

# Fragrant Rice My Continuing Love Affair With Bali Includes 115 Recipes

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Embark on a culinary journey to the heart of Indonesia with 'Fragrant Rice: My Continuing Love Affair With Bali.' This essential cookbook unveils 115 authentic Balinese recipes, offering a deep dive into the island's vibrant food traditions and the art of crafting exquisite fragrant rice dishes.

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## Fragrant Rice

This memoir, peppered with authentic Balinese recipes, is a love letter to the food and culture of Bali. When Janet De Neeffe stepped off the plane in Bali in 1974, she felt an immediate connection to this island paradise. Though curious about Bali's culture, its warm people and its mouthwatering cuisine, she didn't expect to fall in love with a Balinese man and make a new life there. Now, years later, Janet and her husband have four children and run two of the most successful restaurants in Bali. In this delightful memoir, Janet shares entertaining stories of being 'gently shaped like warm rice for offerings' as she adapts to another culture and way of life. She offers insights into the ancient myths and rituals still alive in Bali today and passes on delicious recipes handed down through generations of her husband's family. Fragrant Rice shows how the love, hope and warmth that makes this island such a special place is still very much alive today. Family recipes included are: Ayam Gerang Asem (Sour Chicken Stew) Bubur Injin (Black Rice Pudding) Ikan Mekuah (Fish Soup) Nasi Goreng (Fried Rice) Satay Manis (Beef Satay) Babi Kecap (Pork in Sweet Chilli Sauce) Gado-Gado (Vegetables in Peanut Sauce) Bregedel Tahu (Tofu Fritters) Kolak (Fruits in Coconut Milk)

## Bali

When Janet De Neeffe travelled to Bali 26 years ago she fell in love – not only with a man, but also with the island's fascinating culture, warm people and mouth-watering food. Since then, Janet has been collecting Balinese recipes, teaching local cooking methods and heralding the delights of this colourful cuisine, and in this book she shares all that she has learned. Follow Janet on a spice trail through Bali and its rich food culture, with chapters exploring sambals, rice dishes, curries and coconut, street food, ceremonial food, modern offerings and sweets. Each recipe is accompanied by an insight into the local culture, while key Balinese ingredients – such as kencur, candlenuts and shrimp paste – are explained in an extensive glossary. The recipes will surprise and inspire: there are well-known dishes such as Gado Gado and Chicken Satay, while more unusual offerings include Pork Spare Ribs with Tomato

Sambal, Minced Prawns and Coconut in Banana Leaves, and Black Rice and Tangerine Tart. But Bali is more than just a cookbook – it is also an incredible photographic journey. Arresting images sit alongside the recipes and tell the story of this lush island and its people: men collecting sea water and leaving it to evaporate on volcanic sands in order to harvest salt; grandmothers making huge rounds of fresh tofu in backyard sheds; teenagers lining up at bustling market stalls for delicious sticks of chicken satay; street vendors crouched over their grills, fanning away the billowing smoke.

### A Little Bit One O'clock

The Island of Bali—a true paradise is explored in this classic travelogue. From the artists and writers of the 1930s to the Eat, Pray, Love tours so popular today, Bali has drawn hoards of foreign visitors and transplants to its shores. What makes Bali so special, and how has it managed to preserve its identity despite a century of intense pressure from the outside world? *Bali: A Paradise Created* bridges the gap between scholarly works and more popular travel accounts. It offers an accessible history of this fascinating island and an anthropological study not only of the Balinese, but of the paradise-seekers from all parts of the world who have traveled to Bali in ever-increasing numbers over the decades. This Bali travelogue shows how Balinese culture has pervaded western film, art, literature and music so that even those who've never been there have enjoyed a glimpse of paradise. This authoritative, much-cited work is now updated with new photos and illustrations, a new introduction, and new text covering the past twenty years.

### Bali: A Paradise Created

At long last, Sarah Britton, called the “queen bee of the health blogs” by *Bon Appétit*, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah’s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing one’s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

### My New Roots

IACP AWARD FINALIST • The expert baker and bestselling author behind the Magnolia Network original series *Zoë Bakes* explores her favorite dessert—cakes!—with more than 85 recipes to create flavorful and beautiful layers, loafs, Bundts, and more. “Zoë’s relentless curiosity has made her an artist in the truest sense of the word.”—Joanna Gaines, co-founder of Magnolia **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT** Cake is the ultimate symbol of celebration, used to mark birthdays, weddings, or even just a Tuesday night. In *Zoë Bakes Cakes*, bestselling author and expert baker Zoë François demystifies the craft of cakes through more than eighty-five simple and straightforward recipes. Discover treats such as Coconut-Candy Bar Cake, Apple Cake with Honey-Bourbon Glaze, and decadent Chocolate Devil’s Food Cake. With step-by-step photo guides that break down baking fundamentals—like creaming butter and sugar—and Zoë’s expert knowledge to guide you, anyone can make these delightful creations. Featuring everything from Bundt cakes and loaves to a beautifully layered wedding confection, Zoë shows you how to celebrate any occasion, big or small, with delicious homemade cake.

### Zoë Bakes Cakes

“A stunning picture of a black woman’s coming of age in America. Put it on the shelf beside *The Autobiography of Malcolm X*.” —Kirkus Reviews Elaine Brown assumed her role as the first and only female leader of the Black Panther Party with these words: “I have all the guns and all the money. I can withstand challenge from without and from within. Am I right, Comrade?” It was August 1974. From a small Oakland-based cell, the Panthers had grown to become a revolutionary national organization, mobilizing black communities and white supporters across the country—but relentlessly targeted by the police and the FBI, and increasingly riven by violence and strife within. How Brown came to a position of power over this paramilitary, male-dominated organization, and what she did with that power, is a riveting, unsparing account of self-discovery. Brown’s story begins with growing up in an impoverished neighborhood in Philadelphia and attending a predominantly white school, where she first sensed what it meant to be black, female, and poor in America. She describes her political awakening during the

bohemian years of her adolescence, and her time as a foot soldier for the Panthers, who seemed to hold the promise of redemption. And she tells of her ascent into the upper echelons of Panther leadership: her tumultuous relationship with the charismatic Huey Newton, who would become her lover and her nemesis; her experience with the male power rituals that would sow the seeds of the party's demise; and the scars that she both suffered and inflicted in that era's paradigm-shifting clashes of sex and power. Stunning, lyrical, and acute, this is the indelible testimony of a black woman's battle to define herself. "A glowing achievement." —Los Angeles Times "Honest, funny, subjective, unsparing, and passionate. . . A Taste of Power weaves autobiography and political history into a story that fascinates and illuminates." —The Washington Post

### Aromatic Rices

This is the first study to examine in detail ritual objects known as 'Lamak', a fascinating and unique form of ephemeral material culture which is a prominent feature of Balinese creativity.

### A Taste of Power

The Grenfell Tower tragedy was the worst residential fire in London since World War II. It killed seventy-two people in the richest borough of one of the wealthiest countries in the world. Like other catastrophic events before it and since, it has the power to bring about lasting change. But will it? The historical evidence is weighed against 'lessons being learned' in a meaningful or enduring way. In an attempt to understand why, despite enormous efforts, we persistently fail to learn from catastrophic events, this book uses the details of the Grenfell fire as a case study to consider why we don't learn and what it would take to enable real systemic change. The book explores the myths, the key challenges and the conditions that inhibit learning, and it identifies opportunities to positively disrupt the status quo. It offers an accessible model for systemic change, not as a definitive solution but rather as a framework to evoke reflection, enquiry and proper debate. Catastrophe and Systemic Change is a must-read book for a wide range of readers including those interested in change management, leadership, policy-making, law, housing, construction and public safety.

### Lamak

The villages on Bali's north-east coast have a long history. Archaeological findings have shown that the coastal settlements of Tejakula District enjoyed trading relations with India as long as 2000 years ago or more. Royal decrees dating from the 10th to the 12th century, inscribed on copper tablets and preserved in the local villages as part of their religious heritage, bear witness to the fact that, over a period of over 1000 years, these played a major role as harbour and trading centres in the transmaritime trade between India and (probably) the Spice Islands. At the same time the inscriptions attest to the complexity in those days of Balinese society, with a hierarchical social organisation headed by a king who resided in the interior precisely where, nobody knows. The interior was connected to the prosperous coastal settlements through a network of trade and ritual. The questions that faced the German-Balinese research team were first: Was there anything left over of this evidently glorious past? And second: Would our professional anthropological and archaeological research work be able to throw any more light on the vibrant past of these villages? This book is an attempt to answer both these and further questions on Bali's coastal settlements, their history and culture.

### Catastrophe and Systemic Change: Learning from the Grenfell Tower Fire and Other Disasters

In this highly original and much-anticipated ethnography, Anna Tsing challenges not only anthropologists and feminists but all those who study culture to reconsider some of their dearest assumptions. By choosing to locate her study among Meratus Dayaks, a marginal and marginalized group in the deep rainforest of South Kalimantan, Indonesia, Tsing deliberately sets into motion the familiar and stubborn urban fantasies of self and other. Unusual encounters with her remarkably creative and unconventional Meratus friends and teachers, however, provide the opportunity to rethink notions of tradition, community, culture, power, and gender--and the doing of anthropology. Tsing's masterful weaving of ethnography and theory, as well as her humor and lucidity, allow for an extraordinary reading experience for students, scholars, and anyone interested in the complexities of culture. Engaging Meratus in wider conversations involving Indonesian bureaucrats, family planners, experts in international development, Javanese soldiers, American and French feminists, Asian-Americans, right-to-life advocates, and Western intellectuals, Tsing looks not for consensus and coherence in Meratus culture but rather allows individual Meratus men and women to return our gaze. Bearing the

fruit from the lively contemporary conversations between anthropology and cultural studies, *In the Realm of the Diamond Queen* will prove to be a model for thinking and writing about gender, power, and the politics of identity.

### Burials, Texts and Rituals

A celebrated writer pens an irresistible, candid, and eloquent account of her pursuit of worldly pleasure, spiritual devotion, and what she really wanted out of life.

### In the Realm of the Diamond Queen

If you thought ghashi, sambhar and idlis summed up the cuisine of the Gowd Saraswat Brahmins (GSB), you are quite mistaken. The food cooked in a Brahmin home is essentially sathvic paying special attention to the balance and nutritive value of the dishes prepared. Simple lentil soup, 'dhali toy', served over the steamed rice and the topping of a dollop of homemade clarified butter/ghee is probably the one most loved comfort food for GSBs. There are complex curries like 'val-val', spicy 'teeksani ummans' and slightly sweet 'ambe sassam'. You would see variety of plain and spicy food in a meal that is balanced with a glass full of thin curds, 'taak' as a final course to set right any imbalance in the food eaten for the day. Even though GSB cuisine comes from spice rich regions of Karnataka and Kerala, we see very limited palette of spices being used, yet, it lacks nothing in terms of taste and deep digestive philosophies relevant to food. The cuisine revolves around mustard seeds, cumin seeds, curry leaves, chillies and turmeric. Ginger as a digestive aid, Green leaves of all kinds as high fibre source, dried lentils and beans as nature's tiny capsules of proteins, turmeric as healer of wounds and sundry health issues, asafoetida for controlling gastric problem; every ingredient used in the GSB cuisine has a purpose that goes beyond taste and texture. There are about fifty select vegetarian recipes in this book showcase the wide variety and infinite inventiveness of the GSB kitchen. Lesser-known dishes, featuring specific types of vegetables or leaves, an awesome array of chutneys and pickles, and delightful sweets without which no meal can be complete, are also lovingly included. The book starts with the history and culture of the GSBs. This book is a much-needed addition to the library of any discerning gourmet or anyone with an interest in diverse cuisine and culture of India.

### Eat Pray Love

From the acclaimed author and scholar James C. Scott, the compelling tale of Asian peoples who until recently have stemmed the vast tide of state-making to live at arm's length from any organized state society. For two thousand years the disparate groups that now reside in Zomia (a mountainous region the size of Europe that consists of portions of seven Asian countries) have fled the projects of the organized state societies that surround them—slavery, conscription, taxes, corvée labor, epidemics, and warfare. This book, essentially an “anarchist history,” is the first-ever examination of the huge literature on state-making whose author evaluates why people would deliberately and reactively remain stateless. Among the strategies employed by the people of Zomia to remain stateless are physical dispersion in rugged terrain; agricultural practices that enhance mobility; pliable ethnic identities; devotion to prophetic, millenarian leaders; and maintenance of a largely oral culture that allows them to reinvent their histories and genealogies as they move between and around states. In accessible language, James Scott, recognized worldwide as an eminent authority in Southeast Asian, peasant, and agrarian studies, tells the story of the peoples of Zomia and their unlikely odyssey in search of self-determination. He redefines our views on Asian politics, history, demographics, and even our fundamental ideas about what constitutes civilization, and challenges us with a radically different approach to history that presents events from the perspective of stateless peoples and redefines state-making as a form of “internal colonialism.” This new perspective requires a radical reevaluation of the civilizational narratives of the lowland states. Scott's work on Zomia represents a new way to think of area studies that will be applicable to other runaway, fugitive, and marooned communities, be they Gypsies, Cossacks, tribes fleeing slave raiders, Marsh Arabs, or San-Bushmen.

### Gowd Saraswat Brahmin's Cookbook

Play is one of humanity's straightforward yet deceitful ideas: though the notion is unanimously agreed upon to be universal, used for man and animal alike, nothing defines what all its manifestations share, from childish playtime to on stage drama, from sporting events to market speculation. Within the author's anthropological field of work (Mongolia and Siberia), playing holds a core position: national holidays are called "Games," echoing in that way the circus games in Ancient Rome and today's

Olympics. These games convey ethical values and local identity. Roberte Hamayon bases her analysis of the playing spectrum on their scrutiny. Starting from fighting and dancing, encompassing learning, interaction, emotion and strategy, this study heads towards luck and belief as well as the ambiguity of the relation to fiction and reality. It closes by indicating two features of play: its margin and its metaphorical structure. Ultimately revealing its consistency and coherence, the author displays play as a modality of action of its own. "Playing is no 'doing' in the ordinary sense" once wrote Johan Huizinga. Isn't playing doing something else, elsewhere and otherwise ?

### The Art of Not Being Governed

The Craft and Science of Coffee follows the coffee plant from its origins in East Africa to its current role as a global product that influences millions of lives through sustainable development, economics, and consumer desire. For most, coffee is a beloved beverage. However, for some it is also an object of scientific study, and for others it is approached as a craft, both building on skills and experience. By combining the research and insights of the scientific community and expertise of the crafts people, this unique book brings readers into a sustained and inclusive conversation, one where academic and industrial thought leaders, coffee farmers, and baristas are quoted, each informing and enriching each other. This unusual approach guides the reader on a journey from coffee farmer to roaster, market analyst to barista, in a style that is both rigorous and experience based, universally relevant and personally engaging. From on-farming processes to consumer benefits, the reader is given a deeper appreciation and understanding of coffee's complexity and is invited to form their own educated opinions on the ever changing situation, including potential routes to further shape the coffee future in a responsible manner. Presents a novel synthesis of coffee research and real-world experience that aids understanding, appreciation, and potential action. Includes contributions from a multitude of experts who address complex subjects with a conversational approach. Provides expert discourse on the coffee value chain, from agricultural and production practices, sustainability, post-harvest processing, and quality aspects to the economic analysis of the consumer value proposition. Engages with the key challenges of future coffee production and potential solutions.

### Why We Play

Insight Guide Indonesia is an essential guide to one of the world's last tourism frontiers, a far-flung archipelago of rainforests, volcanoes, vivid festivals and teeming cities, all brought to life through evocative photography. Our inspirational Best of Indonesia section highlights the unmissable sights and experiences, while a comprehensive Travel Tips section gives you all the practical information you need to plan your trip, and our selective listings bring you the best hotels and restaurants. Colourful magazine-style features offer a unique insight into the incomparable Balinese festivals, unique Sulawesi wildlife and colourful batik fabrics. A detailed Places section, with full-colour maps cross-referenced to the text, guides you from the jungles of darkest Borneo to the beaches of Bali, the ancient trading ports of Java and the spice islands to the primeval Papuan highlands.

### The Craft and Science of Coffee

Economic behavior is governed by two major sets of boundary conditions: environmental and technological factors on the one hand, and conditions of social organization on the other hand. Indeed, social scientists are often particularly interested in the framework of exchange relationships: exchange of goods, services, personnel, and information. Economic exchanges lend concrete manifestations to social relations that themselves may transcend the economic realm and that otherwise are often difficult to trace. Yet in social science research in Southeast Asia, the area of economic studies has lagged behind, despite the great study potential represented by the tremendous diversity of its physical and human environment. Economic Exchange and Social Interaction in Southeast Asia attempts to take advantage of that opportunity. As a number of the contributions to this volume show, many if not most of the systems organized on very different levels of integration interact with each other. Taken as a whole, they provide evidence of the incredible diversity of economic and social systems that may be investigated in Southeast Asia.

## Insight Guides: Indonesia

A guide to healthy living by following the eating plan of Simply BALi, which emphasizes a whole foods lifestyle in order to promote optimal health, prevent disease and energize the body. It includes 175 recipes to use on the plan to satisfy your taste buds and support your body.

## Economic Exchange and Social Interaction in Southeast Asia

Who is not captivated by tales of Islanders earnestly scanning their watery horizons for great fleets of cargo ships bringing rice, radios and refrigerators - ships that will never arrive? Of all the stories spun about the island peoples of Melanesia, tales of cargo cult are among the most fascinating. The term cargo cult, Lamont Lindstrom contends, is one of anthropology's most successful conceptual offspring. Like culture, worldview and ethnicity, its usage has steadily proliferated, migrating into popular culture where today it is used to describe an astonishing roll-call of people. Its history makes for lively and compelling reading. The cargo cult story, Lindstrom shows, is more significant than it at first appears, for it recapitulates in summary form three generations of anthropological theory and Pacific studies. Although anthropologists' enthusiasm for the notion of cargo cult has waned, it now colors outsiders' understanding of Melanesian culture, and even Melanesians' perceptions of themselves. The repercussions for contemporary Islanders are significant: leaders of more than one political movement have felt the need to deny that they are any kind of cargo cultist. Of particular interest to this history is Lindstrom's argument that accounts of cargo cult are at heart tragedies of thwarted desire, melancholy anticipation and crazy unrequited love. He makes a convincing case that these stories expose powerful Western scenarios of desire itself—giving cargo cult its combined titillation of the fascinating exotic and the comfortably familiar.

## Simply BALi

Winner of the International Lannan Literary Award for Nonfiction *Animal tracks, word magic, the speech of stones, the power of letters, and the taste of the wind* all figure prominently in this intellectual tour de force that returns us to our senses and to the sensuous terrain that sustains us. This major work of ecological philosophy startles the senses out of habitual ways of perception. For a thousand generations, human beings viewed themselves as part of the wider community of nature, and they carried on active relationships not only with other people with other animals, plants, and natural objects (including mountains, rivers, winds, and weather patterns) that we have only lately come to think of as "inanimate." How, then, did humans come to sever their ancient reciprocity with the natural world? What will it take for us to recover a sustaining relation with the breathing earth? In *The Spell of the Sensuous* David Abram draws on sources as diverse as the philosophy of Merleau-Ponty, Balinese shamanism, Apache storytelling, and his own experience as an accomplished sleight-of-hand of magician to reveal the subtle dependence of human cognition on the natural environment. He explores the character of perception and excavates the sensual foundations of language, which--even at its most abstract--echoes the calls and cries of the earth. On every page of this lyrical work, Abram weaves his arguments with a passion, a precision, and an intellectual daring that recall such writers as Loren Eiseley, Annie Dillard, and Barry Lopez.

## First Footsteps in East Africa, Or, An Exploration of Harar

It starts as a trip to paradise. Sent on assignment to Bali, Jamie, an adventure guide, imagines spending weeks exploring the island's lush jungles and pristine white sand beaches. Yet three days after her arrival, she is caught in Bali's infamous nightclub bombings, which irreparably change her life and leave her with many unanswered questions. One year later, haunted by memories, Jamie returns to Bali seeking a sense of closure. Most of all, she hopes to find Gabe, the man who saved her from the attacks. She hasn't been able to forget his kindness - or the spark between them as he helped her heal. Checking into a cosy guest house for her stay, Jamie meets the kindly owner, who is coping with a painful past of his own, and a young boy who improbably becomes crucial to her search. Jamie has never shied away from a challenge, but a second chance with Gabe presents her with the biggest dilemma of all: whether she's ready to open her heart. Praise for *French Lessons*: 'A wonderfully warm and sexy book ... we loved it!' Bella. 'A delightful novel, full of joie de vivre'. *Woman and Home*.

## Cargo Cult

From handshakes and toasts to chant and genuflection, ritual pervades our social interactions and religious practices. Still, few of us could identify all of our daily and festal ritual behaviors, much less explain them to an outsider. Similarly, because of the variety of activities that qualify as ritual and their many contradictory yet, in many ways, equally legitimate interpretations, ritual seems to elude any systematic historical and comparative scrutiny. In this book, Catherine Bell offers a practical introduction to ritual practice and its study; she surveys the most influential theories of religion and ritual, the major categories of ritual activity, and the key debates that have shaped our understanding of ritualism. Bell refuses to nail down ritual with any one definition or understanding. Instead, her purpose is to reveal how definitions emerge and evolve and to help us become more familiar with the interplay of tradition, exigency, and self-expression that goes into constructing this complex social medium.

### The Spell of the Sensuous

The ultimate recipe resource: an indispensable treasury of more than 2,000 foolproof recipes and 150 test kitchen discoveries from the pages of Cook's Illustrated magazine. There is a lot to know about cooking, more than can be learned in a lifetime, and for the last 20 years we have been eager to share our discoveries with you, our friends and readers. The Cook's Illustrated Cookbook represents the fruit of that labor. It contains 2,000 recipes, representing almost our entire repertoire. Looking back over this work as we edited this volume, we were reminded of some of our greatest hits, from Foolproof Pie Dough (we add vodka for an easy-to-roll-out but flaky crust), innumerable recipes based on brining and salting meats (our Brined Thanksgiving Turkey in 1993 launched a nationwide trend), Slow-Roasted Beef (we salt a roast a day in advance and then use a very low oven to promote a tender, juicy result), Poached Salmon (a very shallow poaching liquid steams the fish instead of simmering it in water and robbing it of flavor), and the Ultimate Chocolate Chip Cookies (we brown the butter for better flavor). Our editors handpicked more than 2,000 recipes from the pages of the magazine to form this wide-ranging compendium of our greatest hits. More than just a great collection of foolproof recipes, The Cook's Illustrated Cookbook is also an authoritative cooking reference with clear hand-drawn illustrations for preparing the perfect omelet, carving a turkey, removing meat from lobsters, frosting a layer cake, shaping sandwich bread, and more. 150 test kitchen tips throughout the book solve real home-cooking problems such as how to revive tired herbs, why you shouldn't buy trimmed leeks, what you need to know about freezing and thawing chicken, when to rinse rice, and the best method for seasoning cast-iron (you can even run it through the dishwasher). An essential collection for fans of Cook's Illustrated (and any discerning cook), The Cook's Illustrated Cookbook will keep you cooking for a lifetime - and guarantees impeccable results.

### The Paradise Guest House

"70+ fresh recipes that taste great"--Cover.

### Ritual

For centuries herbs and spices have been an integral part of many of the world's great cuisines. But spices have a history of doing much more than adding life to bland foods. They have been the inspiration for, among other things, trade, exploration, and poetry. Priests employed them in worship, incantations, and rituals, and shamans used them as charms to ward off evil spirits. Nations fought over access to and monopoly of certain spices, like cinnamon and nutmeg, when they were rare commodities. Not only were many men's fortunes made in the pursuit of spices, spices at many periods throughout history literally served as currency. In *Culinary Herbs and Spices of the World*, Ben-Erik van Wyk offers the first fully illustrated, scientific guide to nearly all commercial herbs and spices in existence. Van Wyk covers more than 150 species—from black pepper and blackcurrant to white mustard and white ginger—detailing the propagation, cultivation, and culinary uses of each. Introductory chapters capture the essence of culinary traditions, traditional herb and spice mixtures, preservation, presentation, and the chemistry of flavors, and individual entries include the chemical compounds and structures responsible for each spice or herb's characteristic flavor. Many of the herbs and spices van Wyk covers are familiar fixtures in our own spice racks, but a few—especially those from Africa and China—will be introduced for the first time to American audiences. Van Wyk also offers a global view of the most famous use or signature dish for each herb or spice, satisfying the gourmand's curiosity for more information about new dishes from little-known culinary traditions. People all over the world are becoming more sophisticated and demanding about what they eat and how it is prepared. *Culinary Herbs and Spices of the World* will appeal to those inquisitive foodies in addition to gardeners and botanists.

### The Cook's Illustrated Cookbook

Hal Wallis (1898-1986) might not be as well known as David O. Selznick or Samuel Goldwyn, but the films he produced—*Casablanca*, *Jezebel*, *Now, Voyager*, *The Life of Emile Zola*, *Becket*, *True Grit*, and many other classics (as well as scores of Elvis movies)—have certainly endured. As producer of numerous films, Wallis made an indelible mark on the course of America's film industry, but his contributions are often overlooked. Bernard Dick offers the first comprehensive assessment of the producer's incredible career. A former office boy and salesman, Wallis first engaged with the film business as the manager of a Los Angeles movie theater in 1922. He attracted the notice of the Warner brothers, who hired him as a publicity assistant. Within three months he was director of the department, and appointments to studio manager and production executive quickly followed. Wallis went on to oversee dozens of productions and formed his own production company in 1944. Dick draws on numerous sources such as Wallis's personal production files and exclusive interviews with many of his contemporaries to finally tell the full story of his illustrious career. Dick combines his knowledge of behind-the-scenes Hollywood with fascinating anecdotes to create a portrait of one of Hollywood's early power players.

### The Healthy Junior Chef Cookbook

"Let food be your medicine, medicine your food."-Hippocrates, 2400 B.C. When the "Father of Medicine" uttered those famous words, spices were as important for medicine, embalming, preserving food, and masking bad odors as they were for more mundane culinary matters. Author James A. Duke predicts that spices such as capsicum, cinnamon, garlic, ginger

### Culinary Herbs and Spices of the World

Himalayan Voices provides admirers of Nepal and lovers of literature with their first glimpse of the vibrant literary scene in Nepal today. An introduction to the two most developed genres of modern Nepali literature—poetry and the short story—this work profiles eleven of Nepal's most distinguished poets and offers translations of more than eighty poems written from 1916 to 1986. Twenty of the most interesting and best-known examples of the Nepali short story are translated into English for the first time by Michael Hutt. All provide vivid descriptions of life in twentieth-century Nepal. This book should appeal not only to admirers of Nepal, but to all readers with an interest in non-Western literatures.

### Hal Wallis

"This thesis is a study of traditional narratives which are recited and received both by villagers and pilgrims in regard to the local pilgrimage (ziarah) tradition in Pamijahan, particularly at Shaykh Abdul Muhyi's sacred site. The narratives will be examined as part of the popular beliefs of Priangan Timur or the eastern part of West Java. Locating them in the wider context of Sundanese oral and written traditions, my investigation will illuminate the nature and function of such traditions in the particular case of Pamijahan. The research will elucidate the role of the kuncen, the custodians of sacred sites, as guides and spiritual brokers who maintain the narratives. It will also be important to investigate the villagers' as well as visitors' view of the kuncen in regard to local pilgrimage. The study will also enhance comparative studies concerned with networks of holy men or saints (wali) on the island of Java (Pemberton 1994; Fox 1991: 20). I want to argue that people respond to, and participate in, saint veneration on pragmatic grounds. However, these grounds are subject to interpretation and contestation in time and space. In redefining their narratives, various individuals, such as custodians, Sufis, and even to some extent government functionaries, are considered to be authoritative persons by virtue of their capacity to conduct and manipulate narratives. As this argument develops, it will be important to understand the modes of signification in the village."--Provided by publisher.

### CRC Handbook of Medicinal Spices

An A to Z Catalog of Innovative Spices and Flavorings Designed to be a practical tool for the many diverse professionals who develop and market foods, the Handbook of Spices, Seasonings, and Flavorings combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information

that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

### Brown Planthopper

Edible insects have always been a part of human diets, but in some societies there remains a degree of disdain and disgust for their consumption. Although the majority of consumed insects are gathered in forest habitats, mass-rearing systems are being developed in many countries. Insects offer a significant opportunity to merge traditional knowledge and modern science to improve human food security worldwide. This publication describes the contribution of insects to food security and examines future prospects for raising insects at a commercial scale to improve food and feed production, diversify diets, and support livelihoods in both developing and developed countries. It shows the many traditional and potential new uses of insects for direct human consumption and the opportunities for and constraints to farming them for food and feed. It examines the body of research on issues such as insect nutrition and food safety, the use of insects as animal feed, and the processing and preservation of insects and their products. It highlights the need to develop a regulatory framework to govern the use of insects for food security. And it presents case studies and examples from around the world. Edible insects are a promising alternative to the conventional production of meat, either for direct human consumption or for indirect use as feedstock. To fully realise this potential, much work needs to be done by a wide range of stakeholders. This publication will boost awareness of the many valuable roles that insects play in sustaining nature and human life, and it will stimulate debate on the expansion of the use of insects as food and feed.

### Himalayan Voices

In this compelling narrative Piontelli explores the different roles that twins play in societies around the world. In her travels around the world, Piontelli has studied the role of twins, especially throughout Africa, Asia, South America, and the Pacific rim, observing different cultural perspectives and how differing societies treat them.

### Signs of the Wali

This book provides a historical and ethnographic examination of gender relations in Malay society, in particular in the well-known state of Negeri Sembilan, famous for its unusual mixture of Islam and matrilineal descent. Peletz analyzes the diverse ways in which the evocative, heavily gendered symbols of "reason" and "passion" are deployed by Malay Muslims. Unlike many studies of gender, this book elucidates the cultural and political processes implicated in the constitution of both feminine and masculine identity. It also scrutinizes the relationship between gender and kinship and weighs the role of ideology in everyday life. Peletz insists on the importance of examining gender systems not as social isolates, but in relation to other patterns of hierarchy and social difference. His study is historical and comparative; it also explores the political economy of contested symbols and meanings. More than a treatise on gender and social change in a Malay society, this book presents a valuable and deeply interesting model for the analysis of gender and culture by addressing issues of hegemony and cultural domination at the heart of contemporary cultural studies. This title is part of UC Press's Voices Revived program, which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice, reach, and impact. Drawing on a backlist dating to 1893, Voices Revived makes high-quality, peer-reviewed scholarship accessible once again using print-on-demand technology. This title was originally published in 1996.

### Handbook of Spices, Seasonings, and Flavorings, Second Edition

The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more! The human body is complex – it is a delicate balance of systems working together to keep us at optimal health. And we are disrupting it. Instead of working with our bodies, we are constantly stressing them, with toxins and pollutants, with unhealthy lifestyles and high stress levels, with nutrition-poor diets and sedentary lifestyles. We have become hopelessly out of sync with our natural rhythms. By following a simple nutritional plan and easy lifestyle principles, we can bring our bodies back in tune and reap the rewards of uninterrupted mother nature. Sumptuous vegan recipes ranging from Cherry Cacao Teff Pancakes, Beetroot and Carrot Burgers and Healing Shiitake Mushroom Miso Soup, to Yellow Ayurvedic Dahl, Delicata Squash and Black Rice Salad and Salted Maca Caramel Nourish Balls help balance our bodies and improve our nutritional health. With expert advice, lifestyle tips, and delicious plant-based recipes, let The Happy Balance be your trusted guide to a vital and energized life. Put you back in control of you.

### Edible Insects

The 1939-45 war forced the Allied countries to seek alternative sources of raw materials and, as in the First World War, attention was paid by all belligerents to the marine algae or seaweeds. These occur in considerable quantities in various parts of the world, and attempts to make use of this cheap and readily accessible, though not so readily harvestable, raw material have been made almost from time immemorial. Much of the work on the economic utilization of seaweeds has been published only in scientific journals and has never been collected within the compass of a single book. Tressler's work on *The Marine Products of Commerce* contains three useful chapters on this subject, whilst Sauvageau's book, *Les utilisations des Algues Marines*, is a mine of valuable information, especially as regards the use of seaweeds in France. Both these volumes are, however, somewhat out of date, Tressler's being published in 1923 and Sauvageau's in 1920. Furthermore there is no book wholly on this subject in the English language, and so the present volume has been undertaken in order to fill this gap. The opportunity has also been taken to incorporate the results of researches carried out since 1920. In certain aspects of the subject it will be found that considerable advances have been made, and in the present volume particular reference to such advances will be found in the chapters on agar and alginic acid.

### Twins in the World

The Association of Southeast Asian Nations is a miracle. Why? In an era of growing cultural pessimism, many thoughtful individuals believe that different civilisations-especially Islam and the West-cannot live together in peace. The ten countries of ASEAN provide a thriving counter-example of civilizational co-existence. Here 625m people live together in peace. This miracle was delivered by ASEAN. In an era of growing economic pessimism, where many young people believe that their lives will get worse in coming decades, Southeast Asia bubbles with optimism. In an era where many thinkers predict rising geopolitical competition and tension, ASEAN regularly brings together all the world's great powers. Stories of peace are told less frequently than stories of conflict and war. ASEAN's imperfections make better headlines than its achievements. But in the hands of thinker and writer Kishore Mahbubani, the good news story is also a provocation and a challenge to the rest of the world. This excellent book explains, in clear and simple terms, how and why ASEAN has become one of the most successful regional organizations in the world. - George Yeo A powerful and passionate account of how, against all odds, ASEAN transformed the region and why Asia and the world need it even more today. - Amitav Acharya

### Reason and Passion

The Happy Balance