

River Cottage Handbook No.13

Curing & Smoking

## Author

Steven Lamb

2014

With an introduction by Hugh Fearnley-Whittingstall and full-colour photographs as well as illustrations, this book is the go-to guide for anyone who wants to smoke, brine or air-dry their way to a happier kitchen.

## Title

The Ultimate Wood Fired Oven Cookbook

## Author

Genevieve Taylor

2018

The Ultimate Wood-Fired Oven Cookbook tells you everything you need to know about your oven, from initial setting up to choice of woods, plus tips and tricks for perfecting cooking times, and of course, over 70 amazing recipes.

## Title

Your Brick Oven, Building it & Baking in it.

## Author

Russell Jeavons

2004

Russell Jeavons owns and operates an eccentric pizza restaurant in Willunga on the Fleurieu Peninsula, South Australia, a region famous for its almonds, olive oil and McLaren Vale wine. Known simply as 'Russell's', the restaurant - which opens only on Friday nights - has gained a cult following due to the combination of fresh, wholesome food served in a simple and informal style and cooked entirely in Russell's brick ovens. In YOUR BRICK OVEN Russell shares his passion and knowledge of building, firing and cooking for crowds according to ancient traditions. With the help of photographs and diagrams his step-by-step guide takes you through all the stages of building an oven, from choosing a site to firing up for your first bake. Includes recipes for bread, roast lamb, pizza and desserts.

Title

The Great Outdoors Cookbook

Author

Phil Vickery

2011

From campfire bangers to the most simple of picnics, it's amazing how good food tastes out in the open. Phil has arranged his book by cooking method, with chapters on BBQs at Home, BBQs on the Go, Gas Rings, Dutch Ovens, Wood Fires and Picnics.

### **Foragers Guides:**

Title

Petal, Leaf, Seed, Cooking with the treasures of the garden

Author

Lia Leendertz

2016

Many of the ingredients are amongst the smallest and easiest crops you can grow, but will provide you with some of the biggest flavours. Divided into three sections, each of which has its own growing guide, Petal covers spring, summer, herb and vegetable flowers; Leaf covers annual and perennial herbs, exotic and fruit leaves

Title

The Forager's Calendar

Author

John Wright

2019

Look out of your window, walk down a country path or go to the beach in Great Britain, and you are sure to see many wild species that you can take home and eat. From dandelions in spring to sloe berries in autumn, via wild garlic, samphire, chanterelles and even grasshoppers, our countryside is full of edible delights in any season.

Title

Drink Your Own Garden

A Homebrew guide using your garden ingredients

Author

Judith Glover

2013

Drink Your Own Garden will appeal to anyone seeking a more self-sufficient lifestyle. This is a wonderfully imaginative guide to making the most of your delicious garden produce, from damson and marigold wines, through to honey mead and rhubarb cordial. With a guidelines for each step of the way, including equipment and ingredients, a seasonal guide to what to grow when and a list of potential problems and remedies; over 140 recipes for berry and bush wines, flower wines, fruit wines, grain wines, herb wines, leaf and sap wines, vegetable wines, mead and beers, as well as non-alcoholic choices such as refreshing fruit juices, cordials and teas

## Title

River Cottage Handbook No.7

Hedgerow

Author

John Wright

2010

Hedgerows, moors, meadows and woods - these hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to be found in the British countryside, and how to prepare and cook them.

## Title

Foraging The Essential Guide to Free Wild Food

Author

John Lewis-Stemped

2012

A practical guide to finding and preparing food from hedgerows, parks, fields, woods, rivers and seashore. Aimed at the beginner, it also has a wealth of tips for the enthusiast, and, unlike other books on wild food, covers foraging in the urban environment as well as the countryside.

### **Mushroom Guides & Things:**

## Title

The Practical Mushroom Encyclopaedia

Identifying, picking and cooking with mushrooms

Author

Peter Jordan & Steven Wheeler

2000

The complete guide to identifying, picking and using mushrooms -- a photographic A-Z and 100 original recipes -- Photographic A-Z of the most popular mushrooms, seen both in situ and in close-up identification shots.

## Title

Mushroom Miscellany

Author

Patrick Harding

2008

Collins Mushroom Miscellany is a compilation of all of the fascinating biological facts – a mushroom holds the record for the largest spreading single organism covering nearly 3km<sup>2</sup> – the folklore – there is a widespread belief that mushrooms arise from falling stars – the uses – tree moss lichen is found in most modern perfumes – and the history – the Neolithic Ice-Man found in Europe in 1990 carried two types of fungus; one for use as tinder, but another mounted on a leather thong remains undecided. Additionally, the book features the most widely used recipes for cooking mushrooms from around the world. Mushroom Miscellany is a veritable treasure trove of fascinating facts – a perfect introduction to the third kingdom of fungi and an essential companion to every mushroom field guide.

Title

Mushroom Magic

Author

Michael Jordan

1989

An introduction to mushrooms from the natural history point of view - what they are, where they grow, which (few) are poisonous. An appendix includes recipes, but mostly the book is a celebration of mushrooms as a fascinating part of nature.

Title

The Oxford Book of Flowerless Plants

Author

B.E. Nicholson & F.H. Brightman

1966

Oxford Book of Flowerless Plants Ferns, Fungi, Mosses and Liverworts Lichens, and Seaweeds

Title

RHS Herbs for the Gourmet Gardener

Author

Caroline Holmes

2014

More and more gardeners are discovering the delight of preparing and eating fresh homegrown food. For this growing band of enthusiasts, *RHS Herbs for the Gourmet Gardener* is the indispensable guide to what to grow, cook and eat. Alongside familiar herb varieties are numerous novel options that offer a world of new colours and tastes. Each herb has its own listing, providing accessible information on climate, size, origin, storage, preparation and cultivation. Fascinating historical facts, nutritional information and classic recipes are interspersed with feature spreads on topics such as edible flowers and herbs to drink.

Title

A Clove of Garlic

Author

Katy Holder & Gail Duff

1996

Get to grips with garlic in this fabulous celebration of its many uses for great food and good health. Great recipes. History of the Stinking Rose. Tips on vampire repelling. Charmingly illustrated in full colour, including historical pictures and items associated with garlic.

## **Growing & Understanding Fruits:**



Title

The Fruit Expert

Author

Dr. D. G. Hessayon

1993

This is the essential guide to growing all types of fruit. Everything you need to know about: choosing the best apples, pears and plums for your garden; planting and caring for tree fruit; buying and growing soft fruit; growing fruit in containers; getting the best taste from your fruit; how to prune; and, dealing with fruit problems and pests.

Title

Uncommon Fruits for Every Garden

Author

Lee Reich

2008

Lee Reich provides a valuable guide to uncommon fruits and berries, which add an adventurous flavor to any garden. Though names like jujube, juneberry, maypop, and shipova may seem exotic at first glance, these fruits offer ample rewards to the gardener willing to go only slightly off the beaten path at local nurseries. Reliable even in the toughest garden situations, cold-hardy, and pest- and disease-resistant, they are as enticing to the beginner as to the advanced gardener.

Title

Quinces, Growing & Cooking

Authors

Jane McMorland Hunter & Sue Dunster

2014

Quinces have become an undeservedly forgotten fruit. This book reintroduces them, making them more accessible and providing an inviting range of recipes. The trees do not require much space, and are easy to grow. The fruits are delicious and versatile and the recipes here extend well beyond jellies and jams. From Goat's Cheese Tart to Quince Chocolates and Liqueurs, there is something for everyone.

The quince has always had a special place among the fruits of Europe. The ancient Greeks called it the "golden apple," the Romans the "honey apple." And it was most likely a quince, not an apple, that Eve plucked from the tree in the Garden of Eden.

This book describes both the cultivation, the history, and the cooking of quinces. There is a sketch of the glorious history of the fruit in cookery of past ages; there are some excellent recipes for savory dishes that depend on the quince for that special flavor, and for all those sweet dishes that bring out the unique qualities of the fruit. We tend to forget that the first marmalades were made from quinces.

**Stories of Food, People, Flavours, History**  
**Understanding something Other:**

Title:

How Food Shapes our Lives

Author

Carolyn Steel

2008

*Hungry City* examines the way in which modern food production has damaged the balance of human existence, and reveals that we have yet to resolve a centuries-old dilemma - one which holds the key to a host of current problems, from obesity and the inexorable rise of the supermarkets, to the destruction of the natural world.

Original, inspiring and written with infectious enthusiasm and belief, *Hungry City* illuminates an issue that is fundamental to us all.

Title

Cooked

Author

Michael Pollan

2013

Michael Pollan's *Cooked* takes us back to basics and first principles: cooking with fire, with water, with air and with earth. Meeting cooks from all over the world, who share their wisdom and stories, Pollan shows how cooking is at the heart of our culture and that when it gets down to it, it also fundamentally shapes our lives. Filled with fascinating facts and curious, mouthwatering tales from cast of eccentrics, *Cooked* explores the deepest mysteries of how and why we cook.

Title

The Third Plate

Author

Dan Barber

2014

Today's optimistic farm-to-table food culture has a dark secret: the local food movement has failed to change how we eat. It has also offered a false promise for the future of food. In his visionary *New York Times*-bestselling book, chef Dan Barber, recently showcased on Netflix's *Chef's Table*, offers a radical new way of thinking about food that will heal the land and taste good, too. Looking to the detrimental cooking of our past, and the misguided dining of our present, Barber points to a future "third plate" a new form of American eating where good farming and good food intersect. Barber's *The Third Plate* charts a bright path forward for eaters and chefs alike, daring everyone to imagine a future for our national cuisine that is as sustainable as it is delicious.

Title

Food Bigger Than The Plate

Authors

Catherine Flood & May Rosenthal Sloan

2019

*Food: Bigger Than The Plate* explores the ways in which we can harness our taste buds and edible desires in the fight to meet this challenge. It critiques our broken industrial food system and proposes ways of reassembling the pieces into something more just, biodiverse, and still delicious. Engaging with artists, designers, architects, activists, and food professionals who are examining key activities and relationships throughout the food system, this new book discusses diverse and creative ways to

reimagine food waste, supply chains, and social empowerment through the politics and the pleasures of food. *Food: Bigger Than The Plate* accompanies a major exhibition at the Victoria and Albert Museum, London.

Title

A History of Food, In 1000 Recipes

Author

William Sitwell

2012

In today's 24-hour consumer society, it is easy to get what we desire to eat. But do we know where these everyday recipes came from, who invented them, and using what techniques? This book provides a colourful and entertaining journey through the history of cuisine, celebrating the world's greatest dishes.

Title

Cooking for Kings, The Life of Antonin Carême

The first celebrity chef

Author

Ian Kelly

2004

A unique feast of biography and Regency cookbook, *Cooking for Kings* takes readers on a chef's tour of the palaces of Europe in the ultimate age of culinary indulgence.

Drawing on the legendary cook's rich memoirs, Ian Kelly traces Antonin Carême's meteoric rise from Paris orphan to international celebrity and provides a dramatic below-stairs perspective on one of the most momentous, and sensuous, periods in European history-First Empire Paris, Georgian England, and the Russia of War and Peace.

Carême had an unfailing ability to cook for the right people in the right place at the right time. He knew the favorite dishes of King George IV, the Rothschilds and the Romanovs; he knew Napoleon's fast-food requirements, and why Empress Josephine suffered halitosis.

Carême's recipes still grace the tables of restaurants the world over. Now classics of French cuisine, created for, and named after, the kings and queens for whom he worked, they are featured throughout this captivating biography. In the phrase first coined by Carême, "You can try them yourself."

Title

The Short Life & Long Times of Mrs Beeton

Author

Kathryn Hughes

2005

It seems though that Mrs Beeton was a series of contradictions. Kathryn Hughes reveals here that Bella Beeton was a million miles away from the stoical, middle-aged matron. She was in fact only 25 years old when she created the guide to successful family living and had only had five years experience of her own to inform her. She lived in a semi-detached house in Pinner with the bare minimum of servants. She bordered on being a workaholic, and certainly wasn't the meek and mild little wife that her book was aimed at – more a highly intelligent and ambitious young woman. After preaching about wholesome and clean living, Bella Beeton died

at the age of 28 from (contrary to her parent's belief) bad hygiene. Kathryn Hughes sympathetically explores the irony behind Bella Beeton's public and private image in this highly readable and informative study of Victorian lifestyle.

Title

The Flavour Thesaurus

Pairings, recipes and ideas for the creative cook

Author

Niki Segnit

2010

Unique, beautifully written and ceaselessly imaginative, "The Flavor Thesaurus" is a completely new kind of food book--inspired, as author Niki Segnit explains, by her over-reliance on recipes. "Following the instructions in a recipe is like parroting pre-formed sentences from a phrasebook. Forming an understanding of how flavors work together, on the other hand, is like learning the language: it allows you to express yourself freely, to improvise, to cook a dish the way you want to cook it." "The Flavor Thesaurus "is the inquisitive cook's guide to acquiring that understanding--to learning the language of flavor.

### **Food Theory & Teaching: Includes Butchery**

Title

The Physiology of Taste

Or meditations on transcendental gastronomy

Author

Jean Anthelme Brillat-Savarin

2009

A culinary classic on the joys of the table—written by the gourmand who so famously stated, "*Tell me what you eat, and I will tell you what you are*"—in a handsome new edition of M. F. K. Fisher's distinguished translation and with a new introduction by Bill Buford.

First published in France in 1825 and continuously in print ever since, *The Physiology of Taste* is a historical, philosophical, and ultimately Epicurean collection of recipes, reflections, and anecdotes on everything and anything gastronomical. Brillat-Savarin, who spent his days eating through the famed food capital of Dijon, lent a shrewd, exuberant, and comically witty voice to culinary matters that still resonate today: the rise of the destination restaurant, diet and weight, digestion, and taste and sensibility.

Title

On Food and Cooking Science and Lore of Kitchen=

Author

Harold McGee

1989

*On Food and Cooking* pioneered the translation of technical food science into cook-friendly kitchen science and helped give birth to the inventive culinary movement

known as "molecular gastronomy." Though other books have now been written about kitchen science, *On Food and Cooking* remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques.

#### New Concise Larousse Gastronomique

Larousse Gastronomique is an encyclopedia of gastronomy. The majority of the book is about French cuisine, and contains recipes for French dishes and cooking techniques.

#### Title

Le Repertoire de La Cuisine

#### Author

L. Saulnier

1950

a professional reference cookbook written by Théodore Gringoire and Louis Saulnier and published originally in 1914, and translated into multiple languages. It is intended to serve as a quick reference to Le guide culinaire Saulnier's mentor, Auguste Escoffier, and adds a significant amount of Saulnier's own material.

#### Title

Practical Cookery For level 2 Professional Cookery Diploma 13th Edition

#### Authors

David Foskett, Neil Rippington, Patricia Paskins, Steve Thorpe

2017

Tailored to the new Level 2 Technical Certificate in Professional Cookery qualification, and covering every aspect of study and assessment, this textbook will ensure your students develop a sound understanding of the core knowledge and skills demanded by the new specification.

#### Title

Chef school, Leith's School of Food & Wine

Forward by Caroline Waldegrave

1998

All the basic cookery processes and tips, as taught at Leith's.

#### Title

Prue Leith's Cookery School

#### Authors

Prue Leith & Caroline Waldegrave

1990

Designed to teach the culinary techniques and principles of the kitchen, this book consists of 42 menu lessons which take the reader from the simplest dishes through to real culinary masterpieces.

## Title

Leith's Techniques Bible

## Authors

Susan Spaul & Lucinda Bruce-Gardyne

2012

Leith Techniques Bible is the ultimate cookery reference book. Here you will find all the information taught during the year-long diploma course at Leiths School of Food and Wine. Learn how to prepare meat and fish, make perfect pastry and bread, as well as equip a kitchen. Understand what makes recipes work and what has happened when they haven't. With answers to every cookery question from how to make perfect mashed potatoes to making a spun sugar cage, this is an indispensable book for everyone from the novice cook to the experienced chef.

## Title

Whole Beast Butchery, The complete visual guide to beef, lamb, and pork

## Author

Ryan Farr with Brigit Binns

2011

DIY fever + quality meat mania = old-school butchery revival! Artisan cooks who are familiar with their farmers market are now buying small farm raised meat in butcher-sized portions. Dubbed a rock star butcher by the *New York Times*, San Francisco chef and self-taught meat expert Ryan Farr demystifies the butchery process with 500 step-by-step photographs, master recipes for key cuts, and a primer on tools, techniques, and meat handling. This visual manual is the first to teach by showing exactly what butchers know, whether cooks want to learn how to turn a primal into familiar and special cuts or to simply identify everything in the case at the market.

## DVD

The Stalkers Guide to Venison Butchery (DVD)

Complete details of bleeding, opening and post mortem inspection, of carcass, organs, lymph system, and removal of head and feet, from a freshly shot carcass to meat hygiene service standards as required by DSC L2.

## Cooking With Recipes:

### Vegetarian

## Title

Leith's Contemporary Cooking

## Authors

Prue Leith, Caroline Yates & Alison Cavaliero

1994

Contemporary cooking is not strictly vegetarian cooking, but it is very close to it. The food is tasty, healthy and attractively presented, and includes no meat or fish. However, every kind of cheese and stock can be used, as can gelatin. To be accurate, contemporary cooking is meatless rather than vegetarian.

## Title

The Veg Box

Recipes by Keda Black and Catherine Quevremont

Illustrations by

Jose Reis De Matos

2006

A well organized "vegetable crate/box" containing 14 books -- 30 vegetables, 300 recipes.

## Title

Moosewood Cook Book

1977 edition

Author

Mollie Katzen

Since the original publication of the Moosewood Cookbook in 1974, Mollie Katzen has been leading the revolution in American eating habits. Moosewood was listed by the New York Times as one of the top ten best-selling cookbooks of all time, and no wonder. With her sophisticated, easy-to-prepare vegetarian recipes, charming drawings, and hand lettering, Mollie introduced millions to a more healthful, natural way of cooking. Contents: Soups. Salads. Entrees. Sauces & Sandwich Fillings. Desserts.

## Title

The Reluctant Vegetarian Cookbook

Author

Simon Hope

1985

Simon Hope brings his expertise to bear on the whole vegetarian menu, from starters to sweets, from soups to bread and cakes. He presents 354 recipes.

## Title

Creative Recipes for Vegetable Cooking

Author

Annette Wolter

## Title

Vegetables the World's 100 Best Recipes

## Title

Rainbow Green, Live-Food Cuisine

Author

Gabriel Cousens

2003

Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a buildup of toxins in the body collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated--and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality.

Title  
It's Broccoli Actually  
Author  
Richard Curtis

Title  
The I Hate Kale Cookbook  
Author  
Tucker Shaw  
2015  
35 recipes to change your mind about KALE

Title  
Ani's Raw Food Kitchen  
Author  
Ani Phyo  
2007  
This is the ultimate gourmet, living foods "uncookbook" for busy people. You don't have to sacrifice taste or style to reap the benefits of raw foods

Title  
Simple Recipes for Joy  
More than 200 delicious vegan recipes  
Author  
Sharon Gannon  
2014  
Gannon reveals the secrets behind the cafe's acclaimed menu and showcases her own home-cooking, with recipes she's been making for family and friends for decades - from Creamy Wild Mushroom Soup, to Cajun-Mexican-inspired Jambalaya, to her signature chocolate mousse.

Title  
Riverford Farm Cook Book, Tales from the fields, recipes for the kitchen  
Authors  
Guy Watson & Jane Baxter  
2008  
Guy Watson began farming at Riverford in 1985 on three acres of land on the Watson family farm based in Staverton, South Devon.  
This book charts the rise of Riverford and ethical eating, the new concern for 'food miles' and local food production, and is a must-have guide to growing, sourcing and using the best-quality produce in the most effective and environmentally aware manner.



## Title

The Abel & Cole Cookbook

Easy, seasonal, organic

2006

A cookbook to love, a cookbook to read, with irresistible organic recipes from Keith Abel

## Title

Cooking Outside the Box

Author

Abel & Cole

2006

## Title

Sainsbury's Vegetarian Cooking

Author

Carole Handslip

1990

This book offers over 100 recipes for cooking, elegant, hearty, refreshing, and mouth-watering meals, from starters, to mains, salads, and desserts.

## Title

Home Cooking

Author

Linda McCartney's

1989

Cooking with a conscience is the motivating force behind this wonderfully appealing vegetarian cookbook. McCartney offers more than 200 easy, clear and delicious recipes for a meatless and healthful cuisine

## Title

Fruit Book

Author

Jane Grigson

1982

*Jane Grigson's Fruit Book* includes a wealth of recipes, plain and fancy, ranging from apple strudel to watermelon sherbet. Jane Grigson is at her literate and entertaining best in this fascinating compendium of recipes for forty-six different fruits.

You will find new ways to use all manner of fruits, alone or in combination with other foods, including meats, fish, and fowl, in all phases of cooking from appetizers to desserts. And, as always, in her brief introductions Grigson will both educate and amuse you with her pithy comments on the histories and varieties of all the included fruits.

## Extending The Borders:

Title

Forgotten Skills of Cooking

Author

Darina Allen

2009

In this sizeable hardback, Darina Allen reconnects you with the cooking skills that missed a generation or two. The book is divided into chapters such as Dairy, Fish, Bread and Preserving, and forgotten processes such as smoking mackerel, curing bacon and making yogurt and butter are explained in the simplest terms. The delicious recipes show you how to use your home-made produce to its best, and include ideas for using forgotten cuts of meat, baking bread and cakes and even eating food from the wild. The Vegetables and Herbs chapter is stuffed with growing tips to satisfy even those with the smallest garden plot or window box, and there are plenty of suggestions for using gluts of vegetables. You'll even discover how to keep a few chickens in the garden. With over 700 recipes, this is the definitive modern guide to traditional cookery skills.

Title

The Cookbook of the United Nations

Editor

Barbara Krau

1969

Looking into the eating habits of the collective nations of the United Nations, this book could be hailed as one of the world's most valuable food books, ever. With 450 recipes taking us across borders and into other nations favourite foods.

Title

Fanny Hills Cook Book

Authors

Lionel H. Braun & William Adams

1970

Employing the infamous character, Fanny Hill from John Cleland's erotic novel, *Memoirs of a woman of pleasure*, 1748, Braun & Adams create a book of smut, recipes, japes, erotic imagery, base pleasures. The food book to go with 'The Joy of Sex'.

Title

The Good Cook

Author

Simon Hopkins

2011

*The Good Cook* is the result of over 40 years' experience and is based on Simon's belief that a good cook loves eating as much as cooking.

Title

Fortnum & Mason, The Cookbook

Author

Tom Parker Bowles

2016

The Fortnum's Cook Book brings together recipes from all three centuries of our history - from famous Scotch Eggs and Afternoon Tea Scones to contemporary dishes like Grilled Bones and Welsh Rarebit.

Wonderful Delights.

Title

Delia Smith's Winter Collection

Author

Delia Smith

BBC publication

1997

A collection of recipes for wintertime, featuring ingredients from a progression of winter produce from October to April. Both meat and vegetarian dishes are included, and many of them reflect the influence of French, Italian, Spanish and oriental flavours and ideas.

Title

The River Cottage Cookbook

Author

Hugh Fearnley-Whittingstall

2001

Get real with food, enjoy life, understand food more, know where it comes from, and learn to be in control of your food, and so life.

Title

River Cottage, Everyday

Author

Hugh Fearnley-Whittingstall

2018

Make food wonderful Every day. Easy collection of recipes to follow.

Title

The Cordon Bleu Cookery Book

1975 Edition

Authors

Rosemary Hume & Muriel Downes

This book is based on the teaching of the Cordon Bleu School of Cookery

## Title

In Search of Perfection

## Author

Heston Blumenthal

2006

The book focuses on eight classic dishes - Fish and Chips, Bangers and Mash, Spag Bol, Risotto, Roast Beef, Steak and Salad, Pizza, Black Forest Gateau, and Treacle Tart and Ice Cream.

This book contains all Heston's recipes for the classic dishes and all his hints and tips on how to cook the very best ingredients, as well as fascinating information on the background to these dishes.

## Title

Good Things

## Author

Jane Grigson

1971

Published in 1971, *Good Things* is "a magnificent book", ahead of its time in celebrating recipes built around British locally-sourced food, all presented in Grigson's inimitably witty and stylish food writing (*The Guardian*). Divided into sections that cover Fish—kippers, lobster, mussels and scallops, trout; Meat and Game—meat pies, salted meat, snails, sweetbreads, rabbit and hare, pigeon, venison; Vegetables—asparagus, carrots, celery, chicory, haricot beans, leeks, mushrooms, parsley, parsnips, peas, spinach, tomatoes; and Fruit—apple and quince, gooseberries, lemons, prunes, strawberries, walnuts. Most importantly, *Good Things* includes the recipe for Grigson's famous curried parsnip soup.

## Title

The Return of the Naked Chef

## Author

Jamie Oliver

2000

A book of banter and recipes, nothing pretentious, all good fun, with bags of 'bish bash bosh', to get you excited about cooking food for yourself.

## Title

The Pooh Cook Book

## Author

Katie Stewart

1971

Inspired by Winnie-the-Pooh & The House at Pooh Corner by A.A.Milne

## Title

The Marmite Cookbook

## Author

Paul Hartley

2003

Fifty-two recipes inspired by what people love & hate in equal measures.

Title  
Spam The Cookbook  
Author  
Marguerite Pattern  
2009  
A recipe book with amusing stories about Spam.

Title  
We Can Cook  
By Ladybird  
1970s

Title  
The Complete Farmhouse Kitchen Cookbook  
Yorkshire Televisions publication  
1984  
Packed with an expansive array of collected recipes, gathered from the public for a Yorkshire Television Programme of the same name.  
It is full of recipes devoted to country cooking, in the very traditional sense.  
A real community cook book, for one of the longest cookery programmes.

Title  
The Traditional AGA Book of Slow Cooking  
Author  
Louise Walker  
1995  
The Traditional Aga Book of Slow Cooking Louise Walker's most recent Aga Cookery book is full of delicious recipes for slow cooked meals. As well as giving invaluable instructions for Aga owners

Title  
The Countryside Cookbook  
Author  
Gail Duff

Title  
Traditional Farmhouse Fare  
Edited by  
A collection of country recipes from Farmers Weekly  
This collection of country recipes, selected from those sent in by readers of Farmer's Weekly, includes a wide selection of dishes from soups to puddings and cakes, and is particularly suitable for family cooking.

Good House Keeping Cookery Compendium  
Compiled by the Good Housekeeping Institute  
1954  
Covering all aspects of food preparation, using picture demonstrations to provide all that is required to produce the everyday dishes needed in an average home.

Title

The Country Cook

Author

Annie Bell

2007

Featuring over 85 original recipes dealing with every occasion this food is home cooking at its very best. Annie Bell specializes in using local ingredients seasonally to produce delicious, classic meals that will be enjoyed by the whole family.

Title

Garden Cookbook

Author

Sarah Raven

2007

The ultimate all-in-one reference for anyone who orders a fruit or vegetable box, is a regular at a farmers' market or simply dreams of a life filled with good quality food.

Title

Seasonal Food

Author

Paul Waddington

2004

You want to know what's good to eat now? And why? Without pouring through stacks of recipe books? You need this book. *Seasonal Food* is organized into twelve chapters, one for each month of the year. Each chapter starts with a brief story about the month itself (what's happening in the farming calendar, food-related customs and traditions), followed by narrative sections covering what's in prime season - fruit and veg, meat, fish and other seasonally-influenced produce such as cheeses. There are recipes with information such as traditions, best regions etc and other basic suggestions about preparation. And new for this edition and in response to a growing sophistication in seasonal eating in the UK, it features gourmet foods that you can't source locally. Discover when to get the finest nectarines or the best month to treat yourself to Vacherin cheese.

Title

Summer Cooking

Author

Elizabeth David

For the great English food writer Elizabeth David, summer fare means neither tepid nor timid. Her stress is always on fresh, seasonal food-- recipes that can be quickly prepared and slowly savored, from Gnocchi alla Genovese ("simply an excuse for eating *pesto*") to La Poule au Pot to Gooseberry Fool. Divided into such sections as Soup, Poultry and Game, Vegetables, and Dessert, her 1955 classic includes an overview of herbs as well as chapters on impromptu cooking for holidays and picnics. Chockablock with both invaluable instructions and tart rejoinders to the pallid and the overblown, *Summer Cooking* is a witty, precise companion for feasting in the warmer months.

## Title

The Woman's Institute Comfort Food

This enticing compilation includes all your favourite recipes and has ideas for satisfying one-pot dishes and soups, pies and pasta, casseroles and curries, pasties and puddings, bakes and cakes. There are classics both modern and old, everything from Moussaka, Thai Chicken Curry and Spicy Moroccan Vegetables to Scotch Broth, Creamy Fish Pie and Lancashire Hotpot - all the inspiration you need to conjure up a simple lunch or midweek supper, a tasty family meal or a treat for a special occasion.

## Title

Good House Keeping Whole Food Cookery

Author

Gail Duff

1980

Whole food cookery is about eating food that is still full of all its nutritious goodness nature meant us to enjoy. The recipes in this cookbook offer insight into your health and well being.

## Title

The Dairy Book of Family Cookery

Author

Alexandra Artley

1983

Over 700 recipes for every occasion

Real Foods

Anne Willan

## Title

We'll Meet Again

A Collection of Recipes from the War Years

Author

Marguerite Pattern

1985

## Title

AtoZ Cookery in colour

Volumes 1 to 6

Author

Marguerite

Pattern

1963

Six Good Cookery Books to make Good Cooks

Title

Cooking Today in Colour

Author

Marguerite Pattern

1972

"This is a cookbook for the woman of the seventies.

For the woman who enjoys good food, and cooking but cannot spend hours slaving over a stove. For the woman who wants to know how to make the best use of the modern kitchen equipment available so that cooking becomes fun - not a chore."

A book compiled to help make the metric system become more familiar, and therefore easier to follow.

Title

The Favourite Recipes of Henri the Chef

Manchester Evening News

1968

A selection of recipes from the Manchester Evening News published to celebrate the centenary year of the newspaper.

### **Game & Bones:**

Title

Tales of the English Game Keepers

Author

Brian P. Martin

Combining the anecdotes of the living and the recorded stories of the dead, this book is a study of the professional gamekeeper. The author has also written several books in the Tales from the Countryside series.

Title

Loose Birds & Game

Author

Andrew Pern

2010

Loose Birds & Game delivers a totally fresh approach to Poultry, Game & Fish, presenting outstanding flavours and stunningly original combinations with an exclusive insight into the outstanding Star Inn at Harome.

Title

Cooking on the Bone Recipes, History & Lore

Author

Jennifer McLagan

Bones: Recipes, History, and Lore. Top food stylist and food writer Jennifer McLagan has a bone to pick: too often, people opt for boneless chicken breasts, fish fillets, and cutlets, when good cooks know that anything cooked on the bone has more flavour -- from chicken or spareribs to a rib roast or a whole fish.



## Title

The Delia Collection

Chicken

BBC publication

2003

A collection of over 50 beautiful chicken recipes. Delia's chicken recipes range from classic roast chicken to paella and oriental chicken stir fries.

## Soups:

## Title

Fresh Ways with Soups & Stews

Healthy Home Cooking

By

Time Life Books

## Title

New Covent Garden Company's, Soup & Beyond

1999

*Soup and Beyond* is New Covent Garden's.

Alongside over fifty new soup recipes, readers will find an exciting range of bean dishes - including home-made baked beans, dal, Israeli falafel and many more - together with a fantastic selection of breads and other garnishes which add a new layer of flavour, texture, substance and colour, and contribute to a wonderful mealtime experience.

## Title

A Tradition of Soup, Flavours from China's, Pearl River Delta

Author

Teresa M. Chen

2009

Through recipes that use time-honored medicinal ingredients, *A Tradition of Soup* provides a fascinating narrative of the Southern Chinese immigrants who came to the United States in large numbers during the last half century, the struggles they faced and overcame, and the soups they used to heal and nourish their bodies.

## Title

A Celebration of Soup

Author

Lindsey Bareham

2001

'A book for serious slurpers' - Matthew Fort, The Guardian From the intense flavours of a clear consommé to the hearty warmth of a good broth, from the tang of a chilled summer appetizer to the richness of a comforting chowder, soup is one of the most versatile dishes imaginable. This unparalleled book covers every aspect of cooking soups, from stock-making and thickening to garnishes, embellishments and accompaniments.

## **All About Piscis, Pescado, Poisson, Pesce, Fishch, Fisk, Fish:**

Title

Four Fish

Author

Paul Greenberg

2011

Fish, Greenberg reveals, are the last truly wild food — for now. By examining the forces that get fish to our dinner tables, he shows how we can start to heal the oceans and fight for a world where healthy and sustainable seafood is the rule rather than the exception.

Greenberg frames his observations by commenting on the status of four specific fish: cod, salmon, bass, and tuna.

Title:

cod

Author:

Mark Kurlansky

1997

A Biography of the Fish that Changed the World.

Title

The Ultimate Book of Fish & Shellfish

Author

Kate Whiteman

2009

A comprehensive cook's guide to identifying, preparing and serving seafish, freshwater fish, shellfish, crustaceans and molluscs Over 300 recipes from all around the world for inspiring dishes including soups, appetizers, main courses, rice and pasta, and special ideas for entertaining Shown in 1500 full-colour step-by-step photographs

Title

English Seafood

Author

Rick Stein

2001

Drawing on culinary traditions from around the world, Rick Stein presents the special recipes he serves at his Seafood Restaurant in Padstow, and, by sharing the secrets of his most popular dishes, encourages us to cook seafood in new and exciting ways.

Title  
Seafood  
Author  
Rick Stein  
2006

It is divided into three separate sections: Techniques; Recipes; and, finally, an A to Z of Fish. The techniques section covers all the main preparation and cooking methods for each type of fish (round, flat, shellfish etc.), while the A-Z of fish is a comprehensive encyclopedia of fish and seafood including US, Australian, and European fish. The recipe section includes all the essential basic recipes, such as stocks, sauces, batters etc. Useful cross references link all sections.

Title  
Taste of the Sea  
Author  
Rick Stein  
1997

Britain's top seafood chef dispels the myth that cooking fish and shellfish requires esoteric skills.

Sea Food Odyssey  
Rick Stein  
1999

Presenting over 100 seafood recipes, this book takes readers on a tour of the world in search of the ideas, techniques and ingredients on which they are based. Among the places visited are Chesapeake Bay, the Carolinas, the small Australian town of Noosa, Goa, and the Thai village of Hua Hin.

Title  
Seafood, Soups, Main Dishes & Salads  
Author  
Robert Carrier  
Cookery Cards  
1967

20 colour illustrated recipe cards in a colour illustrated card case. Recipes include Prawn Bisque; Seafood Saffron Soup; Salmon Garni; Crab New Orleans; Cold Mackerel Basquaise; Quick Lobster Thermidor; Taramasalata.

## Nations:

### Africa

The Complete South African Meat Cookbook  
Compiled by the Home Economics of the Meat Board

Cooking Can Be Fun  
Edited by  
Mrs E. L. Sells  
Rhodesia Methodist Church

### Japan China India,

### Thailand Malaysia Indonesia

The Food of Asia  
A journey for food lovers through  
China, India, Japan, & Thailand  
Author  
Murdoch Books  
2009

A comprehensive range of authentic recipes from snacks to mains and from desserts to accompaniments; easy dishes for everyday and for special occasions; a vivid evocation of the culinary heritage of each country and region; lavishly illustrated throughout with photographs of people, food, techniques, local markets, architecture and landscapes.

Title  
South East Asian Food  
Author  
Rosemary Brissenden  
2003

This selection of recipes will show you the varieties and unique properties of each cuisine, from tangy Thai salads, satisfying Vietnamese soups, aromatic Indonesian curries to exquisite Malaysian symbols. With the help of the author's clear and easy-to-follow instructions and her knowledge of the local foods, you'll be able to recreate these delightful, fragrant dishes in your own kitchen.

Title  
Far Eastern Odeyssey  
Author  
Rick Stein  
2009

Rick Stein's Far Eastern Odyssey includes over 150 new recipes from Cambodia, Vietnam, Thailand, Bangladesh, Sri Lanka, Malaysia and Bali each complemented by Rick's colourful anecdotes from the trip and beautiful on-location photography. This is a visually-stunning culinary tribute to Southeast Asian cooking that evokes

the magic of bustling markets, the sizzle of oil and the aromatic steam from a Far Eastern kitchen.

Title

Far Eastern Cookery

Author

Madhur Jaffrey

BBC publication

Based on Madhur Jaffrey's PBS television series, this large, color-illustrated book includes 180 recipes and introduces the distinctive tastes of eight Far Eastern cuisines.

Title

Curry

Fragrant dishes from India, Thailand, Malaysia and Indonesia

Author

David A. Thompson

Talks about fragrant dishes from 18 regions including India, Thailand, Vietnam and Indonesia.

Appetizer

Chinese DIY

Wok Cooking

Great Little Cook Books

Title

The Cooking of China

Author

Emily Hahn

Foods of the World / Time Life Books

1968

Content Chapters include: "An Ancient and Honorable Art; 'Cooking Chinese' in Your Own Kitchen; Secrets of Savor and Spice; A Reverence for Good Food; Oriental Staff of Life; Gentle Teas and Strong Spirits; and much more.

## Japan

Title

The Cooking of Japan

Author

Rafael Steinberg

Foods of the World

Time Life Books

1970

Easy-to-follow recipes set in the cultural context of Japanese customs and heritage, accompanied by a spiral-bound recipe book

Title

Thai Cooking

Great Little Cook Books

Over 50 recipes for soups, starters, seafood, specialties, curries, and deserts.

## India

Title

India Cook Book

1000 Recipes

Author

Pushpesh Pant

2010

the first comprehensive guide to Indian cooking, with over 1,000 recipes covering every aspect of India's rich and colourful culinary heritage. Unlike many other Indian cookbooks, it is written by an Indian culinary academic and cookbook author who lives and works in Delhi, and the recipes are a true reflection of how traditional dishes are really cooked all over India.

Title

India

Author

Rick Stein

2013

Chefs, home cooks and street vendors hold the key to unlocking the secrets of these complex and diverse flavours – and Rick's travels take him to the heart of both their long-held traditions and most modern techniques. He uncovers recipes for fragrant kormas, delicate spiced fish and slow-cooked biryanis, all the while gathering ideas and inspiration for his own take on that elusive dish – the perfect curry.

Title

Curries & Bugles

The Book of the British Raj

Author

Jennifer Brennan

1990

A third-generation child of the Raj, Jennifer Brennan dishes up recipes for staunch British fare like Topsy Laird and wholly Indian dishes like Saag Gosh. Intertwined with these hearty recipes are her touching memories of life in Punjab and Kashmir, a testament to faded glory and scrumptious good taste. Illustrated.

## Title

50 Great Curries of India

## Author

Camellia Panjabi

2004

The secret to creating authentic Indian curries at home lies within these fabulous pages. A feast for the senses, this mini format of 50 Great Curries of India is the world's best-selling curry book. It explains how to add taste, aroma and colour to create that perfect curry. Dishes are collected from all over India - from the classic Goa Lamb Vindaloo to the more exotic Gujarat Mango and Yogurt Curry and all are accompanied by tantalising photography to inspire and excite.

## Title

A Taste of India

## Author

Madhur Jaffrey

1985

A Taste of India is a magnificent book, spiced with anecdotes and personal reminiscences, which conveys all the colour and diversity of India's rich culinary heritage.

## Title

Fat Free Indian

## Authors

Shehzad Husain & Manisha Kanani

2004

This volume is a collection of low-fat and no-fat Indian recipes. It contains over 150 dishes and all the traditional Indian favourites, with only small adaptations to make them suitable for healthy eating.

## Title

The Bombay Palace Cookbook:

A Treasury of Indian Delights Adapted for the American Kitchen

## Author

Stendahl

The collection mirrors the somewhat eclectic, roll-with-the-punches approach of its only begetter, the international Bombay Palace restaurant chain. Stendahl, a well-known restaurant reviewer and radio commentator, has translated about 175 Bombay Palace formulas into concise, unintimidating family-scale recipes covering several Indian cooking traditions.

## Title

Indian Cooking

## Author

Lalita Ahmed

1984

Contains recipes for authentic and traditional Indian dishes that reflect the differing styles of all the regions of the country and utilize easily obtainable ingredients.

Title

Favourite Restaurant Curries  
Recipes from the Best Curry Restaurants

Author

Pat Chapman

1985

This cookbook features all the most popular dishes to be found in Indian restaurants. In over 150 recipes, the author unravels the mysteries of spices, and introduces the reader to the subtleties and delights of Indian cookery, ranging from the basics through to regional variations.

Title

Classic Balti

Author

Shehzad Husain

1996

Including the very best from this new and exciting cuisine, this book contains traditional favourites and delicious fresh ideas such as sweet and sour Balti chicken, Karahi prawns and Balti lamb tikka.

Title

Step by Step Indian

## **Middle East: Lebanon, Jordan, Syria, Israel, Turkey**

Title

Lebanon Jordan Syria

Author

Ghillie Basan

2011

The three countries that make up the Fertile Crescent, Lebanon, Syria and Jordan, share many culinary traditions and are justifiably famous for their exquisite and complex cuisines. Once all part of the Ottoman Empire, the countries are bound by a common language and ancient cultural heritage, but they also have distinct regional dishes influenced by the vibrant tapestry of ethnic groups and the amazing array of local ingredients, spices and flavourings.

Title

All Jewish Cookbook

Jack A. Ghene

1979

Title

Fress

Bold Flavours from a Jewish Kitchen

Author

Emma Spitzer

This debut cookbook by MasterChef finalist Spitzer offers some of her most successful dishes inherited or absorbed from eastern European relatives and travels



around the Middle East. The author borrows the title of the book from the word fress, a Yiddish phrase meaning "to eat copiously and without restraint."

Title

Egyptian Cooking

by Bonechi

2010

An unusual cookbook. Features around 80 eastern Mediterranean dishes.

Title

The Art of Turkish Cooking Or, Delectable Delights of Tokapi

Author

Neset Eren

1969

Various dishes made from a Turkish standpoint. One can get a real take on how people from this country like their food. Great cookbook to add to your flavors from around the world

Title

Samarkand

Authors

Caroline Eden & Eleanor Ford

1988

Recipes & Stories from Central Asia & the Caucasus

## Europe

### Sardinia, Italy, Spain, France, Germany, Ukraine

Title

A Mediterranean Harvest

Author

Paola Scaravelli & Jon Cohen

1986

Title

Sardegna in Bocca

Author

Francesco Deplano

1981

This Famous Italian Cookbook contains artwork from the famous artist Santoro Rodò as well as other famous artists. This book is a favorite of Mario Batali.

## Italy

Title

Italian Food

Author

Elizabeth David

1987

Elizabeth David's books have influenced a whole generation of cooks and lovers of good food. Now, Italian Food includes over 400 recipes demonstrating the marvels of Italy's cuisine, including suggestions on Italian wines and cheeses.

Title

Lombardia in Cucina

The flavours of Lombardy

Edited by William Dello Russo

2015

Lombardy surprises with the richness of its culinary traditions and natural ingredients, which modernity has barely affected. "Milano in Cucina" captures this kaleidoscope of flavours, with contributions from some of the most celebrated chefs on the culinary scene, who pay homage to their territory, and whose skill is able to present a modern vision in keeping with the region's progressive spirit.

Title

Italia

Author

Antonio Carluccio

2007

Antonio Carluccio's "Italia" is a gastronomic tour embracing every region of the country. Each chapter weaves together fascinating information on the region's traditions, its typical products and its characteristic regions. The breathtaking visual content celebrates the gastronomic life of Italy with stunning photographs of countryside and architecture, of people and food products, and of mouth-watering recipes.

Title

Francesco's Kitchen

Author

Francesco Da Mosto

2016

Francesco shows us how to prepare 150 classic Venetian recipes ranging from Antipasti, sauces, soups and fish, to meats, pasta and puddings. He demonstrates how Venetian food is a fabulous fusion of ingredients brought together over centuries as merchants and traders travelled the Mediterranean. The ancient broeto (stock) and mollusc soups testify to this, as does the richness and variety of dishes based on fish, roasts, grills, tasty deep fried delicacies and sauces.

## Title

The Fruit, Herbs & Vegetables of Italy

## Author

Giacomo Castelvetro

The book was written by the Italian refugee, educator and humanist Giacomo Castelvetro who had been saved from the clutches of the Inquisition in Venice by the English ambassador, Sir Dudley Carleton in 1611. When he came to England, he was horrified by our preference for large helpings of meat, masses of sugar and very little greenstuff. The Italians were both good gardeners, and familiar with many varieties of vegetable and fruit that were as yet little known in England. He circulated his Italian manuscript among his supporters, dedicating it to Lucy, Countess of Bedford, herself a keen gardener and patron of literature. Gillian Riley's translation of this hitherto unpublished document has been recognized as being fluent, entertaining and accurate from its first appearance in 1989. Castelvetro takes us through the gardener's year, listing the fruit and vegetables as they come into season, with simple and elegant ways of preparing them. Practical instructions are interspersed with tender vignettes of his life in his native city of Modena, memories of his years in Venice and reminiscences of his travels in Europe

## Title

Floyd on Italy

## Author

Keith Floyd

1995

Full of anecdotes and lavishly illustrated, this is the perfect book to bring a little Italian sunshine into your kitchen.

## Title

Made in Italy

## Author

Giorgio Locatelli

2008

An exquisitely designed volume of innovative restaurant dishes and old family favourites from Giorgio Locatelli, Britain's best-loved Italian chef and restaurateur.

Opening with an extensive guide to preparing antipasti and culminating in a mouth-watering selection of desserts - via soups, risotto, pasta, fish and meat dishes - Giorgio Locatelli's masterpiece is the must-have contemporary Italian food bible, seamlessly combining the historical insight of a food writer with the hands-on expertise of a top chef.

## Title

The Silver Spoon

## Pasta

2009

Following on from the international best-seller *The Silver Spoon*- the Italian cooking bible- the *Silver Spoon Book of Pasta* presents a collection of 350 definitive pasta recipes for all lovers of the iconic Italian dish.

## Title

The Silver Spoon

The Bible of authentic Italian cooking

2005

The Silver Spoon, the most influential and bestselling Italian cookbook of the last 50 years. This bible of authentic Italian home cooking features over 2,000 revised recipes and is illustrated with 400 brand new, full-color photographs.

## Title

The Delia Collection Italian

BBC publication

2007

This cookbook provides an easily accessible library of her favourite Italian recipes, and her inimitable style and flair for teaching will make this a must-have in any kitchen. Over 50 delicious recipes with advice and tips on cooking in the Italian way, and easy-to-follow instructions, ensure that each dish comes out perfect, every time.

World Cuisine

Italy

## Title

Olive oil

Author

Leonardo Romanelli & Gabriella Ganugi

2001

All olive oil is not the same. Like grapes, olives from different regions produce a different character. Authors Leonardo Romanelli and Gabriella Ganugi take us from Lombardy in the north to the southern island of Sicily sampling the oil of each region in between.

## France

## Title

Home Collection, Regional French

Authors

Le Cordon Bleu

This title is part of "**Le Cordon Bleu**" series. For each dish there are tried-and-tested instructions and step-by-step visuals.

## Title

Pork & Sons

Author

Stephane Reymonds

Pork & Sons is an authentic and intensely personal cookbook, presenting the reader with a multitude of ideas on how to cook fine and succulent pork, whilst giving a rare glimpse into a day in the life of a small family business in rural France. The recipes are wholesome and rustic, encapsulating the flavours and taste of a region.

## Title

Charcuterie and French Pork Cookery

## Author

Jane Grigson

1970

Jane Grigson's classic Charcuterie and French Pork Cookery is a guide and a recipe book. She describes every type of charcuterie available for purchase and how to make them yourself. She describes how to braise, roast, pot-roast, and stew all cuts of pork, how to make terrines, and how to cure ham and make sausages at home.

## Title

Basic French Cookery Course

## Author

Len Deighton

1997

'Basic French Cookery Course' solves the mysteries of French cuisine... while retaining its mystique. Here is everything you want to know about French home cooking presented in a form so usable and appealing you will wonder how you ever got along without it.

## Title

Simple French Food

## Author

Richard Olney

1983

Richard Olney's "Simple French Food" follows in the tradition of the writing of Elizabeth David and Jane Grigson. In "Simple French Food" he gives us the best of cuisine bourgeoise: the food that is cooked daily in French households where the tradition of eating well has never been lost. His recipes include hearty soups, vegetable gratins, terrines, pates, fish stews, ragouts, daubes, and sweet tarts.

## Title

The Cooking of South-West France

## Author

Paula Wolfert

1999

Paula Wolfert's The Cooking of South-West France is an exploration of the gastronomic delights of one of France's most extraordinary regions. While its cuisine makes use of sophisticated ingredients like foie gras, truffles, and Armagnac, it is, at heart, rustic, abounding in such deeply flavorful dishes as cassoulets and the delicious preserved meats and poultry known as confits. In her five years of research Wolfert has collected and refined over 150 recipes from both local home cooks and some of France's greatest chefs.

## Title

The Cook and the Gardener

A year of Recipes and Writings from the French Countryside

## Author

Amanda Hesser

2005

An American cook takes on a job cooking for a French family at their chateau. By tradition the owners employ a gardener to keep them supplied with vegetables, fruit and herbs. This book is all about this gardener, his work and his produce and how the cook is gradually allowed to share in his knowledge.

Title

Under the Sun French Country Cooking

Author

Caroline Conran

2002

An in depth look at French country cooking. These food traditions are fast disappearing as large chain supermarkets make inroads into long held food traditions. Great for slow food types and people willing to search out hard to find French vegetables at local farmer's markets. Or grow your own in the backyard.

Title

The Cooking of

Provincial France

Foods of the World

Time Life Books

1968

Discusses the cuisine of the provinces of France and provides many traditional recipes from these regions.

## Spain

Title

Spain the Cook Book

Author

Simone & inés Ortega

2016

Spanish cooks have trusted and relied upon this bible of traditional home cooking ever since it was first published over 40 years ago. True to its original title (1080 recetas de cocina) it contains a comprehensive collection of 1080 authentic Spanish recipes, covering everything from tortilla to Bacalao. As well as its simple, easy-to-follow recipes, there are also menu plans, cooking tips, and a glossary and the book is fully illustrated throughout with specially commissioned photographs and over 500 illustrations by the famous Spanish graphic designer and illustrator, Javier Mariscal. This bestselling classic is a friendly and approachable book for all home cooks and covers every Spanish dish you could wish to make.

Title

Tapas Made Simple

Title

The Best of Spanish Cooking

Author

Dolores Comas

1979

## Title

Ferran Adriá & Elbulli

The Art, The Philosophy, The Gastronomy

Author

Jean-Paul Jouary

With

Ferran Adriá

2014

Has the art of cooking become a high art, thanks to Adria and his contemporaries? Jean-Paul Jouary answers this question with elegance and insight, revealing the inner development of Adria in his journey to dismantle the established rules behind the science and art of gastronomy. Jouary reveals the exquisite artistry of Adria's cuisine and contextualizes it at the intersection of gastronomy, food science, philosophy and fine art, appealing to the food enthusiast as well as to the professional chef.

## Title

The Spanish Kitchen

Author

Nicholas Butcher

1990

This book is not simply a cookery book but also a travelogue and cultural history.

## Title

The Foods & Wines of Spain

Author

Penelope Casas

1982

Foods and Wines of Spain brings together a delicious collection of the traditional foods of Spain with new ways of using exotic seasoning and unusual combinations, plus a comprehensive survey of Spain's excellent wines and sherries.

## Title

The Cooking of Spain & Portugal

Foods of the World

Time Life Books

## Title

Catalan Cuisine Europe's Last Great Culinary Secret

Author

Colman Andrews

2005

The cooks of Catalonia use many of the same popular ingredients found in other Mediterranean cuisines, but they combine them in fresh and unexpectedly delicious ways. Try Paella Valenciana, Tumbet (a Majorcan vegetable casserole), Canalons (the local spin on cannelloni), or the delightful Bunyols (fried pastries), to name just a few of the savory regional dishes. By learning their culinary secrets, you'll discover a fascinating history and culture of the Catalan people.

## Title

The Ibiza Cookbook  
Elvissa  
Author  
Anne Sijmonsbergen  
2016

Ibiza is on the cusp of a food revolution. The island's traditional farming and fishing culture has been supplemented with a wave of chefs and producers making artisan products and vibrant food. Now Eivissa, the first recipe book to showcase the incredible Ibicenco dishes Ibiza cuisine has to offer, reveals how to recreate the tastes of the white island in your own home.

## Germany

Title  
Authentic German  
Home Style Recipes  
Author  
Gini Youngkrantz

## Hungary

Title  
The cuisine of Hungary  
George Lang  
1985

Presents a detailed guide to Hungarian dishes and wines, sketching the history of Hungarian cuisine and providing an array of simple recipes highlighting regional specialties

## Ukraine

Mamushka  
Recipes from Ukraine & Beyond  
Olia Hercules

## England

Title  
Eating for England  
Author  
Nigel Slater  
1988  
The delights and eccentricities of the British at Table



## Title

The Victorian Kitchen

## Author

Jennifer Davis

1989

If you've ever wondered how downstairs provided upstairs with all of those elaborate meals, wonder no more. Davies, a BBC producer, has written a meticulously detailed work about the nerve center of the Victorian home--the kitchen. Be warned: this is not a cookbook so much as book about cooking, although some recipes are included. The author explains how the kitchen functioned in an era when industry was expanding but stoves still had to be lit by hand at six o'clock in the morning. Chapters examine the relationship between mistress and servants, the social hierarchy of the kitchen and the sometimes Dickensian conditions under which kitchen maids and cooks had to work to yield the expected bounty.

## Title

Seven Hundred Years of English Cooking

Edited Arabella Boxer

1973

"The recipes are divided into five chronological sections, each section being preceded by an introduction which gives an account of the fashions and changes in the food and drink of the period. Many of the dishes are simple to make; others have been included for the imaginative cook who will not baulk at the thought of re-creating a dish from Henry IV's coronation feast or the Prince Regent's table at Brighton"

## Title

English Food

## Author

Arabella Boxer

2012

The food in these wonderful recipes comes from the great country houses, where little had changed since Victorian times, the large houses in London and the South, where fashionable hostesses vied with each other to entertain the most distinguished guests at their tables, and less grand establishments, like those in Bloomsbury where the painters and writers of the day contrived to lead cultured and civilised lives on little money.

## Title

Good things in England

## Editor

Florence White

Originally published in 1932, reprint 2010

A Practical Cookery Book for Everyday Use : Containing Traditional and Regional Recipes Suited to Modern Tastes Contributed by English Men and Women Between 1399 and 1932.

## Title

English Food

## Author

Jane Grigson

"English Food has achieved classic status since its first publication in 1974, when it won the Glenfiddich Award for Cookery Book of the Year. This new edition was fully revised and updated by Jane Grigson before her death in 1990. It presents a comprehensive selection of traditional and modern recipes as well as an informative, evocative discussion of the origins of all kind of English dishes. It also stands in tribute to Jane Grigson's wonderful writing, which combines wit, inspiration and profound knowledge. Folklore and history are interspersed amongst her recipes, which are remarkably diverse, ranging from eighteenth century recipes for sweetbreads to Yorkshire pudding. This new edition should have a place of importance in the kitchens of all true cooks."

## Title

Sunday Roast cooking &amp; carving

## Authors

Clarissa Clarkson &amp; Johnny Scott

## Title

The Best of British Cooking

The Co-operative

## Title

Traditional Northamptonshire Recipes

Food, Drink, &amp; Lore

## Author

Ian Andrews

## Title

Favourite Somerset Recipes

## Author

Amanda Persey

## Ireland

## Title

Irish traditional cooking

## Author

Darina Allen

1995

Ireland's rich culinary heritage is brought to life in Darina's bestselling Irish Traditional Cooking. With 300 traditional dishes, including 100 new recipes, this is the most comprehensive and entertaining tome on the subject. Each recipe is complemented by tips, tales, historical insights and common Irish customs, many of which have been passed down from one generation to the next.

## Scotland

Title

Traditional Scottish Cookery

Author

Theodora Fitzgibbon

1997

Traditional Scottish Cookery brings together mouth-watering recipes from the whole range of Scottish cuisine - from the simple scones, broths and bannocks of the Highland Gaels, to the sophisticated meat and game dishes that are a legacy of the Auld Alliance with France.

## Scandinavia

Title

Swedish Cooking at its Best

The Genuine Smörfasbord

Author

Marianne Grönwall van der Tuuk

1960

Title

Cooking the Scandinavian Way

Elna Adlerbert

1961

Title

The Cooking of Scandinavia

Foods of the World

Time Life Books

1974

## Russia

Title

The Food & Cooking of Russia

Author

Lesley Chamberlain

2006

Lesley Chamberlain lived in Soviet Russia in 1978–79 and recorded her experiences in the form of two hundred recipes interwoven with details of Russian culture and history and her own practical advice. From blini to cabbage soup, and caviar eggs to “Russian salad,” she reveals the continuity of Russian life, despite political repression, in which the bourgeois cooking of the nineteenth century coexisted with old dishes dictated by the church calendar and new inventions to “make do” with the frequent shortages of vital ingredients under the Soviets.

Title  
 The Cooking of Russia  
 Foods of the World  
 Time Life Books  
 1968

## America

Title  
 American Cooking  
 Author  
 Dale Brown  
 and the Editors of  
 Time-Life Books  
 1968

Title  
 The Best of Vermont Country Cooking  
 Authors  
 Janet Bell & Joan C Harrington  
 1998

Title  
 PotLuck Cookery  
 Author  
 Beverly Pepper  
 1955

320 answers to the problem of 'leftovers', answers to 'nothing in the house', puzzle, money saving, time saving, easy to follow, royal roads to original cooking with what you have on hand in the cupboard or refrigerator.

## Caribbean

Title  
 Cooking of the Caribbean  
 Author  
 Elisabeth Lambert Ortiz

The distinctive native and European culinary heritages of the Caribbean islands are revealed in recipes for unique foods and beverages

Title  
 The Cooking of the Caribbean Islands  
 Foods of the World  
 Time-Life Books

## Mexico

Title

The Mexican Cook Book

Author

Sue Style

1984

True Mexican food has yet to be seriously discovered for it has suffered more than most from the "instant tacos mix" type of treatment. At its finest, it bears comparison to any of the world's great cuisines, but it is undoubtedly difficult to find good Mexican food. In The Mexican Cookbook Sue Style presents a really comprehensive collection of authentic Mexican Recipes that will enable to yo cook at home the sort of food that is seldom found outside Mexico.

Title

Mexico

The Cookbook

Author

Margarita Carrillo Arronte

2014

The definitive word on traditional Mexican cuisine by the chef who knows it best. With more than 600 recipes, what doesn't it cover? From street food, snacks and seafood to rice and beans, soups and stews, this doorstopper runs the gamut of *la cocina Mexicana*.

## Colombia

Title

Secrets of Colombian Cooking

Author

Patricia McCausland-Gallo

2018

## Drink:

Title

Bartenders Guide

Over 1400 recipes

Author

Peter Bohrmann

Title

The Knowledge

Red Wine

Author

Peter Grogan

2015

Title  
The Bartenders Guide to Gin  
2017

Title  
The definitive cocktail Book  
Authors  
Jeffrey Benson & Stuart Walton  
2010

Title  
Old Mr Boston  
Deluxe Official Bartenders Guide  
1963

Title  
Wines & Spirits  
Author  
Alex Waugh and the Editors of  
Time-Life Books  
1969