

Edible Seashore River Cottage Handbook No 5

Seaweed And Eat It is the foodie's answer to The Dangerous Book for Boys, and a nostalgic journey of rediscovery for the whole family. Part cookbook, part natural history guide, with tasty recipes, fascinating folklore and inspiring ideas for seasonal feasts, Seaweed leads the reader through the process of identifying, learning about and cooking unusual and native wild foods. From discovering edible wild plants and flowers, to creating delicious seasonal feasts, Seaweed puts the fun into foraging and injects a sense of adventure into preparing dinner. For anyone interested in the origins of their food - or who's shocked by the price of elderflower cordial - this inspirational cookbook will ensure mealtimes are never dull. This revised edition is black and white.

In the first of the River Cottage Handbook series, mycologist John Wright uncovers the secret habits and habitats of Britain's thriving mushrooms - and the team at River Cottage explain how to cook them to perfection. In the first of the River Cottage Handbook series, mycologist John Wright explains the ins and outs of collecting, including relevant UK laws, conservation notes, practical tips and identification techniques. He takes us through the 72 species we are most likely to come across during forays in Britain's forests and clearings: old friends the Chanterelle and Cep, as well as a whole colourful host of more unfamiliar names - edible species including the Velvet Shank, the Horn of Plenty, the Amethyst Deceiver, the Giant Puffball and the Chicken in the Woods, and poisonous types such as the Sickener, the Death Cap and the Destroying Angel. The handbook is completed by more than 30 simple and delicious mushroom recipes from the River Cottage team. With colour photographs throughout, line drawings, a user-friendly Key and an introduction by Hugh Fearnley-Whittingstall, the River Cottage Mushroom Handbook is a comprehensive and collectable guide, destined to be an indispensable household reference.

In Outdoor Cooking, Gill Meller explains every aspect of cooking out in the open. He will take you back to basics with a guide to building the perfect fire, and reinvigorate your summer barbecue by cooking bread on it, grilling Indian-style kebabs, smoking fish or roasting succulent joints of meat. You can also find out how to make the most of a pizza oven or Kamado-style clay barbecue (popularised by the Big Green Egg) and, if you're feeling adventurous, there are comprehensive instructions for spit roasting larger pieces of meat or making a smouldering earth oven. With an introduction by Hugh Fearnley-Whittingstall and plenty of mouth-watering photographs, this book will rekindle your passion for the great outdoors and spark new ideas for creative cooking in the wild. How you eat affects the planet - and everyone else on it. What you eat might literally cost the earth. It also has implications for your health, for the grower or producer, and for the way you think about the world. What in God's Name Are You Eating? faces what many of us choose to ignore in the Western world: we, as adults, have allowed a childlike innocence to mask the real cost of the environment in which we are cocooned, while thousands elsewhere find themselves drought-stricken and starving. 'What in God's name are they not eating?' 'Enough' is the simple answer and we are part of the reason why. The price of 'life', as we know it, is high. To those of us who have 'life', there is a moral imperative to enable others to share it rather than suppress them. With its advocacy of a globally responsibly discipleship, What in God's Name Are You Eating? enables us to see how the world's peoples can have life and a long future.

While the reflection is rooted in radical Mennonite Christianity, the challenge is to those of faith - and those of none.

Seaweed is so familiar and yet its names - pepper dulse, sea lettuce, bladderwrack - are largely unknown to us. In this short, exquisitely illustrated portrait, the Dutch poet and artist Miek Zwamborn shares her discoveries of its history, culture and use, from the Neolithic people of the Orkney Islands to sushi artisans in modern Japan. Seaweed troubled Columbus on his voyages across the Atlantic, intrigued von Humboldt in the Sargasso Sea and inspired artists from Hokusai to Matisse. Covering seaweed's collection by Victorians, its adoption into fashion and dance and its potential for combating climate change, and with a fabulous series of recipes based around the 'truffles of the sea', this is a wonderful gift for every nature lover's home.

A comprehensive, deeply personal, and visually stunning guide to growing and cooking vegetables from Britain's foremost food writer, with more than 400 recipes and extensive gardening notes. In the tradition of *Roast Chicken and Other Stories* comes *Tender*, a passionate guide to savoring the best the garden has to offer. An instant classic when it was first published in the UK, *Tender* is a cookbook, a primer on produce, and above all, a beloved author's homage to his favorite vegetables. Slater's inspired and inspiring writing makes this a book to sit with and savor as much as one to prop open in the kitchen. The chapters explore 29 vegetables and offer enticing, comforting recipes such as Potato Cakes with Chard and Taleggio, a Tart of asparagus and Tarragon, and Grilled Lamb with Eggplant and Za'atar. With wit, enthusiasm, and a charming lack of pretension, Slater champions vegetables—through hands-on nurturing in the garden and straightforward preparations in the kitchen—with this truly essential book for every kitchen library.

The classic foraging guide to over 200 types of food that can be gathered and picked in the wild, *Food for Free* returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition.

This January, revitalise your recipes with the joys and satisfaction of foraged ingredients from your garden and beyond. In high-end restaurants and in the home, more and more cooks have unearthed the pleasures of using natural, foraged ingredients. But, what few realise is that you don't necessarily have to go rootling in hedgerows or woodlands to find them. Many of our own gardens contain an abundance of edible and medicinal plants, grown mainly for their ornamental appearance. Most gardeners are completely unaware that what they have actually planted is a rather exotic kitchen garden. *The Garden Forager* explores over 40 of the most popular garden plants that have edible, medicinal or even cosmetic potential, accompanied by recipes, remedies, and interesting facts, and illustrated throughout in exquisite watercolours by Lizzie Harper. This beautifully illustrated book redefines how we look at our gardens and unleashes the unknown potential of everyday plants - making it a must-have for anyone interested in gardening, cooking, or foraging. 'jammed full of fascinating garden lore, culinary history and clever recipes' Susan Low, *Delicious*

In *Fermentation*, Rachel de Thample shines a light on one of the oldest methods of preserving food, which is just as relevant today, and shows you how to produce delicious and health-boosting ferments in your own kitchen. There are more than 80 simple recipes to make everything from sauerkraut and sourdough, kimchee and kombucha, to pickles and preserves, accompanied by thorough explanations of how the

fermenting process works. With little more than yeast and bacteria, salt and time, a whole realm of culinary possibilities opens up. With an introduction by Hugh Fearnley-Whittingstall and plenty of helpful step-by-step photographs, this book will bring the art of fermentation to your kitchen.

Latin names – frequently unpronounceable, all too often wrong and always a tiny puzzle to unravel – have been annoying the layman since they first became formalised as scientific terms in the eighteenth century. Why on earth has the entirely land-loving Eastern Mole been named *Scalopus aquaticus*, or the Oxford Ragwort been called *Senecio squalidus* – 'dirty old man'? What were naturalists thinking when they called a beetle *Agra katewinsletae*, a genus of fish Batman, and a Trilobite *Han solo*? Why is zoology replete with names such as *Chloris chloris chloris* (the greenfinch), and *Gorilla gorilla gorilla* (a species of, well gorilla)? The Naming of the Shrew will unveil these mysteries, exploring the history, celebrating their poetic nature and revealing how naturalists sometimes get things so terribly wrong. With wonderfully witty style and captivating narrative, this book will make you see Latin names in a whole new light.

COOKERY / FOOD & DRINK ETC. This lovely box set contains the following titles: 9781408836057 Mushrooms 9781408836064 Preserves 9781408836071 Bread 9781408836088 Veg Patch 9781408836095 Edible Seashore 9781408836101 Sea Fishing 9781408836118 Hedgerow 9781408836125 Cakes 9781408836132 Fruit 9781408836149 Herbs.

A thoroughly practical guide to catching, preparing and cooking sea fish, from the bestselling River Cottage Handbook series. From renowned fishing expert Nick Fisher comes this concise and beautifully illustrated guide to fishing along British coastline. All that's needed is a beach, pier, harbour, estuary or boat. Nick covers all the basics, such as when and where to go fishing, and then profiles the sea fish that you are likely to catch (each one clearly photographed), covering their conservation status, season, habitat and method of catching. Next he gets down to the nitty gritty, with a guide to tackles, rods, reeds, rigs, knots and bait, and step-by-step advice on all the sea fishing techniques. And for once you've made your catch, there are 30 delicious recipes from River Cottage.

In the seventh of the River Cottage Handbook series, John Wright explores the culinary delights of the British hedgerow. 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. First John touches on the basics for the hedgerow forager, with an introduction to conservation, safety, the law, and all the equipment that you may need. Next he guides you through the tasty edible species to be found. Each one is accompanied by photographs for identification, along with their conservation status, habitat, distribution, season, taste, texture and cooking methods - not forgetting, of course, some fascinating asides and diversions about their taxonomy and history. Fifty species are covered, including bilberries, blackberries, raspberries, common mallow, dandelions, hedge garlic, horseradish, pignuts, nettles, sloes, sweet chestnuts, water mint, bulrushes and wild cherries. After this there is a section describing the poisonous species to steer clear of, with identifying photographs as well as warnings about nasty 'lookalikes'. Finally, there are thirty delicious recipes to show how you can make the most of your (edible) findings. Introduced by Hugh Fearnley-

Whittingstall, Hedgerow is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

It is difficult to think of a more quintessential symbol of the British countryside than the British Hedgerow, bursting with blackberries, hazelnuts and sloes, and home to oak and ash, field mice and butterflies. But as much as we might dream about foraging for mushrooms or collecting wayside nettles for soup, most of us are unaware of quite how profoundly hedgerows have shaped the history of our landscape and our fellow species. One of Britain's best known naturalists, John Wright introduces us to the natural and cultural history of hedges (as well as ditches, dykes and dry stone walls) - from the arrival of the first settlers in the British Isles to the modern day, when we have finally begun to recognise the importance of these unique ecosystems. His intimate knowledge of the countryside and its inhabitants brings this guide to life, whether discussing the skills and craft of hedge maintenance or the rich variety of animals, plants, algae and fungi who call them home. Informative, practical, entertaining and richly illustrated in colour throughout, *A Natural History of the Hedgerow* is a book to stuff into your pocket for country walks in every season, or to savour in winter before a roaring fire.

What could possibly beat a cool pint of beer or a glass of wine at your favorite bar? The answer is: home-brewed beer or your very own brand of wine. With this, the twelfth in the River Cottage Handbook series, the inimitable John Wright shows exactly how easy it is to get started. You don't need lots of space to make alcohol at home, and if you follow the simple instructions, you won't be faced with exploding bottles. But don't forget, it's all about experimentation and finding out what works for you. Booze is divided by alcohol type, from beer, cider, and wine to herbal spirits and fruit liqueurs. Each section starts with an introduction to the basic techniques, methods, and other useful information, before giving recipes for delicious beverages like rhubarb wine, sparkling elderflower wine, mead, cherry plum wine, orange beer, lager, real ginger beer, sweet cider, zubrovka vodka, amber spirits, rose infusions, blackberry whiskey, pomegranate rum, chestnut liqueur, mulled cider, and there's even a hangover cure thrown in for good measure. With an introduction from Hugh Fearnley-Whittingstall and full-color photographs as well as illustrations, *Booze* is a home-brewer's book with a kick.

In the twelfth River Cottage Handbook, John Wright explains how to home-brew and make your own tipples. What could possibly beat a cool pint of beer down the pub or a lazy glass of wine at your favourite bar? The answer is: home-brewed beer or your very own brand of wine. With this, the twelfth in the River Cottage Handbook series, the inimitable John Wright shows exactly how easy it is to get started. You don't need masses of space to make alcohol at home, and if you follow the simple instructions, you won't be faced with exploding bottles in the cellar. But don't forget, it's all about experimentation and finding out what works for you. Booze is divided up by alcohol type, from beer, cider and wine to herbal spirits and fruit liqueurs. Each section starts with an introduction to the basic techniques, methods and other useful information, before giving recipes for delicious tipples like rhubarb wine, sparkling elderflower wine, mead, cherry plum wine, orange beer, lager, real ginger beer, sweet cider, zubrovka vodka, amber spirits, rose infusions, blackberry whiskey, pomegranate rum, chestnut liqueur, mulled cider and there's even a hangover cure thrown in for good measure.

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The cool temperate waters of the British and Irish seas contain an astonishing 6% of the world's algal species, more than 600 different seaweeds, and yet most divers, snorkellers and rockpoolers can put names to only a handful of them. The first edition of *Seaweeds of Britain and Ireland* has proved invaluable to an enormous number of people, not just volunteer Seasearch divers and snorkellers, and this eagerly awaited second edition will no doubt prove to be equally as popular. The aim of this book is to introduce the reader to the wonderful marine environment around Britain and Ireland, and improve identification of the wealth of seaweeds so often overlooked. Features of the new edition include: ? Over 230 species described in detail with colour photographs, information on size, habitat and distribution maps ? Over 50 new species, many with information on how to identify to species level using microscopic features ? Key distinguishing features and areas of identity confusion highlighted ? Colour and form used to group species and aid identification using dichotomous keys ? Details of life histories and reproductive processes for the main seaweed groups ? Both scientific and English names used for species and groups ? A glossary of common and specialised terms

Dorset is quintessential rural England: rolling hills, thatched houses, narrow, winding lanes and stunning stately homes and gardens. A large part of the county is designated as an Area of Outstanding Natural Beauty and includes the Jurassic Coast, England's first natural World Heritage Site. *Slow Dorset* is a personal celebration of what makes Dorset special - an invitation to slow down and enjoy its beauty. The author takes you on a personal journey through the county introducing some of Dorset's best kept secrets and hidden delights including little known walks, cycle rides, pubs, local craftsmen and visitor attractions. Interviews with local artisans and farmers, and contributions from local experts help you to get under the skin of the county. Whether you are looking for fossils around Lyme Regis, taking to horseback for a ride across the exhilarating expanse of Studland Heath, chatting to stallholders at a farmers' market, wandering in the footsteps of Thomas Hardy or walking the South West Coast Path, this book delivers the best of the area with affection and gusto.

In the ninth River Cottage Handbook, Mark Diacono explains how to nurture and grow your own garden fruit. Growing fruit at home is a delicious and altogether more enjoyable alternative to buying it in the shops. Mark Diacono offers a practical and accessible guide to making the most of your garden and what it has to offer. The first part of the book is an A-Z of the different varieties of fruit, with old favourites like apples, cherries, plums, blackcurrants, white currants, redcurrants, strawberries, blueberries, gooseberries, raspberries and rhubarb as well as more exotic species like figs, grapes, cranberries, Japanese wine berries and apricots. Each is accompanied by a photograph, with detailed advice on when and how to grow and harvest. In the second part of the book, Mark gives straightforward guidelines on techniques like pruning and training, as well as how to deal with problems or pests. There is a section dedicated to growing under covers and in containers. Introduced by Hugh Fearnley-Whittingstall and with 30 delicious recipes, beautiful, full-colour photographs and a directory of useful addresses, this is the ideal reference for any aspiring fruit grower.

In the third of the River Cottage Handbook series, Daniel Stevens explains the ins and

outs of baking, and inspires us to abandon ready-sliced loaves for a world of delicious breads baked at home. First, Daniel examines the key ingredients in baking (flour, yeast, salt and water), explains the science behind the seemingly alchemic processes, and advises on the right kit to get started. He then demonstrates how to make yeast and non-yeast breads, as well as enriched doughs and home-started sourdough, and includes sixty recipes, covering everything from the simple white loaf and familiar classics such as ciabatta, naan and pizza bread, to fresh new challenges like potato bread, rye, tortilla, croissants, doughnuts and bagels. The handbook is completed by full-colour photographs throughout, including step-by-step photos, instructions for building your own bread oven, and a directory of equipment and useful addresses. In this new addition to the award-winning collection, River Cottage master preserver Pam Corbin helps you transform the abundance of your garden (and your friends' and neighbors' gardens) into everything from jams and jellies to vinegars and sauces. The River Cottage farm, established by British food personality Hugh Fearnley-Whittingstall to promote high-quality, seasonal, and sustainable food, has inspired a television series, restaurants and classes, and a hit series of books. Now, with *The River Cottage Preserves Handbook*, learn to make everything from simple Strawberry Jam to scrumptious new combinations like Honeyed Hazelnuts, Nasturtium "Capers," Onion Marmalade, Spiced Brandy Plums, and Elixir of Sage, plus a pantryful of butters, curds, pickles, chutneys, cordials, and liqueurs.

In the eleventh River Cottage Handbook, bestselling author Mark Diacono gives recipes and comprehensive guidance for keeping chickens. Chickens are a fantastic addition to a garden or outdoors space - you don't have to live in the back of beyond to have a few clucking around and giving you fresh eggs. They come in all shapes and sizes: some are layers, some are just born to strut. Mark Diacono begins at the basics, showing how you can raise chickens from eggs, and look after them once they start laying their own. The first part of *Chicken & Eggs* explains how to think ahead about what kind of chickens you want and how many to get, whether you are going for a breed that lays eggs regularly, or that you might eventually use for eating, or that simply looks decorative. You can choose from Orpingtons, Derbyshire redcaps, Muffed Old English Game, Leghorns and many more.

In *The Forager's Kitchen Handbook*, expert forager and cook Fiona Bird shares the knowledge she has gained from years of gathering food from the land. Whether you live in a large city, in open countryside or by the coast, if you open your eyes and follow Fiona Bird's advice, you will find more ingredients growing in the wild than you could imagine. Each chapter focuses on a different food type – Flowers and Blossom, Woodland and Hedgerow, Fruits and Berries, Herbs, and Sea and Shore – and includes useful information about where to find it, how to forage and gather it, and how to use it. And once you have brought your bounty home, there are more than 100 recipes for you to try. If you love baking, try the carrot and clover cake, wild hazelnut shortbread or sea lettuce madeleines. Make the most of a hedgerow glut by making honeysuckle jelly or quince and wild thyme sorbet. Try a food-for-free main course of chanterelle puffs or wild mussels steamed with dandelions, or a quick snack of garlic mustard, chickweed and tomato bruschetta. Or indulge your sweet tooth with wild berry and herb marshmallows or a wild cherry panna cotta. Armed with this handbook, head off to the great outdoors and you will be amazed by the sheer quantity of food that is available for

free.

"In this remarkable new cookbook, Bergo provides stories, photographs and inventive recipes."—Star Tribune As Seen on NBC's The Today Show! "With a passion for bringing a taste of the wild to the table, [Bergo's] inspiration for experimentation shows in his inventive dishes created around ingredients found in his own backyard."—Tastemade From root to flower—and featuring 180 recipes and over 230 of the author's own beautiful photographs—explore the edible plants we find all around us with the Forager Chef Alan Bergo as he breaks new culinary ground! In *The Forager Chef's Book of Flora* you'll find the exotic to the familiar—from Ramp Leaf Dumplings to Spruce Tip Panna Cotta to Crisp Fiddlehead Pickles—with Chef Bergo's unique blend of easy-to-follow instruction and out-of-this-world inspiration. Over the past fifteen years, Minnesota chef Alan Bergo has become one of America's most exciting and resourceful culinary voices, with millions seeking his guidance through his wildly popular website and video tutorials. Bergo's inventive culinary style is defined by his encyclopedic curiosity, and his abiding, root-to-flower passion for both wild and cultivated plants. Instead of waiting for fall squash to ripen, Bergo eagerly harvests their early shoots, flowers, and young greens—taking a holistic approach to cooking with all parts of the plant, and discovering extraordinary new flavors and textures along the way. *The Forager Chef's Book of Flora* demonstrates how understanding the different properties and growing phases of roots, stems, leaves, and seeds can inform your preparation of something like the head of an immature sunflower—as well as the lesser-used parts of common vegetables, like broccoli or eggplant. As a society, we've forgotten this type of old-school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sake, and that of our planet, it's time we remembered. And in the process, we can unlock new flavors from the abundant landscape around us. "[An] excellent debut. . . . Advocating that plants are edible in their entirety is one thing, but this [book] delivers the delectable means to prove it."—Publishers Weekly "Alan Bergo was foraging in the Midwest way before it was trendy."—Outside Magazine

This foraging and cooking classic was first published in 1964 and has continued to be one of America's most appreciated works on the subject of seafood. As a young man, Euell Gibbons kept his family alive during the Dust Bowl era by gathering wild foods. In later years he foraged for seafood all over the coastlines of North America and even Hawaii. He drew on his extensive experience and research to write his "Stalking" series, books which have entered the American lexicon and which remain the starting point for serious foragers. Euell Gibbons tells how to find marvelous food in every coastal area of North America. This book contains numerous drawings for identification and hundreds of recipes and cooking tips from chowders and clambakes to simple epicurean treats such as boiled periwinkles dipped in melted butter. A uniquely informative, practical guide to coastal foraging, essential for anyone interested in survival skills or just wanting to get more out of messing about in rock pools.

The country's leading expert on organic food delivers the ultimate guide to the new culinary health movement—feasting on fermented probiotics, from artisanal cheese to kimchi. In his extensive career as a bestselling cookbook author and TV garden-show host, Jeff Cox has always been keenly aware of the microbiology that helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In *The Essential Book of Fermentation*, Cox shares a bounty of recipes for nourishing the internal "garden." Simplifying the art and science of fermentation, Cox offers a primer on the body's microbial ecosystem,

complemented by scrumptious recipes, and easy-to-follow pickling and canning techniques. Basics such as bread and yogurt help readers progress to wine, cheese, and a host of international delicacies, including kim chi and chow chow. Inspiring and innovative, *The Essential Book of Fermentation* serves up great taste along with great health on every page. Atul Kochhar applies a simple but distinctive touch to more than 100 fish dishes in this innovative cookbook. Tandoori-Style Salmon, Seared Scallops with a Lively Mint Dressing, and Sea Bass in Coconut Milk and Ginger sauce are just a few of the unique dishes on show. His celebrated take on battered fish with mushy peas is included, as is John Dory wrapped in a batter spiked with turmeric, ginger, masala, and mango powder; peas flavored with asatoelida, and ketchup substituted for a grilled tomato chutney. It's typical of the book, a traditional dish transformed by an Indian twist. All of Atul's recipes showcase wonderful ways to present fish bursting with new and exciting flavors. Packed with exotic but simple recipes from one of the most exciting Indian chefs working today, this book also features stunning food photography from the incredible David Loftus.

Connects fundamental mathematical theory with real-world problems, through efficient and scalable optimization algorithms.

Edible Seashore River Cottage Handbook Bloomsbury Publishing

The River Cottage farm, established by British food personality Hugh Fearnley-Whittingstall to promote high-quality, local, and sustainable food, has inspired a television series, restaurants and classes, and a hit series of books. In this new addition to the award-winning collection, River Cottage baking instructor Daniel Stevens shares his irrepressible enthusiasm and knowledge to help you bake better bread. From familiar classics such as ciabatta and pizza dough, to new challenges like potato bread, rye loaves, tortillas, naan, croissants, doughnuts, and bagels, each easy-to-follow recipe is accompanied by full-color, step-by-step photos. There's even an in-depth chapter on building your own backyard wood-fired oven.

Governments increasingly offer or demand apologies for past human rights abuses, and it is widely believed that such expressions of contrition are necessary to promote reconciliation between former adversaries. The post-World War II experiences of Japan and Germany suggest that international apologies have powerful healing effects when they are offered, and poisonous effects when withheld. West Germany made extensive efforts to atone for wartime crimes—formal apologies, monuments to victims of the Nazis, and candid history textbooks; Bonn successfully reconciled with its wartime enemies. By contrast, Tokyo has made few and unsatisfying apologies and approves school textbooks that whitewash wartime atrocities. Japanese leaders worship at the Yasukuni Shrine, which honors war criminals among Japan's war dead. Relations between Japan and its neighbors remain tense. Examining the cases of South Korean relations with Japan and of French relations with Germany, Jennifer Lind demonstrates that denials of past atrocities fuel distrust and inhibit international reconciliation. In *Sorry States*, she argues that a country's acknowledgment of past misdeeds is essential for promoting trust and reconciliation after war. However, Lind challenges the conventional wisdom by showing that many countries have been able to reconcile without much in the way of apologies or reparations. Contrition can be highly controversial and is likely to cause a domestic backlash that alarms—rather than assuages—outside observers. Apologies and other such polarizing gestures are thus unlikely to soothe relations after conflict, Lind finds, and remembrance that is less accusatory—conducted bilaterally or in multilateral settings—holds the most promise for international reconciliation.

The formidable River Cottage team turns their attention to all matters aquatic in this definitive guide to freshwater fish, saltwater fish, and shellfish. Hugh Fearnley-Whittingstall and Nick Fisher examine the ecological and moral issues of fishing, teach individual skills such as catching and descaling, and offer a comprehensive (and fascinating) species reference section. They also demystify the cooking of fish with 135 recipes for preparing fish and shellfish

in diverse ways, from pickling to frying to smoking. This ambitious reference-cookbook appeals to both intellect and appetite by focusing on the pleasures of catching, cooking, and eating fish while grounding those actions in a philosophy and practice of sustainability. The authors help us understand the human impact on the seafood population, while their infectious enthusiasm for all manner of fish and shellfish—from the mighty salmon to the humble mackerel to the unsung cockle—inspires us to explore different and unfamiliar species. Fish is superlative food, but it's also a precious resource. The River Cottage Fish Book delivers a complete education alongside a wealth of recipes, and is the most opinionated and passionate fish book around. Recipes for the whole family.

A kitchen classic for over 35 years, and hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, *On Food and Cooking* is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary, Harold McGee prepared a new, fully revised and updated edition of *On Food and Cooking*. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new *On Food and Cooking* provides countless eye-opening insights into food, its preparation, and its enjoyment. *On Food and Cooking* pioneered the translation of technical food science into cook-friendly kitchen science and helped birth the inventive culinary movement known as "molecular gastronomy." Though other books have 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. Among the major themes addressed throughout the new edition are:

- Traditional and modern methods of food production and their influences on food quality
- The great diversity of methods by which people in different places and times have prepared the same ingredients
- Tips for selecting the best ingredients and preparing them successfully
- The particular substances that give foods their flavors, and that give us pleasure
- Our evolving knowledge of the health benefits and risks of foods

On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

In the fifth of the River Cottage Handbook series, John Wright reveals the rich pickings to be had on the seashore - and the team at River Cottage explain how to cook them to perfection. For the forager, the seashore holds surprising culinary potential. In this authoritative, witty book John Wright takes us on a trip to the seaside. But before introducing us to the various species to be harvested, he touches on such practicalities as conservation and the ethics of foraging; safety from tides, rocks and food poisoning; the law and access to the shore, our right to fish, landing sizes and seasons; and equipment such as nets, pots and hooks. Next comes the nitty-gritty: all the main British seashore species that one might be tempted to eat. The conservation status, taste and texture, availability, seasonality, habitat, collecting technique and biology of each species is covered; there are also quite a few gratuitous but fascinating diversions. The species covered include crustacea (brown shrimp, common crab, lobster, prawn, shore crab, spider crab, squat lobster, velvet swimming crab); molluscs (clams, cockle, dog whelk, limpet, mussel, oyster, razor clam, winkle); mushrooms; plants (alexanders, babbington's orache, fennel, frosted orache, marsh samphire, perennial wall rocket, rock samphire, sea beet, sea buckthorn, sea holly, sea kale, sea purslane, sea rocket, spear-leaved orache, wild cabbage, wild thyme); and seaweed (carrageen, dulse, gut weed, laver, pepper dulse, sea lettuce, sugar kelp, kelp). Finally, there are thirty brilliant recipes. Introduced by Hugh Fearnley-Whittingstall, *Edible Seashore* is destined to join the other handbooks in the series as an indispensable household reference.

This compelling text sheds light on the important but under studied trans-Saharan slave trade. The author uncovers and surveys this, the least-noticed of the slave trades out of Africa, which from the seventh to the twentieth centuries quietly delivered almost as many black Africans into foreign servitude as did the far busier, but much briefer Atlantic and East African trades. Illuminating for the first time a significant, but ignored subject, the book supports and widens current scholarly examination of Africans' essential role in the enslavement of fellow-Africans and their delivery to internal, Atlantic or trans-Saharan markets.

'Exactly the kind of person you want to lead you through Christmas... a comprehensive volume' Diana Henry, Sunday Telegraph Christmas at River Cottage encapsulates the very best that the season has to offer, guiding you from the autumn equinox, through advent and Christmas, and merrily into the new year with inspiration, traditions and indispensable recipes for every festive occasion. These are recipes that have been honed over the years and are rooted in the River Cottage foundations of tradition, seasonality and sustainability. As well as the ultimate versions of all the classics, there are a whole host of new ideas for showstopping centrepieces, sparkling cocktails, prep-ahead canapes, edible gifts, livening up leftovers, as well as some of Hugh Fearnley-Whittingstall's festive favourites. And accompanying all of this are tips from Lucy and Hugh on planning ahead, making natural decorations, effortlessly feeding a crowd and orchestrating the great Christmas Dinner so you'll also be able to find the magic along the way.

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