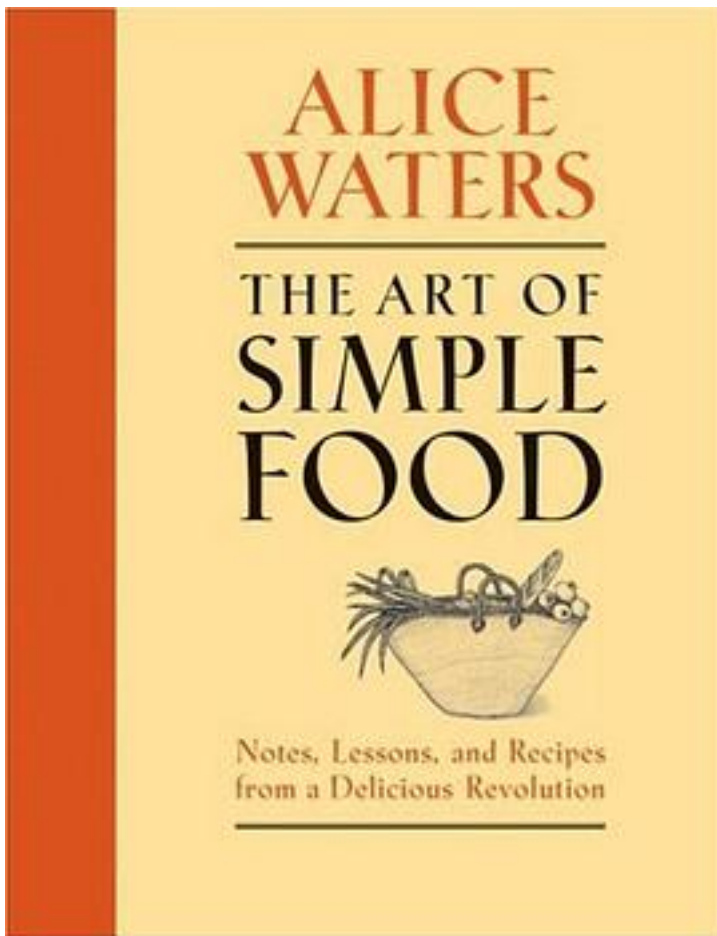


The Art of Simple Food



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著者:Alice Waters

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The delicious dishes described in the latest cookbook from Chez Panisse founder Waters, such as a four-ingredient Soda Bread and Cauliflower Salad with Olives and Capers, are simple indeed, though the book's structure is complex, if intuitive. After a

useful discussion of ingredients and equipment come chapters on techniques, such as making broth and soup. Each of these includes three or four recipes that rely on the technique described, which can lead to repetition (still preferable to a lack of guidance): a chapter on roasting contains two pages of instructions on roasting a chicken (including a hint to salt it a day in advance for juicy results), followed by a recipe for Roast Chicken that is simply an abbreviated version of those two pages. The final third of the book divides many more recipes traditionally into salads, pasta and so forth. Waters taps an almost endless supply of ideas for appealing and fresh yet low-stress dishes: Zucchini Ragout with Bacon and Tomato, Onion Custard Pie, Chocolate Crackle Cookies with almonds and a little brandy. Whether explaining why salting food properly is key or describing the steps to creating the ideal Grilled Cheese Sandwich, she continues to prove herself one of our best modern-day food writers.

作者介绍:

目录:

[The Art of Simple Food_下载链接1](#)

标签

美食

饮食

食物与烹饪

料理

烹饪

美国

food

吃

评论

我觉得Alice Waters就是现代的Julia Child

简单又平实，喜欢！

今年收集了这位阿姨所有的书..混乱夏天抽空翻完了...适合我自己的每个item都能做个简单笔记..为我所用=工具书...达到目的就好。如何衡量cooking技艺的进步一个小指标就是垃圾桶得极其干净..OC要极其低UC也要极其低..

补mark

看得热血沸腾，如今很难有书可以激起我无限下厨的热情，可是这本书做到了。没有复杂的理论和操作，正如书名所著“简单食物”，字字珠玑正中要点。我一直觉得，说美国人不会做菜，更不如说他们不懂得食材，此书真应当给所有在家做饭的美国人作为厨房入门101。当下试做最喜欢的德国酸菜，还有好多跃跃欲试。看过“厨房里的人类学家”视频的会发现，原来好多视频受启于此书

贴这本书我是在装B我知道。我只看了大概20页就忙别的去了。但是作者编排清晰，厨房里用到主要原料：staples, equipment, techniques井井有条。可以一窥西方烹饪之ABC，比什么地狱厨房之类的靠谱多了。

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书评

这本书我一拿到手里就已经喜欢得不得了了。它和一般烹饪类的书不一样，没有彩色的铜版印刷和各种精美食物的照片，全部都是文字，配图是黑白的插画，多为简单的食材或器皿，比如一根胡萝卜、几片罗勒叶。光看序言就觉得字里行间透出这是一个内心世界很有平衡感的...

（食譜標記「讀過」滿奇怪的。）
身為一個愛吃又好奇心重的雜食人，住在加州，佔有地利氣候之便，剛剛算了一下，本書的食譜我做過大半了。心得是這樣的：
開頭兩章廚房基本可以通用，除此之外，說本書是西方家常菜，不如說是地中海家常菜更正確。而 Alice Waters 的餐廳 Chez...

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