

The Fannie Farmer Cookbook



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著者:Cunningham, Marion

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Here is the great basic American cookbook—with more than 1,990 recipes, plain and fancy—that belongs in every household.

Originally published in 1896 as *The Boston Cooking-School Cook Book* by Fannie Merritt Farmer, it became the cookbook that taught generations of Americans how to cook. Completely updating it for the first time since 1979, Marion Cunningham made Fannie Farmer once again a household word for a new generation of cooks.

What makes this basic cookbook so distinctive is that Marion Cunningham, who is the personification of the nineteenth-century teacher, is always at your side with her forthright tips and comments, encouraging the beginning cook and inspiring the more adventurous. She knows what today's cooks are looking for, and she has a way of instilling confidence and joy in the act of cooking.

In giving the book new life, Mrs. Cunningham has been careful always to preserve the best of the old. She has retained all the particularly good, tried-and-true recipes from preceding editions, retesting and rewriting when necessary. She has rediscovered lost treasures, including delicious recipes that were eliminated when practically no one

baked bread at home. This is now the place to find the finest possible recipes for Pumpkin Soup, Boston Baked Beans, Carpetbag Steak, Roast Stuffed Turkey, Anadama Bread, Indian Pudding, Apple Pie, and all of the other traditional favorites.

The new recipes reflect ethnic influences—Mediterranean, Moroccan, Asian—that have been adding their flavors to American cooking in recent years. Tucked in among all your favorites like Old-Fashioned Beef Stew, New England Clam Chowder, Ham Timbales, and Chicken Jambalaya, you'll find her cool Cucumber Sushi, Enchiladas with Chicken and Green Sauce, or a layered dish of Polenta and Fish to add variety to your repertoire. Always a champion of old-fashioned breakfasts and delectable desserts, Mrs. Cunningham has many splendid new offerings to tempt you.

Throughout, cooking terms and procedures are explained, essential ingredients are spelled out, basic equipment is assessed. Mrs. Cunningham even tells you how to make a good cup of coffee and how to brew tea properly.

For the diet-conscious, there is an expanded nutritional chart that includes a breakdown of cholesterol and fat in common ingredients as well as in Fannie Farmer basic recipes. Where the taste of a dish would not be altered, Mrs. Cunningham has reduced the amount of cream and butter in some of the recipes from the preceding edition. She carefully evaluates the issues of food safety today and alerts us to potential hazards.

But the emphasis here is always on good flavor, fresh ingredients, and lots of variety in one's daily fare, which Marion Cunningham believes is the secret to a healthy diet. Dedicated to the home cooks of America, young and old, this thirteenth edition of the book that won the hearts of Americans more than a century ago invites us all—as did the original Fannie Farmer—to cherish the delights of the family table.

From the Hardcover edition.

作者介绍:

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