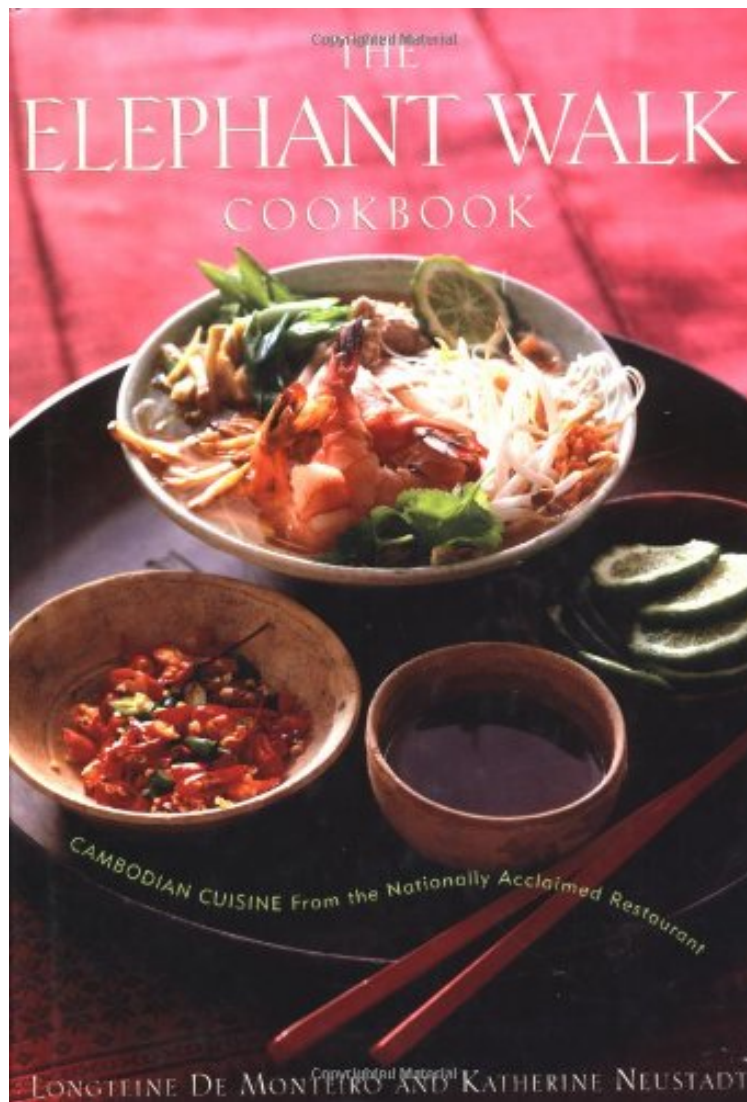


[FREE] The Elephant Walk Cookbook: The Exciting World of Cambodian Cuisine from the Nationally Acclaimed Restaurant

The Elephant Walk Cookbook: The Exciting World of Cambodian Cuisine from the Nationally Acclaimed Restaurant

Longteine de Monteiro, Katherine Neustadt
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Longteine de Monteiro, Katherine Neustadt : The Elephant Walk Cookbook: The Exciting World of Cambodian Cuisine from the Nationally Acclaimed Restaurant before purchasing it in order to gage whether or not it would be worth my time, and all praised The Elephant Walk Cookbook: The Exciting World of Cambodian Cuisine from the Nationally Acclaimed Restaurant:

15 of 15 people found the following review helpful. Excellent in every way
By N. Jacobs
If you love exotic cuisine and preparing it at home, then I would suggest that this book should be on the top of your list. Just for starters, Cambodian cuisine is probably the tastiest of the SE Asian cuisines that I have tried. And what's more, the recipes are usually quite simple to prepare. I was surprised that some barely required anything beyond my neighborhood grocery store. Even for a back woods person like myself, getting some of the exotic ingredients required only a few stops on the web, and I was ready to cook anything from this book. The cookbook is expertly laid out. It begins with a lengthy introduction, including everything from information on the history of Cambodia to the art of shopping in an Asian grocery store. The recipes are arranged in a pretty logical fashion: appetizers, meat type, noodles, and deserts. The last section covers the basic ingredients of Cambodian cooking which may be new to the western eyes. For someone coming from a small town, I had never used a lot of these ingredients. Even more handy about this book is the fact that there are many colored pictures of the dishes and the exotic ingredients. If you've never shopped at an Asian grocery store, it's very useful to know what the product looks like, and Longteine de Monteiro also tells what exactly to look for when purchasing said items. Of course, the pictures really help so you know what type of result you want. I'm really impressed by the amount of work that Longteine put into this book. Not only are the recipes great and it's loaded with information, it looks good too! The research was a bit exhaustive and the commentaries on each dish gave me some background or at least, entertainment. Weaknesses of the book? Well, sorry to say, but I can't think of anything off the top of my head without really asking for too much (pictures of EVERY dish, for example). All around, this is a great cookbook, if not my favourite from my collection.

0 of 0 people found the following review helpful. do get this book if you love to cook unique foods
By Janice L. D'Agostino
I love the chapters in the beginning where she told of her life in Cambodia. Really set the scene and got the taste buds ready for the recipes. We had the Shrimp and Snow Peas tonight. Loved it!

12 of 14 people found the following review helpful. superb, just like the restaurant it came from
By Tina Morris
The Elephant Walk is one of Boston's most unique places to eat and really introduced me to the beauty of the Cambodian cuisine. The founder and owner of the restaurant happens to have a very interesting story that explains how the interesting blend of her signature cuisine came to be: Growing up as the sheltered daughter of a Cambodian Politician and married to a diplomat, her fate and her families fortunes dramatically changed with the Kmer revolution. Fascinated with food since childhood she picked up many things in her family's professionally run large kitchen. Exiled to France her kitchen skills became the survival line for the entire family when she opened her first restaurant. In France her cuisine picked up a European twist while staying truly Cambodian at the same time. As Longteine tells her story, she introduces us to her favorite dishes from the restaurant and teaches us about the many exotic ingredients that flavor her country's food. This book is as good a read as it is a superb guide to an often overlooked Asian cuisine. The food photography and presentation of the different dishes is also extremely well done. The whole book is a well-crafted pleasure

Written by the chef-owner of Boston's renowned The Elephant Walk, which has been praised for its unique cuisine by such publications as Esquire, the New York Times, USA Today, and Travel Leisure, The Elephant Walk Cookbook is a fascinating introduction to the lively and sophisticated flavors of Cambodia. In addition to showcasing Cambodia's foods, this cookbook tells the inspiring story of Longteine De Monteiro. The wife of a diplomat who was forced into exile after Pol Pot invaded Cambodia, De Monteiro escaped to France, where she established what may have been the first Cambodian restaurant in the Western world. She then moved to the United States and opened The Elephant Walk. Less salty than Vietnamese food, less sweet than Thai, and subtler than both, Cambodian dishes feature a rich interweaving of cultural influences and fresh, light flavors. Some of the recipes in the book, like Catfish with Coconut Milk and Red Chilies, were created in the kitchens of Cambodian aristocrats, while others, like Stuffed Cabbage with Lemongrass, have simpler origins.

The Elephant Walk Cookbook, the first volume of traditional Cambodian cooking published in the U.S., is a cultural as well as a culinary adventure. It's also the story of author Longteine De Monteiro and how she and her husband were forced into exile in 1975 by the Khmer Rouge takeover of Cambodia and eventually came to own three restaurants and a market in and around Boston. An important reason she wrote this book--with Katherine Neustadt--was to preserve traditional dishes that now may no longer be served in Cambodia because everyone who knew how to make them was exterminated by the Khmer Rouge, or fled elsewhere. Cambodian cooking blends influences from Asia and the West, including China, Vietnam, Thailand, India, Spain, and France. It is a balancing act of colors, textures, and most of all, salty, sour, sweet, hot, and bitter flavors. Rice and fish are important, particularly freshwater-lake fish and a fermented fish paste, prahok. So are coconut milk, lemongrass, and a list of other ingredients that are becoming more readily available outside of Southwest Asia. Still, ordering by mail from sources provided in the book--or a special shopping trip--will be necessary to make most of the dishes in The Elephant Walk Cookbook. The most accessible dishes are the salads (many of which contain chicken or pork), including Tomato Salad and Pineapple Salad, and the pickles, such as Mixed Vegetable Pickles. Loc Lac--beef marinated in mushroom soy sauce, sauteed, and served on crisp lettuce with lime juice--is another easy choice. Loving, lively descriptions and

alluring photos will keep you reading about all of the 150 dishes, which are aromatic with basil and cilantro, galangal, kaffir lime and curry leaves, tamarind, fiery chiles, garlic, pungent fish sauce, and the like. --Dana JacobiFrom Publishers Weekly

Boston restaurateur De Monteiro, who fled her native Cambodia in the mid-1970s, aims to both introduce and preserve traditional Cambodian cuisine in this appealingly unusual cookbook. Less sweet than Thai and not as salty as Vietnamese fare, Cambodian dishes make frequent use of lemongrass, fish sauce, shrimp paste, coconut milk, kaffir lime leaves and other local specialties. Classic Noodle Soup achieves part of its unique taste with preserved cabbage and dried shrimp. Dishes are as simple as Grilled Marinated Pork Ribs, made savory with mushroom soy sauce and garlic, and as complexly flavored as Caramelized White Fish with Fried Garlic. De Monteiro also tells how to make Crispy Rice, the deep-fried appetizer popular at her restaurant. Although many ingredients can be found in ethnic groceriesGalangal, dried lily buds and the preserved fish paste, prahokAothers, such as banana blossoms for Banana Blossom Salad, will be difficult for Americans to locate. Less exotic, a dessert such as Sweet Sliced Corn puts a twist on a familiar U.S. food by slicing steamed corn off the cob, drizzling it with honey and garnishing with coconut, while New Year's Rice Treats with glutinous rice, coconut and bananas steamed inside banana leaves is an annually popular Cambodian sweet. Cooks wishing to explore new territory will be drawn to this attractive introduction. Copyright 1998 Reed Business Information, Inc. "A delightful dining destination . . . Universally appealing." Boston Globe"I simply couldn't stop eating. The Cambodian food was so delicious that I kept taking just one more bite . . . What impressed me most was the clarity of flavors." - Ruth Reichl The New York Times