

## Much Depends On Dinner The Extraordinary History And Mythology Allure Obsessions Perils Taboos Of An Ordinary Meal Margaret Visser

ORPHAN, CLOCK KEEPER, AND THIEF, twelve-year-old Hugo lives in the walls of a busy Paris train station, where his survival depends on secrets and anonymity. But when his world suddenly interlocks with an eccentric girl and her grandfather, Hugo's undercover life, and his most precious secret, are put in jeopardy. A cryptic drawing, a treasured notebook, a stolen key, a mechanical man, and a hidden message from Hugo's dead father form the backbone of this intricate, tender, and spellbinding mystery.

Today it seems we have the world at our fingertips. Thanks to smartphones and tools such as Google and Wikipedia, we're able feed any aspect of our curiosity instantly. But does this mean we are actually becoming more curious? Absolutely not. In *Curious*, Ian Leslie argues that true curiosity—the sustained quest for understanding that begets insight and innovation—is becoming increasingly difficult to harness in our wired world. We confuse ease of access to information with curiosity, and risk losing our ability to ask questions that extend our knowledge gap rather than merely filling it. Worst of all, this decline in curiosity has led to a decline in empathy and our ability to care about those around us. Combining the latest science with an urgent call to cultivate curious minds, *Curious* draws on psychology, social history, and popular culture to show that being deeply curious is our only hope when it comes to solving current crises—as well as an essential part of being human.

“A scholarly, many-angled examination of what gratitude is and how it functions in our lives” from the bestselling author of *The Rituals of Dinner* (The New York Times). Known as an “anthropologist of everyday life,” Margaret Visser has won numerous awards for illuminating the unexpected meanings of everyday objects and rituals. Now she turns her keen eye to another custom so ubiquitous that it often escapes notice: saying “Thank you.” What do we really mean by these two simple words? This fascinating inquiry into all aspects of gratitude explores such topics as the unyielding determination of parents to teach their children to thank; the difference between speaking the words and feeling them; and the ways different cultures handle the complex matters of giving, receiving, and returning favors and presents. Visser elucidates the fundamental opposition in our own culture between gift-giving and commodity exchange, as well as the similarities between gratitude and its opposite, vengefulness. *The Gift of Thanks* considers cultural history, including the modern battle of social scientists to pin down the notion of thankfulness and account for it, and the newly awakened scientific interest in the biological and evolutionary roots of emotions. With characteristic wit and erudition, Visser once again reveals the extraordinary in the everyday. “An anthropological and philosophical account of how and why we give thanks. . . . All delivered in elegant, clear prose. A book to be thankful for—sympathetic to human foible, deeply learned and a pleasure to read.” —Kirkus Reviews “A delightful and graceful gift of a book, for which any fortunate recipient will be thankful.” —Publishers Weekly

A “delightful” tour of Rome’s St. Agnes Outside the Walls, examining the stories, rituals, and architecture of this seventeen-hundred-year-old building (The Christian Science Monitor). In *The Geometry of Love*, acclaimed author Margaret Visser, the preeminent “anthropologist of everyday life,” takes on the living history of the ancient church of St. Agnes. Examining every facet of the building, from windows to catacombs, Visser takes readers on a mesmerizing tour of the old church, covering its social, political, religious, and architectural history. In so doing, she illuminates not only the church’s evolution but also its religious legacy in our modern lives. Written as an antidote to the usual dry and traditional studies of European churches, *The Geometry of Love* is infused with Visser’s unmatched warmth and wit, celebrating the remarkable ways that one building can reveal so much about our history and ourselves.

In spite of modern ideals and achievements in the area of freedom and choice, people today are often afflicted with a sense that they cannot change things for the better. They feel helpless, constrained, caught -- in a word, fatalistic. *Beyond Fate*, Margaret Visser's 2002 CBC Massey Lectures, examines why. This timely and important book investigates what fate means, and where the propensity to believe in it and accept it comes from. Visser takes an ancient metaphor -- ubiquitous, influential, perhaps unavoidable -- where time is "seen" and spoken of as though it were space; she examines how this way of picturing reality can be a useful tool to think with -- or, on the other hand, may lead us into disastrous misunderstandings. There are ways out. But first, by observing how fatalism manifests itself in our daily lives, in everything from table manners and shopping to sport, we understand our profound attachment to fate, so that we can consider its role in our lives and our cultures.

By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Much Depends on Dinner The Extraordinary History and Mythology, Allure and Obsessions, Perils and Taboos of an Ordinary Meal

A beginner's guide to sous vide, which has been a popular cooking technique in restaurants for years, offering tender and succulent dishes cooked to perfection. Now, from the creator of Nomiku—the first affordable sous vide machine—comes this easy-to-follow cookbook that clearly illustrates how to harness the power of sous vide technology to achieve restaurant-quality dishes in the comfort of your own kitchen. Discover the stress-free way to cook a delicious (and never dry!) Thanksgiving turkey along with all the trimmings, classics like Perfect Sous Vide Steak and Duck Confit, and next-level appetizers like Deep Fried Egg Yolks. Including over 100 recipes for everything from Halibut Tostadas, Grilled Asparagus with Romesco, and Chicken Tikka Masala, to Dulce de Leche, Hassle-Free Vanilla Ice Cream, and even homemade Coffee-Cardamom Bitters, *Sous Vide at Home* has you covered for every occasion.

We are what we eat, as the saying goes, but we are also how we eat, and when, and where. Our eating habits reveal as much about our society as the food on our plates, and our national identity is written in the eating schedules we follow and the customs we observe at the table and on the go. In *Three Squares*, food historian Abigail Carroll upends the popular understanding of our most cherished mealtime traditions, revealing that our eating habits have never been stable—far from it, in fact. The eating patterns and ideals we've inherited are relatively recent inventions, the products of complex social and economic forces, as well as the efforts of ambitious inventors, scientists and health gurus. Whether we're pouring ourselves a bowl of cereal, grabbing a quick sandwich, or congregating for a family dinner, our mealtime habits are living artifacts of our collective history—and represent only the latest stage in the evolution of the American meal. Our early meals, Carroll explains, were rustic affairs, often eaten hastily, without utensils, and standing up. Only in the nineteenth century, when the Industrial Revolution upset work schedules and drastically reduced the amount of time Americans could spend on the midday meal, did the shape of our modern “three squares” emerge: quick, simple, and cold breakfasts and lunches and larger, sit-down dinners. Since evening was the only part of the day when families could come together, dinner became a ritual—as American as apple pie. But with the rise of processed foods, snacking has become faster, cheaper, and easier than ever, and many fear for the fate of the cherished family meal as a

result. The story of how the simple gruel of our forefathers gave way to snack fixes and fast food, *Three Squares* also explains how Americans' eating habits may change in the years to come. Only by understanding the history of the American meal can we help determine its future.

Culinary historian Anne Willan "has melded her passions for culinary history, writing, and teaching into her fascinating new book" (*Chicago Tribune*) that traces the origins of American cooking through profiles of twelve influential women—from Hannah Woolley in the mid-1600s to Fannie Farmer, Julia Child, and Alice Waters—whose recipes and ideas changed the way we eat. Anne Willan, multi-award-winning culinary historian, cookbook writer, teacher, and founder of La Varenne Cooking School in Paris, explores the lives and work of women cookbook authors whose essential books have defined cooking over the past three hundred years. Beginning with the first published cookbook by Hannah Woolley in 1661 to the early colonial days to the transformative popular works by Fannie Farmer, Irma Rombauer, Julia Child, Edna Lewis, Marcella Hazan, and up to Alice Waters working today. Willan offers a brief biography of each influential woman, highlighting her key contributions, seminal books, and representative dishes. The book features fifty original recipes—as well as updated versions Willan has tested and modernized for the contemporary kitchen. *Women in the Kitchen* is an engaging narrative moves seamlessly through the centuries to help readers understand the ways cookbook authors inspire one another, that they in part owe their places in history to those who came before them, and how they forever change the culinary landscape. This "informative and inspiring book is a reminder that the love of delicious food and the care and preparation that goes into it can create a common bond" (*Booklist*).

Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

A lighthearted chronicle of how foods have transformed human culture throughout the ages traces the barley- and wheat-driven early civilizations of the near East through the corn and potato industries in America.

Two couples meet over dinner to discuss their children who misbehaved, but avoid doing so.

An ecological and anthropological study of eating offers insight into food consumption in the twenty-first century, explaining how an abundance of unlimited food varieties reveals the responsibilities of everyday consumers to protect their health and the environment. By the author of *The Botany of Desire*. 125,000 first printing.

Provides a history of food and cooking in Victorian England, explaining how recipes reflected their writers' socioeconomic status, detailing the evolution of breakfast and lunch, and tracing the snob appeal of foods with French names.

Winning unanimous praise on its publication and now available in paperback from Grove Press, *Much Depends on Dinner* is a delightful and intelligent history of the food we eat. Presented as a meal, each chapter represents a different course or garnish. Borrowing from Byron's classic poem "Don Juan" for her title ("Since Eve ate apples, much depends on dinner"), writer Margaret Visser looks to the most ordinary American dinner for her subject -- corn on the cob with butter and salt, roast chicken with rice, salad dressed in lemon juice and olive oil, and ice cream -- submerging herself in the story behind each food. In this indulgent and perceptive guide we hear the history of Corn Flakes, why canned California olives are so unsatisfactory (they're picked green, chemically blackened, then sterilized), and the fact that in Africa, citrus fruit is eaten rind and all. For food lovers of all kinds, this unexpectedly funny and serious book is a treasure of information, shedding light on one of our most favorite pastimes.

A food psychologist identifies hidden factors, motivations, and cues that cause overeating and offers practical solutions to help avoid these hidden traps and enjoy food without putting on excess pounds.

*The Missing Ingredient* is about what makes good food, and the first book to consider the intrinsic yet often forgotten role of time in creating the flavours and textures we love. Written through a series of encounters with ingredients, producers, cooks, shopkeepers and chefs, exploring everything from the brief period in which sugar caramelises, or the days required in the crucial process of fermentation, to the months of slow ripening and close attention that make a great cheddar, or the years needed for certain wines to reach their peak, Jenny Linford shows how, time and again, time itself is the invisible ingredient. From the patience and dedication of many food producers in fields and storehouses around the world to the rapid reactions required of any home cook at the hob, this book allows us to better understand our culinary lives.

This richly illustrated book applies the discoveries of the new generation of food historians to the pleasures of dining and the culinary accomplishments of diverse civilizations, past and present. Freedman gathers essays by French, German, Belgian, American, and British historians to present a comprehensive, chronological history of taste.

From the Publisher: Jonathan Safran Foer spent much of his teenage and college years oscillating between omnivore and vegetarian. But on the brink of fatherhood-facing the prospect of having to make dietary choices on a child's behalf-his casual questioning took on an urgency. His quest for answers ultimately required him to visit factory farms in the middle of the night, dissect the emotional ingredients of meals from his childhood, and probe some of his most primal instincts about right and wrong. Brilliantly synthesizing philosophy, literature, science, memoir and his own detective work, *Eating Animals* explores the many fictions we use to justify our eating habits-from folklore to pop culture to family traditions and national myth-and how such tales can lull us into a brutal forgetting. Marked by Foer's profound moral ferocity and unvarying generosity, as well as the vibrant style and creativity that made his previous books, *Everything is Illuminated* and *Extremely Loud and Incredibly Close*, widely loved, *Eating Animals* is a celebration and a reckoning, a story about the stories we've told-and the stories we now need to tell.

Necromancy is not a study for the weak at heart, mind or soul. It is a study for those who desire true mastery over life and death... It is true power - the power to overcome death itself, to grant one's self immortality and to raise armies of untiring, unflinching and unwavering soldiers who unquestioningly obey your every command... It is the seductive whispers of shadows, the chilling breath of a wraith and the wet bloody kiss of a Mohrg... I can teach you the secrets of necromancy. I can make you immortal. I can show you the paths to power. But it will cost you... For there is always a price to pay...

*Servants of Shadow* is the latest in our series of racial guidebooks. We bring you five new necromancy-themed character race options to fill that dark hole in your hearts. Within are three new races, three templates, new archetypes and prestige classes, dozens of feats, traits and magic. Everything you need to resurrect your campaign and necromantic character options!

INTERNATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • PEN/HEMINGWAY AWARD WINNER. With a new foreword by Domenico Starnone, this stunning debut collection flawlessly charts the emotional journeys of characters seeking love beyond the barriers of nations and generations. With accomplished precision and gentle eloquence, Jhumpa Lahiri traces the crosscurrents set in motion when immigrants, expatriates, and their children arrive, quite literally, at a cultural divide. A blackout forces a young Indian American couple to make confessions that unravel their tattered domestic peace. An Indian American girl recognizes her cultural identity during a Halloween celebration while the Pakistani civil war rages on television in the background. A latchkey kid with a single working mother finds affinity with a woman from Calcutta. In the title story, an interpreter guides an American family through the India of their ancestors and hears an astonishing confession. Imbued with the sensual details of Indian culture, these stories speak with passion and wisdom to everyone who has ever felt like a foreigner. Like the interpreter of the title story, Lahiri translates between the strict traditions of her ancestors and a baffling new world.

A “funny and fascinating” cultural history about one of our favorite pastimes: eating (*The Village Voice*). This is a delightful and intelligent look at the food we eat, with a cornucopia of incredible details about the ways we do it. Presented like a meal, each chapter of *Since Eve Ate Apples Much Depends on Dinner* represents a different course or garnish, which Margaret Visser handpicks from the most ordinary American dinner: among them corn on the cob with butter and salt, roast chicken with rice, salad dressed in lemon juice and olive oil, and ice cream. Visser tells the story behind each of these foods and in the course of her inquiries reveals some unexpected treats: the history of Corn Flakes; the secret behind the more dissatisfactory California olives (they’re picked green, chemically blackened, and sterilized); and the fact that, in Africa, citrus fruits are eaten whole, rind and all. For food lovers of all kinds, unexpectedly entertaining book is a treasure of information from the author of the *New York Times* Notable Book *The Rituals of Dinner*. “Rich in surprising facts, unexpected connections, and a well-documented outrage at what modern technology and agribusiness have done to purity and quality . . . A remarkable amount of information [presented] seamlessly and entertainingly.” —*Library Journal*

By the author of *Foreskin's Lament*, a novel of identity, tribalism, and mothers. Seventh Seltzer has done everything he can to break from the past, but in his overbearing, narcissistic mother's last moments he is drawn back into the life he left behind. At her deathbed, she whispers in his ear the two words he always knew she would: "Eat me." This is not unusual, as the Seltzers are Cannibal-Americans, a once proud and thriving ethnic group, but for Seventh, it raises some serious questions, both practical and emotional. Of practical concern, his dead mother is six-foot-two and weighs about four hundred and fifty pounds. Even divided up between Seventh and his eleven brothers, that's a lot of red meat. Plus Second keeps kosher, Ninth is vegan, First hated her, and Sixth is dead. To make matters worse, even if he can wrangle his brothers together for a feast, the Can-Am people have assimilated, and the only living Cannibal who knows how to perform the ancient ritual is their Uncle Ishmael, whose erratic understanding of their traditions leads to conflict. Seventh struggles with his mother's deathbed request. He never loved her, but the sense of guilt and responsibility he feels--to her and to his people and to his "unique cultural heritage"--is overwhelming. His mother always taught him he was a link in a chain, thousands of people long, stretching back hundreds of years. But, as his brother First says, he's getting tired of chains. Irreverent and written with Auslander's incomparable humor, *Mother for Dinner* is an exploration of legacy, assimilation, the things we owe our families, and the things we owe ourselves.

“Food, for me, is a constant pleasure: I like to think greedily about it, reflect deeply on it, learn from it; it provides comfort, inspiration, meaning, and beauty...More than just a mantra, ‘cook, eat, repeat’ is the story of my life.” *Cook, Eat, Repeat* is a delicious and delightful combination of recipes intertwined with narrative essays about food, all written in Nigella Lawson’s engaging and insightful prose. Whether asking “what is a recipe?” or declaring death to the “guilty pleasure,” Nigella brings her wisdom about food and life to the fore while sharing new recipes that readers will want to return to again and again. Within these chapters are more than a hundred new recipes for all seasons and tastes from Burnt Onion and Eggplant Dip to Chicken with Garlic Cream Sauce; from Beef Cheeks with Port and Chestnuts to Ginger and Beetroot Yogurt Sauce. Those with a sweet tooth will delight in desserts including Rhubarb and Custard Trifle; Chocolate Peanut Butter Cake; and Cherry and Almond Crumble. “The recipes I write come from my life, my home,” says Nigella, and in *Cook, Eat, Repeat* she reveals the rhythms and rituals of her kitchen through recipes that make the most of her favorite ingredients, with inspiration for family dinners, vegan feasts, and solo suppers, as well as new ideas for cooking during the holidays.

The beloved and bestselling “anthropologist of everyday life” turns her witty and insightful gaze to the oddities of living in our modern world Over the course of her time as a contributor and editor for *Saturday Night* magazine—a span during which she published her award-winning book *The Rituals of Dinner*—Margaret Visser specialized in thought-provoking columns capable of turning the banal into the extraordinary. From high heels to showers to the metamorphosis of Santa Claus, these essays span an eclectic and engrossing range of topics perfect for Visser fans and newcomers alike. With academic rigor and a warm narrative style, she takes commonplace facets of everyday life—crossword puzzles, fireplaces, paid time off—and digs into their peculiar origins and surprising social legacies. In examining some of the most ordinary elements of life, Visser sorts through historical facts and cultural implications to reveal the hidden assumptions behind our modern behavior.

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without

sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, *The Atlantic*

"Gripping and timely." —People "The YA debut we're most excited for this year." —Entertainment Weekly "A book that knocks you off your feet while dropping the kind of knowledge that'll keep you down for the count. Prepare to BE slain." —Nic Stone, New York Times bestselling author of *Dear Martin* and *Odd One Out* Ready Player One meets *The Hate U Give* in this dynamite debut novel that follows a fierce teen game developer as she battles a real-life troll intent on ruining the Black Panther–inspired video game she created and the safe community it represents for Black gamers. By day, seventeen-year-old Kiera Johnson is an honors student, a math tutor, and one of the only Black kids at Jefferson Academy. But at home, she joins hundreds of thousands of Black gamers who duel worldwide as Nubian personas in the secret multiplayer online role-playing card game, SLAY. No one knows Kiera is the game developer, not her friends, her family, not even her boyfriend, Malcolm, who believes video games are partially responsible for the "downfall of the Black man." But when a teen in Kansas City is murdered over a dispute in the SLAY world, news of the game reaches mainstream media, and SLAY is labeled a racist, exclusionist, violent hub for thugs and criminals. Even worse, an anonymous troll infiltrates the game, threatening to sue Kiera for "anti-white discrimination." Driven to save the only world in which she can be herself, Kiera must preserve her secret identity and harness what it means to be unapologetically Black in a world intimidated by Blackness. But can she protect her game without losing herself in the process?

A New York Times Notable Book: A renowned scholar explores the way we eat across cultures and throughout history. From the wild parties of ancient Greece to the strictures of an Upper East Side meal to the ritualistic feasts of cannibals, Margaret Visser takes us on a fascinating journey through the diverse practices, customs, and taboos that define how and why we prepare and consume food the way we do. With keen insights into small details we take for granted, such as the origins of forks and chopsticks or why tablecloths exist, and examinations of broader issues like the economic implications of dining etiquette, Visser scrutinizes table manners across eras and oceans, offering an intimate new understanding of eating both as a biological necessity and a cultural phenomenon. Witty and impeccably researched, *The Rituals of Dinner* is a captivating blend of folklore, sociology, history, and humor. In the words of the New York Times Book Review, "Read it, because you'll never look at a table knife the same way again."

Named one of the Ten Best Books About Food of 2018 by Smithsonian magazine MAD Dispatches: Furthering Our Ideas About Food Good food is the common ground shared by all of us, and immigration is fundamental to good food. In eighteen thoughtful and engaging essays and stories, *You and I Eat the Same* explores the ways in which cooking and eating connect us across cultural and political borders, making the case that we should think about cuisine as a collective human effort in which we all benefit from the movement of people, ingredients, and ideas. An awful lot of attention is paid to the differences and distinctions between us, especially when it comes to food. But the truth is that food is that rare thing that connects all people, slipping past real and imaginary barriers to unify humanity through deliciousness. Don't believe it? Read on to discover more about the subtle (and not so subtle) bonds created by the ways we eat. *Everybody Wraps Meat in Flatbread: From tacos to dosas to pancakes, bundling meat in an edible wrapper is a global practice.* *Much Depends on How You Hold Your Fork: A visit with cultural historian Margaret Visser reveals that there are more similarities between cannibalism and haute cuisine than you might think.* *Fried Chicken Is Common Ground: We all share the pleasure of eating crunchy fried birds. Shouldn't we share the implications as well?* *If It Does Well Here, It Belongs Here: Chef René Redzepi champions the culinary value of leaving your comfort zone.* *There Is No Such Thing as a Nonethnic Restaurant: Exploring the American fascination with "ethnic" restaurants (and whether a nonethnic cuisine even exists).* *Coffee Saves Lives: Arthur Karulewa recounts the remarkable path he took from Rwanda to Seattle and back again.* *SALAD MAGIC IN A MASON JAR Discover the coolest way to pack a tasty, healthy lunch! Mason Jar Salads and More shows how to prepare on-the-go meals that are packed with fresh produce and whole foods. The tasty recipes and gorgeous full-color photos in this book will show you how to create amazing dishes, including:*

- Pomegranate and pear salad
- Pesto tortellini with cherry tomatoes
- Crunchy Asian salad
- Spinach, blueberry and blue cheese salad
- Curried chicken salad
- Kale and avocado salad
- Porcini mushroom risotto
- Overnight oatmeal with fruit
- Green bean and feta salad

"Edifying from every point of view--historical, cultural, and culinary." —David Tanis, author of *A Platter of Figs and Other Recipes* It's a culinary catalyst, an agent of change, a gastronomic rock star. Ubiquitous in the world's most fabulous cuisines, butter is boss. Here, it finally gets its due. After traveling across three continents to stalk the modern story of butter, award-winning food writer and former pastry chef Elaine Khosrova serves up a story as rich, textured, and culturally relevant as butter itself. From its humble agrarian origins to its present-day artisanal glory, butter has a fascinating story to tell, and Khosrova is the perfect person to tell it. With tales about the ancient butter bogs of Ireland, the pleasure dairies of France, and the sacred butter sculptures of Tibet, Khosrova details butter's role in history, politics, economics, nutrition, and even spirituality and art. Readers will also find the essential collection of core butter recipes, including *beurre manié*, *croissants*, *pâte brisée*, and the only buttercream frosting anyone will ever need, as well as practical how-tos for making various types of butter at home--or shopping for the best. "A fascinating, tasty read . . . And what a bonus to have a collection of essential classic butter recipes included." —David Tanis, author of *A Platter of Figs and Other Recipes* "Following the path blazed by Margaret Visser in *Much Depends on Dinner*, Elaine Khosrova makes much of butter and the ruminants whose milk man churns. You will revel in dairy physics. And you may never eat margarine again." —John T. Edge, author of *The Potlikker Papers: A Food History of the Modern South* "Butter proves that close study can reveal rich history, lore, and practical information. All that and charm too." —Mimi Sheraton, author of *1,000 Foods to Eat Before You Die* "Irresistible and fascinating . . . This is one of those definitive books on a subject that every cook should have." —Elisabeth Prueitt, co-owner of Tartine Bakery "The history of one of the most delectable ingredients throughout our many cultures and geography over time is wonderfully churned and emulsified in Khosrova's *Butter* . . . Delightful storytelling." —Elizabeth Falkner, author of *Demolition Desserts: Recipes from Citizen Cake*

Results from the National Research Council's (NRC) landmark study *Diet and health* are readily accessible to nonscientists in this

friendly, easy-to-read guide. Readers will find the heart of the book in the first chapter: the Food and Nutrition Board's nine-point dietary plan to reduce the risk of diet-related chronic illness. The nine points are presented as sensible guidelines that are easy to follow on a daily basis, without complicated measuring or calculating--and without sacrificing favorite foods. Eat for Life gives practical recommendations on foods to eat and in a "how-to" section provides tips on shopping (how to read food labels), cooking (how to turn a high-fat dish into a low-fat one), and eating out (how to read a menu with nutrition in mind). The volume explains what protein, fiber, cholesterol, and fats are and what foods contain them, and tells readers how to reduce their risk of chronic disease by modifying the types of food they eat. Each chronic disease is clearly defined, with information provided on its prevalence in the United States. Written for everyone concerned about how they can influence their health by what they eat, Eat for Life offers potentially lifesaving information in an understandable and persuasive way. Alternative Selection, Quality Paperback Book Club

Describes the history, myths, and business, scientific, and agricultural aspects of corn, salt, butter, chicken, rice, lettuce, olive oil, lemon juice, and ice cream.

A NEW YORK TIMES NOTABLE BOOK Named a best book of the year by the New York Times, NPR, Huffington Post, The A.V. Club, The San Francisco Chronicle, The Guardian, Refinery29, Town & Country, Harper's Bazaar, NYLON, BookRiot. "Kitamura's prose gallops, combining Elena Ferrante-style intricacies with the tensions of a top-notch whodunit." --Elle This is her story. About the end of her marriage. About what happened when Christopher went missing and she went to find him. These are her secrets, this is what happened... A young woman has agreed with her faithless husband: it's time for them to separate. For the moment it's a private matter, a secret between the two of them. As she begins her new life, she gets word that Christopher has gone missing in a remote region in the rugged south of Greece; she reluctantly agrees to go look for him, still keeping their split to herself. In her heart, she's not even sure if she wants to find him. As her search comes to a shocking breaking point, she discovers she understands less than she thought she did about her relationship and the man she used to love. A searing, suspenseful story of intimacy and infidelity, A Separation lays bare what divides us from the inner lives of others. With exquisitely cool precision, Katie Kitamura propels us into the experience of a woman on edge, with a fiercely mesmerizing story to tell.

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