

# Simply In Season Expanded Edition World Community Cookbook

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Discover a treasure trove of delightful seasonal recipes from across the globe with the Simply In Season Expanded Edition World Community Cookbook. This comprehensive collection celebrates fresh, in-season ingredients and diverse culinary traditions, fostering a sense of community through shared international flavors and expanded culinary exploration for every home cook.

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## Simply in Season

Simply in Season serves up more than three hundred recipes organized by season, along with a popular and expanded fruit and vegetable guide. This 10th anniversary edition transforms a beloved cookbook with recipes and stories linking food and faith into a visual masterpiece with colorful photographs to help cooks—novice to seasoned—learn how to prepare local and seasonal produce. Part of the World Community Cookbook series published in cooperation with Mennonite Central Committee. Proceeds help support this worldwide ministry of relief, development, and peace. Royalties from the sale of these books go to nourish people around the world. What's new in the 10th anniversary edition: Colorful photographs of seasonal dishes Expanded fruit and vegetable guide with storage, preparation, and serving suggestions Labels on gluten-free and vegetarian recipes Seasonal menus to guide meal planning Free downloadable study guide available here. Available in: Hardcover: Cooks' favorite for frequent use. Softcover: Lightweight and economical.

## More-with-Less

How we cook can change the world. With one small idea, a movement was born. The essential cookbook of simple eating and Christian compassion, More-with-Less has given generations of cooks basic, healthy recipes that are gentle on the budget and mindful of those who are hungry. This 40th anniversary edition preserves hundreds of timeless recipes and tips from Doris Janzen Longacre's bestselling cookbook and offers updates by award-winning food writer Rachel Marie Stone. If you own just one cookbook, More-with-Less is the one. Serve your household nourishing meals and inspiring stories about sharing resources and living with less. Join a community that is cooking with a conscience. The World Community Cookbook series benefits the work of Mennonite Central Committee, a worldwide ministry of relief, development, and peace. Nearly one million copies sold.

Simple. Wholesome. Generous. Faithful. Key features of the 40th Anniversary edition include: Classic recipes with tips for contemporary cooks Colorful photographs throughout New recipes featuring fresh, healthy ingredients Updated nutritional information and cooking techniques Inspiring stories of living joyfully and simply Recipe labels on vegetarian and gluten-free dishes

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### World Community Cookbooks

Includes the classic More-with-Less, Extending the Table, and Simply in Season; three beautiful as well as practical cookbooks that emphasize freshness, taste, nutrition, variety, environment, and our global neighbors. These bestselling cookbooks are now available in a colorful gift-boxed set.

### Extending the Table

Picture a vast table with room for everyone and laden with taste-tempting dishes from over 80 countries. Peach Chutney from Botswana, Ginger Cooler from Ivory Coast, Pork Vindaloo from India, Buyani's Chicken Soup from Indonesia, Rice Noodles with Vegetables from the Philippines. Written by Joetta Handrich Schlabach with recipe editor Kristina Mast Burnett.

### More-with-Less Cookbook

This is a new edition of Herald Press's all-time best-selling cookbook, helping thousands of families establish a climate of joy and concern for others at mealtime. The late author's introductory chapters have been edited and revised for today's cooks. Statistics and nutritional information have been updated to reflect current American and Canadian eating habits, health issues, and diet guidelines. The new U.S. food chart "My Plate" was slipped in at the last minute and placed alongside Canada's Food Guide. But the message has changed little from the one that Doris Janzen Longacre promoted in 1976, when the first edition of this cookbook was released. In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits, with less meat, saturated fat, and sugars. This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee, a worldwide ministry of relief, development, and peace. "Mennonites are widely recognized as good cooks. But Mennonites are also a people who care about the world's hungry."—Doris Janzen Longacre

### Farmer John's Cookbook

Join the real food revolution with a true pioneer in the Community Supported Agriculture movement—Farmer John Peterson and his farm, Angelic Organics. Angelic Organics is a leader in community supported gardening and biodynamics, helping to connect people with their food, their farmers, and healthful living.

### Extending the Table

Cook with neighbors from around the world as you prepare flavorful dishes and feel the warmth of their kitchens. This revised edition of Extending the Table simmers together the best-loved recipes from the first edition of this global cuisine cookbook with the enticing flavors of new recipes. Extending the Table contains stories, proverbs, and recipes from more than ninety countries. Extend your table in the spirit of the More-with-Less Cookbook by experiencing the gratitude, hospitality, and foodways of friends near and far. Part of the World Community Cookbook series. Royalties fund global relief, peace, and community efforts. What is New in the Revised Edition: Colorful photographs of people, cultural settings,

and mouthwatering dishes from around the world. Recipes and stories from places like Afghanistan, South Sudan, Thailand, and Cambodia. Labels and indexes for gluten-free and vegetarian recipes. Regional menus to help cooks plan special meals from a particular country or continent.

### Food for Thought

Imagine the Power of Food This beautiful new cookbook—based on recipes developed in The Stop's community kitchens with Joshna Maharaj—is a celebration of fresh, seasonal food and a rallying cry about the power of food to create healthier communities and challenge inequalities. With more than 80 recipes divided into the four seasons, 32 gorgeous photographs by James Tse and Jodi Pudge, as well as renowned food writer Sasha Chapman on The Stop's values and philosophy, this is a cookbook for the serious foodie and home cook alike. Good Food for All makes healthy, local, seasonal eating both fun and economical, and has been endorsed by good food gurus from Jamie Kennedy to Lucy Waverman, Mark Bittman to Raj Patel. Created entirely on the strength and commitment of volunteers in the book and food industry—with proceeds all going to The Stop's important work— this inspiring cookbook will be sure to become a kitchen favourite.

### Our Community Cookbook

To ensure every meal gives you the very best in vitamins and minerals; ingredients should be eaten in tune with the seasons. Simply Seasonal has over 40 recipes especially written for this book which capitalize on seasonally available ingredients, each with something special to highlight the fullest flavours! The perfect guide to Summer and Winter eating.

### 1001 Community Recipes

Looking after yourself has never been easier than with Simply Good For You, packed with over a hundred delicious, quick and no-nonsense recipes that are as healthy as they are tasty '100 LIGHT & COLOURFUL RECIPES. TASTY STUFF' METRO 'ONE OF THE BEST HEALTHY COOKBOOKS' MAIL ONLINE The delicious new cookbook from the No. 1 bestselling author and leading nutritionist Amelia Freer \_\_\_\_\_ Amelia Freer is a No. 1 Sunday Times bestselling author and renowned nutritional therapist, who A-listers turn to when they want to look and feel great. In this beautiful cookbook, discover 100 quick and easy recipes for varied and tempting dishes that are, quite simply, good for you. Recipes include: - BREAKFAST - Butternut Baked Beans, Fruity Breakfast Crumble Bars - LUNCH - Lentil & Lemon Chicken Salad, Vegetable & Feta Fritters - DINNER - Harissa Prawn Skewers with Herbed Broccoli rice, Slow Cooked Pulled Pork with Apple Slaw, One Tray Roasted Winter Salad - SWEET THINGS - Chocolate Raspberry Pots, Coconut & Almond Pear Crumble Inside you'll also find lots of top tips for healthy eating on a budget, ingredient swaps, and kitchen staples. 10% of the author's proceeds from this book will be donated to Women Supporting Women, an initiative of the Prince's Trust, registered charity no. 1079675

### Good Food for All

A beautiful cookbook that celebrates the wonderfully diverse flavours in Caribbean cooking with over 100 riveting recipes to try. Introducing West Winds - the most-talked about cookbook of 2022 and a joyous celebration of Caribbean cooking, with a special focus on the sensational flavours of Jamaican cuisine. Winner of the Jane Grigson Trust Award 2022, the all-encompassing Caribbean cookbook West Winds introduces everyone, everywhere to the enriching and mouth-watering flavours that Jamaica has to offer. Growing up in London and now living in Berlin, food writer Riaz Phillips is passionate about celebrating the familiar Caribbean food of his childhood while also demystifying new and unknown ingredients for home cooks from around the globe. With 120 traditional and delicious dishes that draw on Riaz's personal memories, West Winds is so much more than a showcase of Jamaican cooking, it is also rooted in the exploration of the island's heritage and culture. Featuring colourful and sun-drenched imagery, and easy-to-follow instructions, the versatility of Jamaican cuisine is apparent. Riaz blends authentic Jamaican ingredients and dishes with popular trends - discover recipes for nose-to-tail and vegan cooking. Why not also recreate popular takeaway food, Oxtail and Butterbean, or feel as though you're on the beach with a Langoustine Soup. This cookbook has everything - main meals, sauces, soups, juices and preserves, bakes and desserts. Explore the riveting recipes of this colourful cookbook to find: -A varied collection of 100 Caribbean easy-to-follow recipes written by Riaz Phillips -Captivating recipe and travel photography -Feature essays which capture the history and culture of the food Did you know that there has been growing interest in Caribbean food worldwide, with the highest number

of searches taking place in Australia, India, Western Europe, and the US. There has also been a strong rise in Caribbean cooking in the UK, which has remained a popular search over the last year. Whilst there are not many Caribbean cookbooks on the market, especially those that include vegan food, baking, and zero-waste dishes, West Winds successfully taps into fashionable food trends such as fakeaways, veganism and baking. So whether you seek connection with your heritage, or you're simply looking to expand your culinary repertoire, take a trip to Jamaica with West Winds, proving the ideal cookbook for those with an interest in Caribbean flavours, cooking and culture, or doubling up as the perfect gift for chefs who are looking to experiment with new flavours. Read it, cook from it, immerse yourself in it and more!

### Simply Seasonal

This Twentieth Edition of ANNUAL EDITIONS: NUTRITION provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor's resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM, ISBN 0073343900, is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, [www.mhcls.com/online](http://www.mhcls.com/online).

### Community Cook Book

The very best of Italian cooking with Michela, Romina and Emanuela in Simply Italian. 'Wales and Italy, family and food: for us, these four things are inextricably linked and at the root of our upbringing. Whether at the family home in Wales or when we spend holidays in the small hilltop village we are from in northern Italy, we have always heard Dad say that 'la tavola' (the table) is the central focus of our lives. It's where we cook, eat and socialise as a family.' Michela, Emanuela and Romina Chiappa grew up in Wales in the heart of a close-knit Italian community where food was always at the centre of family and social gatherings. Whether searching for porcini in the hills near their parents' home, or making pasta for Christmas Eve with the whole family, to sharing food at the annual Welsh-Italian summer picnic, the three sisters have been immersed in the Italian way of cooking all their lives. In their first cookbook they share their cherished family recipes, including all the pasta dishes recently seen in their Channel 4 series Simply Italian. From snacks, soups and salads, to mains, side dishes and desserts, Simply Italian brings you good, simple, fresh Italian food. Michela works as an agent in a sports management company, as well running a coffee and pizza café in Cardiff with her husband. Of the sisters, she's the risotto expert and also loves to make pasta sauces. Romina works for a luxury fashion brand in London, and loves to bake for friends and family. Emanuela runs an online business selling bespoke homemade gifts for children, and works as a nanny. She loves to cook time-consuming meals and entertain large groups.

### Nourish Your Soul Community Cookbook

This eighteenth edition of Annual Editions: Nutrition provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor's resource guide with testing materials. Using Annual Editions in the Classroom is offered as a practical guide for instructors. Annual Editions titles are supported by our student website.

### Simply Good For You

A revised and expanded edition of the classic entertainment cooking guide provides a wealth of menus, do-ahead recommendations, and recipes for larger groups, providing in the latest volume a variety of customizable options for special and holiday occasions. Original.

### Simply Delicious

Winner of the 2019 Art of Eating Prize With more than 90 mouth-watering recipes, Superiority Burger Cookbook lays bare the secrets of America's most talked-about vegetarian restaurant, in recipes as simple as they are irresistible. Along with recipes for a coterie of other delights—fresh, vegetarian, accidentally vegan, and always incredible—you'll find out why Superiority Burger in New York City's

East Village is the hottest ticket in North America and the surrounding continents. Superiority Burger is a cozy counter hangout filled with affordable, innovative food that is a protest against the idea that extraordinary fare is the exclusive domain of the elite. Now you can bring its blueprint for rebel compassion and culinary sophistication into your home with this cookbook; a must-read for home cooks who want something delicious, new, and imminently within their reach. The book is divided into six flavorful sections—Sandwiches, Cool Salads, Warm Vegetables, Soups and Stews, Sweets, and Pantry Recipes—and reveals the recipes for some of the restaurant's favorites: the Sloppy Dave, Burnt Broccoli Salad, Russet Potato–Coconut Soup, Tahini Ranch Romaine Salad, and, of course, the now legendary Superiority Burger. "Brooks Headley makes the best veggie burger I've ever had." —David Chang

#### West Winds

The author includes autobiographical memories, a family tree and portraits, and personal commentary with the recipes, explaining that she was, "born in London to a Finnish mother and a Greek-Cypriot father, when I was four we moved to South Africa. I now live in Italy."

Annual Editions: Nutrition 08/09

Bake authentic multiethnic breads from the New York City bakery with a mission, with The Hot Bread Kitchen Cookbook, Yahoo Food's Cookbook of the Year. At first glance Hot Bread Kitchen may look like many other bakeries. Multigrain sandwich loaves, sourdough batards, baguettes, and Parker House rolls line the glass case up front in the small shop. But so, too, do sweet Mexican conchas, rich m'smen flatbreads, mini bialys sporting a filling of caramelized onion, and chewy Indian naan. In fact, the breads are as diverse as the women who bake them—because the recipes come from their homelands. Hot Bread Kitchen is a bakery that employs and empowers immigrant women, providing them with the skills to succeed in the culinary industry. The tasty corollary of this social enterprise is a line of authentic breads you won't find anywhere else. Featured in some of New York City's best restaurants and carried in dozens of retail outlets across the country, these ethnic gems can now be made at home with The Hot Bread Kitchen Cookbook.

#### Simply Italian

A must-have guide for every cook on how to prepare, store, and cook fresh seasonal vegetables with confidence and keep waste to a minimum. From asparagus and artichoke to fennel and celeriac, James Strawbridge has your veg box covered! Whether you are looking to include more veg in your diet, moving to a vegan or meat-free lifestyle, or looking for some flavour inspiration for your dishes, this is a vegetarian cookbook with a difference - giving you the confidence and knowledge to safely prepare and cook the edible parts of seasonal vegetables. - Covering more than 60 vegetables organised by seasonality - Over 135 delicious vegetarian recipes for you to enjoy- including main meals, light lunches and sides - Detailed information on plant varieties with annotated photographs displaying the edible parts of each vegetable - Learn the best way to prepare, store and preserve your favourite veg - Handy zero-waste top tips and practical tricks throughout to make your vegetables last longer - Sustainable leftover solutions from stocks, and drying techniques to pickling, fermenting and roasting James Strawbridge showcases more than 60 vegetables, season by season, exploring each plant's unique characteristics, different varieties, and how best to prepare produce in your kitchen. An advocate of zero-waste cooking, James also shares how you can make use of all that's edible from root to bloom with ideas on preserving and storing. Rustle up one of James' family favourites- a warming fennel gratin for a cosy autumn evening meal; watercress, pear, and walnut tart; or even cucumber peel gin, and discover how the humble vegetable can deliver utmost flavour all year round. A refreshing take on the classic recipe book, The Complete Vegetable Cookbook is a staple in the kitchen or a fantastic gift for food lovers and allotment growers alike! Complete the Series Discover more from James Strawbridge in The Artisan Kitchen: The science, practice and possibilities providing modern twists to age-old preservation, fermentation and cooking techniques. Or, why not join Dick Strawbridge, of Channel 4's Escape to the Chateau, and his son James on a journey to reduce your carbon footprint in Practical Self-sufficiency: The complete guide to sustainable living today.

Annual Editions: Nutrition

Discover wholesome, sustainable and plant-based dishes in this essential cookbook, perfect for anyone looking to reduce their waste this year! 'Hearty, healthy, flavour-packed dishes' MAIL ON SUNDAY

'A uniquely sustainable and delicious approach to modern plant-based cooking' VOGUE 'The Whole Vegetable blew me away . . . Full of inventive waste-free recipes' Tom Hunt, GUARDIAN \_\_\_\_\_ Have you ever wondered how to make your diet truly eco-conscious? In this beautiful plant-based cookbook, over 130 creative, delicious, planet-friendly recipes put vegetables at the very centre of the table. Embracing often-discarded parts such as leaves, stalks, tops, flowers, seeds and even peelings, this is cooking at its most sustainable. In The Whole Vegetable, Sophie Gordon shows us how to: - Cook with every part of every vegetable - Reduce waste in your cooking - Reinvent your leftovers - Eat with the seasons From Cauliflower Carbonara, Broccoli Pesto and Chunky Pumpkin Tacos, to Cherry Breakfast Crumble, Maple-Roasted Pears and Apple & Walnut Danish Buns, The Whole Vegetable is packed with thoughtful recipes for every season. Most of all, it will ensure that nothing in your kitchen goes to waste. \_\_\_\_\_ 'Creative, delicious, planet-friendly recipes . . . Teaches you how to put those often discarded parts of fruit and veg to good (and tasty) use' Women's Health 'Wow, Sophie Gordon's . . . The Whole Vegetable blew me away. I wonder if she is the next Anna Jones. A seasonal, plant-centric, whole food recipe book without ultra-processed vegan ingredients. The recipes are super-inventive and importantly waste free!' Eco-Chef Tom Hunt 'The Whole Vegetable heroes plant-based cookery, with recipes that also help reduce food waste in the kitchen and improve sustainable living. A worthwhile read' Good Housekeeping

### Cooking for a Crowd

Romanian cooking is, at its core, the most eclectic, varied, and complex cooking found in Eastern Europe because of its national history. The dishes are considered comfort foods because of their complex and savory character.

### Superiority Burger Cookbook: The Vegetarian Hamburger Is Now Delicious

Find comfort with Mary's easy home cooking. In this brand new tie-in to a new BBC Two series, Mary Berry shares over 120 of her ultimate food recipes, all made simply and guaranteed to get smiles around your kitchen table. Mary's utterly reliable recipes are perfect for days when you want tasty and dependable food. Come home to the delicious simplicity of a Whole Roasted Squash with Garlic and Chilli Butter, or a warming Spicy Sausage and Red Pepper Hot Pot. Treat your family to Slow Roast French Lamb with Ratatouille, and spoil everyone with a decadent Frangipane Apple and Brioche Pudding. Featuring all the recipes from Mary's new series, plus many more fresh from Mary's kitchen, every single dish is accompanied by a photography of the finished food, so you know exactly what you're making. Each recipe includes Mary's trademark no-nonsense tips and techniques for getting ahead, and has been rigorously tested to make your cooking stress-free.

### Falling Cloudberryes

Learn a British take on Italian cooking from one of London's brightest chefs. Trullo offers the ultimate in warming comfort recipes for cold winter nights. 'This is the book I've been waiting for' Nigel Slater Trullo is about serious cooking, but with a simple, laid-back approach. From creative antipasti and knockout feasts to the bold pasta dishes that inspired Trullo's sister restaurant Padella, this is food that brings people together. 'Now you can make Siadatan's very good food at home' The Times

### The Hot Bread Kitchen Cookbook

Looking for recipes that are uncomplicated, relaxed and yet always satisfying? Nigella has the answer. Simply Nigella is the perfect antidote to our busy lives: a calm celebration of food to soothe and uplift, containing 125 recipes to invigorate and inspire. Whatever the occasion, food – in the making and the eating – should always be pleasurable. Simply Nigella taps into the rhythms of our cooking lives. From quick and calm suppers (Miso Salmon, Cauliflower & Cashew Nut Curry) to stress-free ideas when catering for a crowd (Chicken Traybake with Bitter Orange & Fennel), or the instant joy of comfort food for cosy nights on the sofa (Thai Noodles with Cinnamon and Prawns), here is food guaranteed to make everyone feel good. Whether you need to create some breathing space at the end of a long week (Asian-Flavoured Short Ribs), indulge in a sweet treat (Lemon Pavlova, Chocolate Chip Cookie Dough Pots) or wake up to a strength-giving breakfast (Toasty Olive Oil Granola), Simply Nigella is filled with firm favourite recipes and guaranteed crowd pleasers.

### The Complete Vegetable Cookbook

Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. "So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you've always wanted." —Mel Robbins, New York Times bestselling author of *The High 5 Habit* and *The 5 Second Rule* Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and *The Miracle Morning* have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

### The Whole Vegetable

Simple. Speedy. Delicious. Stuffed with quick, simple and mouth-watering recipes, *Easy* is the only cookbook you'll need to make every meal count without stressing in the kitchen. Whether it's having a crowd of mates over for a weeknight dinner, recreating your favourite takeaway or rustling up a delicious brunch to start the weekend right, Chris has a dish for every occasion. Packed with straightforward recipes - from Spicy Prawn Tostadas and Honey and Harissa Spatchcock Chicken to Veggie Pilaf with Fried Halloumi and Summer Strawberry and Raspberry Crumble - and handy tips, *Easy* is the perfect guide to creating delicious food that hits the spot every time.

### Romanian Cookbook

There are few books that offer home cooks a new way to cook and to think about flavor—and fewer that do it with the clarity and warmth of Nik Sharma's *Season*. *Season* features 100 of the most delicious and intriguing recipes you've ever tasted, plus 125 of the most beautiful photographs ever seen in a cookbook. Here Nik, beloved curator of the award-winning food blog *A Brown Table*, shares a treasury of ingredients, techniques, and flavors that combine in a way that's both familiar and completely unexpected. These are recipes that take a journey all the way from India by way of the American South to California. It's a personal journey that opens new vistas in the kitchen, including new methods and integrated by a marvelous use of spices. Even though these are dishes that will take home cooks and their guests by surprise, rest assured there's nothing intimidating here. *Season*, like Nik, welcomes everyone to the table!

### Mary Berry's Simple Comforts

A lot has changed since *Towpath* first rolled up its shutters 10 years ago on the Regent's Canal in Hackney and everything but the toasted cheese sandwich was cooked from home across the bridge. And a lot hasn't. It is still as much a social experiment as a unique and beloved eatery. What happens when seasonality means you close every year in November, because England's cold, dark winters are simply inhospitable to hospitality from a little perch beside a shallow, manmade waterway that snakes through East London? What if you don't offer takeaway coffees in the hopes that people will decide to stay awhile and watch the coots skittering across the water? If you don't have a phone or a website, because you'd rather people just show up like (hungry) kids at a playground? *Towpath* is a collection of recipes, stories and photographs capturing the vibrant cafe's food, community and place throughout the arc of its season – beginning just before the first breath of spring, through the dog days of summer and culminating – with fireworks! – before its painted shutters are rolled down again for winter.

### Trullo

BOOK OF THE YEAR 2016 in *The Guardian* and *The Spectator* Whatever your day looks like - there is a recipe here that is just right. Whether it is a quick and comforting noodle bowl or a hearty slow-cooked pie, this book celebrates food's power to restore, revive and rejuvenate. But it isn't just about the food

on your plate: it's about how it gets there. Stirring Slowly celebrates time spent in the kitchen. Wile away a happy hour stirring a creamy black dhal, or give your undivided focus to flipping caramelised apple, ricotta and hazelnut pancakes - because cooking nourishes you inside and out.

### Simply Nigella

From Chile-Glazed Pork Chops to Dos Leches Flan, Lourdes Castro offers authentic, no-fuss Mexican meals with clean, vibrant flavors that are the essence of great Mexican food. In *Simply Mexican*, Castro presents authentic recipes that don't require a fortnight to prepare or extended shopping forays to find rare ingredients. Castro honed her knowledge of traditional south-of-the-border dishes by teaching the fundamentals to adults and children at her Miami cooking school, and now she's introducing real Mexican fare that works for busy cooks every night of the week. *Simply Mexican* features easy-to-prepare, fun-to-eat favorites with big flavors, such as Chicken Enchiladas with Tomatillo Sauce and Crab Tostadas. Once you have mastered the basics, Castro will guide you through more advanced Mexican mainstays such as adobo and mole, and show you how to make the most effortless savory and sweet tamales around. With cooking notes that highlight useful equipment, new ingredients, shortcut techniques, and instructions for advance preparation, *Simply Mexican* demystifies authentic Mexican meals so you can make them at home in a snap. "With this book Lourdes Castro has added a spark of creativity and simplicity to Mexican food that up until now had not yet been realized. It gives me a huge sense of pride and honor to know that this book exists, as it will help a large audience re-create these gems in a simple and straightforward way." —Aarón Sánchez, chef/owner of Paladar and chef/partner of Centrico, author of *La Comida del Barrio*, and former cohost of Food Network's *Melting Pot* "Here, at last, are real Mexican recipes that are authentic, creative, and fun to prepare. Lourdes Castro creates an atmosphere that makes learning about enchiladas, tacos, and salsas exciting and interesting, and her precise methodology with Mexican cookery is refreshing and very entertaining. Highly recommended." —Jonathan Waxman, chef/owner of Barbuto and West County Grill and author of *A Great American Cook*

### The Miracle Morning (Updated and Expanded Edition)

**PUBLISHERS WEEKLY BESTSELLER** Indulge in the revised and expanded edition of the bestselling *China Study Cookbook*—with more than 175 mouthwatering recipes and stunning all-new photography. With 2 million copies sold, *The China Study* has been hailed as one of the most important health and nutrition books ever published. It reveals that a whole foods, plant-based diet is the best way to stop widespread growth of obesity, diabetes, heart disease, and cancer. This new edition of the bestselling *China Study Cookbook* puts the groundbreaking scientific findings of *The China Study* on your plate. Written by LeAnne Campbell, daughter of *The China Study* coauthor T. Colin Campbell, *The China Study Cookbook* is now expanded to feature even more delicious, easy-to-prepare plant-based recipes—with no added fat and minimal sugar and salt. All of LeAnne's recipes follow three important principles: 1) optimal nutrition is based on eating foods, not taking supplements; 2) the closer foods are to their native states when eaten, the greater their long-term health benefits; and 3) choosing locally grown organic produce whenever possible maximizes nutritional value. Inside, discover time-tested favorites and brand-new dishes: • Almond-Topped Blueberry Coffee Cake • Ensalada Azteca • Green Banana Cassava Soup • Peanut Butter Bars • Cassava (Yuca) con Cebollas • Black Bean Chipotle Burgers • Sweet Potato Enchiladas • Passion Fruit Bliss Cheese(less) Cake Delight. LeAnne invites you into her kitchen to share the recipes she uses to nourish her own family. She also offers a look inside her organization, Global Roots, which strives to create sustainable communities around the globe through whole foods, plant-based eating. Filled with tips on substitutions and keeping foods nutrient-rich, *The China Study Cookbook* shows you how to transform your health and the health of your entire family—along with contributing to the health of your community and the world—all while enjoying incredible meals.

### Easy

*Eat History* offers fascinating new insights into the emerging field of gastronomic studies and its intersection with cultural history, and includes the writing of nine leading historians on topics ranging from vodka to patty cakes. Though primarily focused on Australia, the transnational nature of many of the essays widens the scope to include Russia and the British Empire, as well as Italy. With its engaging and entertaining tone, the volume will prove to be of interest not only to researchers and academics in



the field, but to more general readers keen to discover how the consideration of food opens up whole new areas of history and points the way to fruitful future inquiry.

## Season

Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity guru Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish--for example, Sardinian Herbed Lentil Minestrone; Costa Rican Hearts of Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes--uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

## Towpath

Stirring Slowly