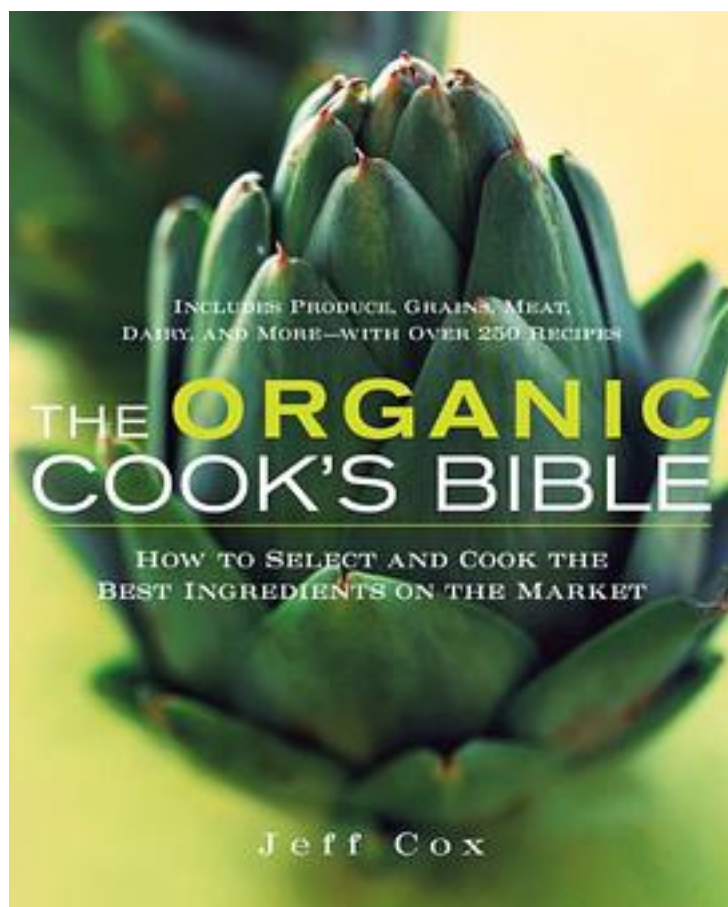


The Organic Cook's Bible



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著者:Jeff Cox

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Book Description

The most comprehensive, authoritative organic foods guide available

Flavorful, nutritious meals begin with flavorful, nutritious ingredients. They also begin with knowledge. If you want to learn about and enjoy the benefits of organic foods, this book is an essential resource that will make it easier to "go organic" by helping you "know organic."

Covering fruit, vegetables, meat, eggs, milk, spices, and more, The Organic Cook's Bible expertly addresses the what, where, when, how, and why of choosing and using more than 150 types of organic foods. It includes:

- * Easy-to-find entries, organized alphabetically within categories
- * Information on selection, storage, nutrition, uses, and preparation
- * More than 150 color photos for easy identification
- * A special section listing 900 top varieties of organic produce
- * A useful list of organic food suppliers and organizations

"This is an amazing book! Jeff brings together the essentials of gardening and cooking with delicious, approachable recipes and a discussion of what it means to eat in an ethical, sustainable, and healthy manner—and manages not to be preachy. It's a great read for those just beginning to explore good food as well as old pros."

—John Ash, chef, food and wine educator, and author of the award-winning book *John Ash Cooking One on One*

"The Organic Cook's Bible is a fantastic resource to guide both home and professional cooks through a greater understanding of what to consider when using organics."

—Jesse Z. Cool, owner of jZcool Eatery and Catering Company and other restaurants and author of six cookbooks, including *Your Organic Kitchen*

"The Organic Cook's Bible is a great book and an important tool to spread the good news of organics and inspire us all in the kitchen."

—Ronnie Cummins, National Director, Organic Consumers Association

From Publishers Weekly

Cox (Cellaring Wine), a veteran organic gardener, provides an encyclopedic guide to organic ingredients from fruits and vegetables to meats and dairy products, plus "kitchen staples" like coffee, bouillon and flour. Unlike most reference books, his is filled with personal touches: sidebars like "My Favorite Cherries" and "Keep an Eye Out for Black Walnuts" tell about Cox's encounters with foods, and even within the technical portions of the entries—which give information on nutrition, seasonality, storage, preparation and so on, as well as brief, fascinating histories of a food's cultivation—Cox often takes a personal approach. There are recipes using nearly every ingredient, most prepared simply to highlight a particular flavor, as in potent Rosemary Pesto, but others incorporate a food into heartier fare, like Caraway-Infused Pork. Though Cox's frequent pauses to extol organic food's virtues are of the preaching-to-the-choir variety, his abundant, knowledgeable advice on how to find

and use the best products, and his presentation of special varieties of the ingredients make this a helpful resource for shoppers who are both bewildered and excited by the offerings in an ever-expanding field. Color photos not seen by PW. (Apr.)

From Booklist

A comprehensive guide to foodstuffs, this valuable reference tool empowers the reader with practical knowledge for identifying and making use of almost every edible. After a discussion of what constitutes organic food, Cox inventories vegetables in alphabetic order. Beyond commonplace asparagus, beets, carrots, corn, peas, potatoes, and their ilk, Cox includes cardoons, crosnes, ground cherries, and even seaweed. For each entry, he gives a brief history, its organic cultivation, nutrition, types, seasonality, selection hints, preparation, and uses. Each citation has a recipe or two featuring the item as an ingredient. He provides identical treatment for fruits, nuts, seeds, beans, grains, herbs, spices, meats, dairy products, eggs, and kitchen staples such as chocolate, oils, flours, and wine. A supplemental chapter covers special varieties of vegetables and fruits that occasionally appear in markets. A list of sources complete with Web addresses helps identify organically oriented dealers. Although Cox openly advocates for organic foods, his encompassing approach eschews food fanaticism. The wealth of practical information crowding these pages makes this an indispensable resource.

Mark Knoblauch

From the Inside Flap

As more and more cooks look to organic foods for their flavor and health benefits, *The Organic Cook's Bible* is a much-needed resource that demystifies the array of organic ingredients available and details how to choose, store, and prepare them. An indispensable reference for home cooks, gardeners, and chefs, this book is much more than a produce guide; it also covers meat and poultry, dairy and eggs, beans and grains, herbs and spices, and more—organized alphabetically within each section for easy reference.

Although organic foods are more readily available than they were just a few years ago, it takes a little effort to go organic in today's processed world. This book makes it easier, with in-depth descriptions of over 150 organic foods. It explains what makes these foods more flavorful and nutritious than their nonorganic equivalents and gives information on nutrition, seasonality, what to look for, storage and preparation, and uses. More than 250 recipes capture the great taste of organic ingredients and add variety to everyday meals, with dishes like Winter Squash Soup with Pumpkin Seeds, Hazelnut-Crusted Pork Loin, and Rhubarb-Huckleberry Pie—many contributed by leading organic chefs. There's even a special Top Varieties section that lists over 900 of the best varieties of organic and heirloom produce available in the United States. *The Organic Cook's Bible* also includes:

- * More than 150 color photos that help cooks identify exotic as well as classic varieties
- * Tips for organic gardeners, nutrition charts, and profiles on organic growers
- * Rules of thumb to help cooks choose the best, freshest organic foods
- * Keep an Eye Out for . . . notes about extra-special delicacies, such as * Snow Queen nectarines, Navajo-Churro lamb, and black walnuts

* A sources section listing organic food suppliers, farming organizations, and web sites

Book Dimension

length: (cm)23.4 width:(cm)18.5

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