

How to Eat: The Pleasures and Principles of Good Food

To Download this book in many format Visit :

<https://wocoentala.org/source1/e85ea49626daaee9a1d67276a8fb2bb5>

"Nigella Lawson is, whisks down, Britain's funniest and sexiest food writer, a raconteur who is delicious whether detailing every step on the way towards a heavenly roast chicken and root vegetable couscous or explaining why ?cooking is not just about joining the dots?. To paraphrase Cole Porter, How to Eat: The Pleasures and Principles of Good Food is the real turtle soup, not merely the mock." -Richard Story, Vogue magazine

"Lawson's book ranks with the great cookbooks of the last fifty or so years?books that define the way we eat and prepare and think about food at a certain point in time and go on to become indispensable guides for a whole generation of home cooks. Her style is confident and relaxed and her advice is studded with good sense and wit." -Jonathan Burnham, Editor-in-Chief and President, Talk Miramax Books

"This book shouldn't be called How to Eat, but How to Live!" -Candice Bergen

"Cooking is not about just joining the dots, following one recipe slavishly and then moving on to the next," says British food writer Nigella Lawson. "It's about developing an understanding of food, a sense of assurance in the kitchen, about the simple desire to make yourself something to eat." Lawson is not a chef, but "an eater." She writes as if she's conversing with you while beating eggs or mincing garlic in your kitchen. She explains how to make the basics, such as roast chicken, soup stock, various sauces, cake, and ice cream. She teaches you to cook more esoteric dishes, such as grouse, white truffles (mushrooms, not chocolate), and "ham in Coca-Cola." She gives advice for entertaining over the holidays, quick cooking ("the real way to make life easier for yourself: cooking in advance"), cooking for yourself ("you don't have to belong to the drearily narcissistic learn-to-love-yourself school of thought to grasp that it might be a good thing to consider yourself worth cooking for"), and weekend lunches for six to eight people. Don't expect any concessions to health recommendations in the recipes here--Lawson makes liberal and unapologetic use of egg yolks, cream, and butter. There are plenty of recipes, but the best parts of How to Eat are the well-crafted tidbits of wisdom, such as the following:

>> "Cook in advance and, if the worse comes to the worst, you can ditch it. No one but you will know that it tasted disgusting, or failed to set, or curdled or whatever."

>> On the proper English trifle: "When I say proper I mean proper: lots of sponge, lots of jam, lots of custard and lots of cream. This is not a timid construction ... you don't want to end up with a trifle so upmarket it's inappropriately, posturingly elegant. A degree of vulgarity is requisite."

>> "Too many people cook only when they're giving a dinner party. And it's very hard to go from zero to a hundred miles an hour. How can you learn to feel at ease around food, relaxed about cooking, if every time you go into the kitchen it's to cook at competition level?"

-- Joan Price

"Cooking is not about just joining the dots . . . It's about developing an understanding of food, a sense of assurance in the kitchen, about the simple desire to make yourself something to eat. And in cooking . . . you must please yourself to please others."

And so Nigella Lawson begins *How to Eat*. Already a huge success in Britain, *How to Eat* is a joyous celebration of home-cooked food, simply prepared and presented. For Nigella Lawson, great food is not about cooking, but about eating. She demonstrates how everyone can explore and savor the world of food every day-whether it's fitting cooking into a busy schedule or improvising with whatever ingredients are on hand.

Her easy, conversational style makes you feel as if she's right there in the kitchen with you as she shares 350 delicious yet simple recipes that range from Tarragon French Roast Chicken to Chocolate Raspberry Pudding Cake. This is food to be made and enjoyed in real life, not just in the picture-perfect pages of a magazine. And that's why all of the menus are set up so everything is ready to serve at the same time. Nigella Lawson orchestrates every single food preparation detail for you-from coordinating the oven settings and preparation timing for every dish to suggesting the perfect wine to accompany the meal served at your next dinner party. All of the recipes are accessible and, with short lists of ingredients, easy to adjust to suit different tastes and occasions.

Best of all, Nigella Lawson understands that the kitchen isn't always an oasis of tranquility. Her world is the real world: where children are waiting to be fed, where unexpected guests arrive on the doorstep at dinnertime, where you run out of that key ingredient just after the stores close. From practical tips on advance preparation to great leftover ideas, she shows how to get the most from the pantry and the refrigerator as you move beyond recipes to develop your own sense of what food is about.

Chapters are organized around lifestyle, and include meals for one and two people, low-fat cooking, weekend dining, and cooking for babies and small children.

Whether used in the kitchen or read like a good novel, this book will spark a joyful rediscovery of eating and really enjoying food-and its preparation-as a wonderful part of your everyday life.

Other Books

A Librarian's Guide to the Internet. Librarians constantly conduct searches for their customers and for themselves. However the internet and technology are constantly changing, resulting in pressure on librarians to keep up-to-date with how best to use the internet. This guide offers advice on how to use the internet and how to gain the information required most effectively. It covers for example: how to search in order to achieve the best results (strategies, what to ask and examples) and interpreting results (including examples). Importantly, not only does the book show how to use the Internet, but it also links this to perfect customer service - how to teach your customers what you know and how to properly interpret what your customers want. Helps a librarian deliver perfect customer service with confidence Provides practical tips and hints Written by a highly

respected and experienced practitioner

⌘ ⌘ ⌘ ⌘ ⌘ . As Nigella Lawson in her brilliant book How to Eat so aptly put it: 'As much as possible, I have wanted to make you feel that I am there with you, ... Nigella Lawson (1999) How to Eat: The Pleasures and Principles of Good Food ."