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NOVEMBER 27-28, 2023, RIYADH

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م السعودي
2023/2024

Winner 2012 Gourmand Cookbook Award For Best Eastern

Kyri W. Claflin, Peter Scholliers



Winner 2012 Gourmand Cookbook Award For Best Eastern:

My Stir-fried Life Ken Hom, 2016-09-29 As a boy Ken Hom lived hand to mouth in the slums of Chicago's Chinatown. Today he is one of the most celebrated TV chefs of all time, the man who showed the British how to cook Asian food and introduced the nation to the wok. This is the story of that remarkable journey. Aged just eight months when his father died, Ken was raised by his mother in an atmosphere of punishing poverty. But no matter how little they had, they ate well. Life would change when at the age of eleven Ken landed a job in his uncle's Chinese restaurant. From these humble beginnings he travelled the globe and went on to become one of the world's greatest authorities on Asian food. His wildly popular books have inspired millions of home cooks and he paved the way for a generation of celebrity chefs. High spirited and frequently funny, *My Stir Fried Life* is the epicurean's epic, a gastronomic narrative that lifts the spirits, tantalises the taste buds and feeds the soul of anyone and everyone who loves cooking, from the keen novice to the accomplished connoisseur. **The**

30-Minute Vegan: Soup's On! Mark Reinfeld, 2025-05-01 In this definitive guide to vegan soups, award-winning chef Mark Reinfeld gives you all the tools and tips to create easy, flavorful meals within thirty minutes or less. Prepare to feast upon a wide array of plant-based soups, from consommés to stews, chowders to raw and dessert soups. From a selection of stocks to irresistible toppings and accompaniments, these inspired recipes cover a broad spectrum of international cuisine. *Soup's On* contains an inspiring foreword by Dr. Neal Barnard and is divided into six sections: Part One, The Art of Soup Creation, with recipes for stocks such as Roasted Vegetable Stock, Mushroom Stock, and Dashi; Part Two, Vegetable-based Soups, including favorites such as French Onion Soup, Thai Coconut Soup with Lemongrass, Mayan Tomato and Corn, and African Peanut; Part Three, Soups and Stews with Grains, Legumes, and Pasta, with classics like Wonton Soup, Matzo Ball Soup, Himalayan Dahl, and Brazilian Black Bean with Baked Plantains; Part Four, Creamy Blended Soups, with crowd-pleasers like New England Chowder, Roasted Squash with Coconut, Creamy Fire-Roasted Tomato and Dill, and Cheesy Cauliflower Soup; Part Five, Raw and Dessert Soups, including cutting-edge recipes for Spicy Strawberry Soup, Golden Gazpacho with Saffron, Raw Corn Chowder, and Raw Chocolate Mint Soup with Raspberries; Part Six, Garnishes and Sides, with recipes for Candied Pepitas, Vegan Crème Fraîche, Herbed Croutons, and Corn Bread. *Soup's On* proves that you don't need meat or dairy or a lot of time to have a hearty, satisfying meal in a bowl. **Healing the Vegan Way** Mark Reinfeld, 2016-07-12 According to increasing evidence, plant-based diets are better for the health of both people and the planet, leading to a dietary revolution. But with all the conflicting nutritional theories out there, how do you decide which foods are truly best for you? With contributions from leading medical professionals like Dr. Michael Klaper, Dr. Michael Greger, and Dr. Joel Kahn, *Healing the Vegan Way* demonstrates a clear and simple path through the latest medical research on different approaches. With practical tips for plant-based living, 200 simple whole food recipes, health-supportive cleanses, menu plans, and more, *Healing the Vegan Way* helps you maximize benefits for both body and mind.

Writing Food History Kyri W. Claflin, Peter Scholliers, 2013-08-01 The vibrant interest in food

studies among both academics and amateurs has made food history an exciting field of investigation Taking stock of three decades of groundbreaking multidisciplinary research the book examines two broad questions What has history contributed to the development of food studies How have other disciplines sociology anthropology literary criticism science art history influenced writing on food history in terms of approach methodology controversies and knowledge of past foodways Essays by twelve prominent scholars provide a compendium of global and multicultural answers to these questions The contributors critically assess food history writing in the United States Africa Mexico and the Spanish Diaspora India the Ottoman Empire the Far East China Japan and Korea Europe Jewish communities and the Middle East Several historical eras are covered the Ancient World the Middle Ages Early Modern Europe and the Modern day The book is a unique addition to the growing literature on food history It is required reading for anyone seeking a detailed discussion of food history research in diverse times and places

Educational Strategies for the Next Generation Leaders in Hotel Management Feng, Jiuguang, Stocklin, Sacha, Wang, Wei, 2015-04-30 As the hospitality industry continues to grow managers and educators are faced with the task of preparing future hospitality professionals for a rewarding but challenging career Due to the impact of an ever changing economy on the industry as a whole the education of hotel managers and professionals has become an increasingly important area of study Educational Strategies for the Next Generation Leaders in Hotel Management combines practical experience with the effective pedagogical approaches being implemented in higher learning institutions and hospitality programs internationally Highlighting key issues surrounding the current and future scope of hotel management and the skills and knowledge necessary for career success in the hospitality industry this publication is an essential reference source for hospitality managers educators and students interested in the future of the industry and the best practices for hospitality education This publication features timely research based chapters and analysis relevant to topics in the hospitality industry including but not limited to craft based learning e learning higher education hospitality management human resources opening delays professional development six sigma women in global leadership and work integrated learning

The 30-Minute Vegan's Taste of Europe Mark Reinfeld, 2012-09-04 A Culinary Tour de Force of Europe's Most Treasured Dishes Are you looking for delicious and healthy cuisine that can fit into your busy lifestyle Do you long for the robust flavors of Italy France Spain or Greece but haven't found tasty animal free recipes Look no further The 30 Minute Vegan is where the Joie de vivre meets la dolce vita to satisfy even the most discriminating palates Award winning author and chef Mark Reinfeld tackles the meaty fare that is European cuisine offering inspired plant based versions of everything from manicotti to French onion soup moussaka to notwurst Including key pantry ingredients with a special section on herbs raw and gluten free options virtually all of the recipes are gluten free and suggestions for wine and beer pairings Taste of Europe is a revolutionary cookbook that will help you to recreate all of your favorite classic European dishes in 30 minutes or less

Three World Cuisines Ken Albala, 2012-05-03 The text begins with a comprehensive theory of cuisine in the introduction

and moves to the parallel culinary histories of Italy Mexico and China the independent domestication of crops in each the social political and technological developments that gave rise to each cuisine and cooking in both professional and home settings It also compares the internal logic of the cooking style and techniques in a way that will resonate with students The meat of the text compares and contrasts the three cuisines in chapters on grains and starches vegetables fruits and nuts meat poultry and dairy products fish and shellfish fats and flavorings and beverages Readers are taken on a fascinating journey of discovery where the background story of mis transmission adaptation and evolution of cooking as it spreads around the globe with trade and immigration is revealed It answers the big questions such as why did the wok prevail in China while the saut e pan and comal were used in Italy and Mexico respectively Why is bread baked in the Mediterranean but more often steamed in the Far East How are certain ingredients used in completely different ways by different cultures and why Why is corn transformed into tortillas and tamales in one place and into polenta in another Why do we find tomato salsa in the Americas long cooked sauces in Italy and tomatoes mixed with scrambled eggs in China Albala also challenges the notion of authenticity providing ample evidence that cuisines are constantly evolving adapting over time according to ingredients and cooking technologies More than 150 of Albala s recipes complete the instruction inspiring readers to learn how to cook in a fundamental way

The Asian Home Kitchen Leemei Tan-Boisgillot,2022-06-14 An award winning collection of over 110 modern and delectable recipes from across Asia Whether you fancy Korean fried chicken a warming bibimbap spicy dan dan noodles a hearty rendang a zingy papaya salad banh mi on the go or satisfying masala dosa The Asian Home Kitchen has a quick easy and delicious recipe for every craving From the simplicity and balanced elegance of Japanese sushi to the subtle boldness of Sri Lankan curries the 110 dishes in this cookbook show the huge variety and versatility of flavour from all over Asia Packed with vegetables fresh fish and nutritious herbs and spices all the recipes are light sumptuous and practical Written by the blogger behind My Cooking Hut Leemei Tan Boisgillot who has travelled and lived in many different places across Asia this is the new and updated edition of the award winning Lemongrass and Ginger featuring brand new recipes that celebrate commonly available ingredients and street food favourites Leemei also provides a collection of essential tips and tricks including how to cook any rice perfectly every time and short recipes for over 20 different spice pastes all taking 10 minutes or less to prepare which are the key to ensuring an authentic fragrance at the heart of every recipe you make

The New Mrs Lee's Cookbook: Nonya cuisine Mrs. Chin Koon Lee,2003

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