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The New Food Lover's Companion



Synopsis

The fifth edition of this widely praised and highly esteemed reference guide has been updated with new information to reflect the way we eat in today's world. The authors have taken into account our healthier lifestyles and more diverse palates to include:

- Over 500 new listings, including Korean, Persian, and South American additions
- Updated information for hundreds of existing entries
- A blood alcohol concentration chart for men and women
- An extensive breakdown of food labels and nutritional facts
- Department of Agriculture recommendations for a 2,000 calorie per day food plan

Among the myriad foods and culinary subjects defined and explained are cooking tools and techniques, meat cuts, breads, pastas, and literally everything else related to good food and enjoyable dining. Handy appendices cover many topics including suggestions for substituting recipe ingredients, a microwave oven conversion chart, recommended safe cooking temperatures for meats and fish, and much more. The New Food Lover's Companion is a reference guide--not a cookbook--but it includes hundreds of cooking tips plus an extensive bibliography of recommended cookbooks. More than 7200 entries plus line art are included in this seminal work.

Book Information

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Customer Reviews

I have spent most of the past two days examining and reading and thinking about this book. I think the one word that best describes it is "massive". This book is over 900 pages.....of course, it is only about 5 x 7 inches so not quite the same as a 'full-size' book. Still, the thing that makes it remarkable is the depth of the subject matter. Almost anything I can think of with respect to food is touched on in this book. You should be aware, however, that too much of a good thing can still be

"too much". Does that apply to this book?? I think maybe it does in some ways. Is this book worth the time and the money spent?? Absolutely!! Here are a few thoughts I jotted down as I read and paged through and referenced (and cross-referenced..!) my way through this tome. "Wow, over 900 pages and very few photos...Uhh, actually none." (That's right NO photographs, NO drawings, NO line art, NO images of any kind...)....."Hmm, I didn't know that, or that either.." (I can't imagine the number of times I actually said that exact thing..)....."So THAT'S how you pronounce that!!." (Very helpful pronunciation guide with each entry in this book..)....."Wow, that's a LOT of cross-referencing.." (You can't even imagine!!..)....."Hmm, an appendix too...Oops, lots of appendices.." (One of the VERY helpful parts of this book.). There were other comments that I wrote down too, but this is enough for a sample. With only 7000 (+/-) separate entries in this encyclopedic work, that obviously doesn't cover EVERYTHING!! There must be something left out....Actually, I am certain that there is a lot that is NOT here, but most of it is pretty obscure stuff and not likely to affect anything you might reasonably be expected to do in your kitchen.

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