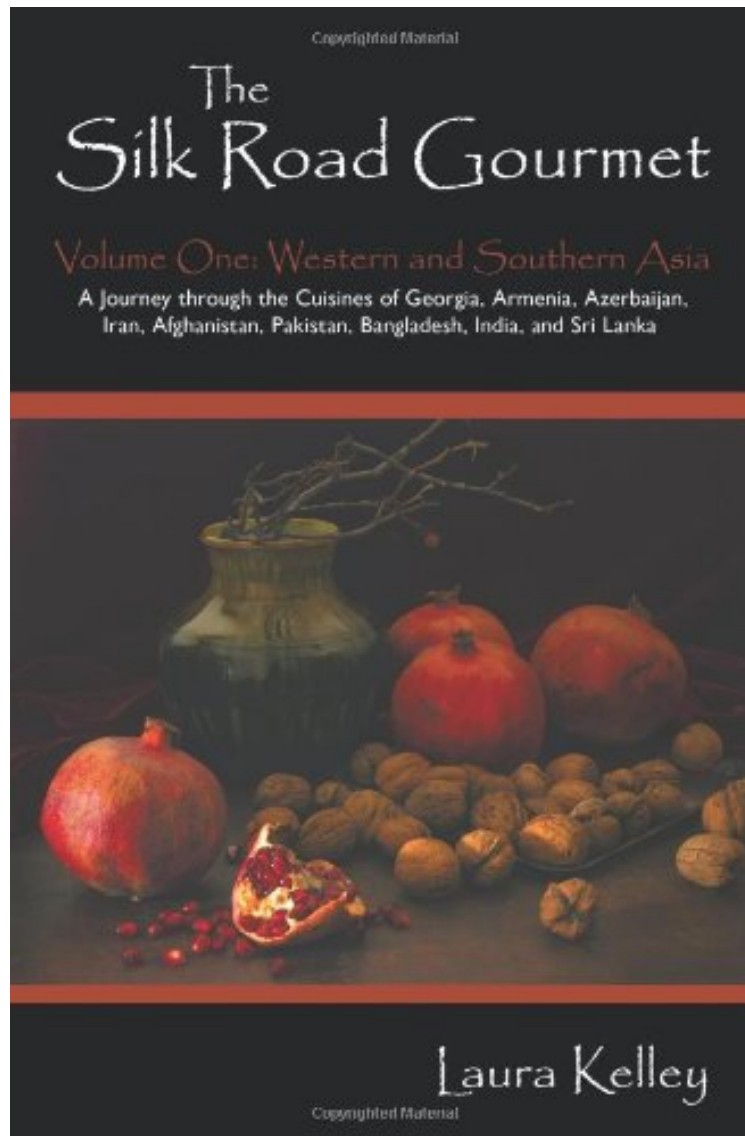


(Mobile pdf) The Silk Road Gourmet: Volume One: Western and Southern Asia

The Silk Road Gourmet: Volume One: Western and Southern Asia

Laura Kelley

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Laura Kelley : The Silk Road Gourmet: Volume One: Western and Southern Asia before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Silk Road Gourmet: Volume One: Western and Southern Asia:

0 of 0 people found the following review helpful. Book And Blog, Try Them Both By S. Linkletter This author's passion for recreating ancient recipes inspires the reader. Those recipes aren't found in this book, but rather on her blog. I wasn't as happy about the book until I found the blog. Then I went back to the book and found more worth in

it. The major point of this book is that the same spices were traded up and down the Spice Road from India, and influenced the cuisines of both ends. The proportions are different, and local flavorings are different, but there is more similarity than difference when the subject is looked at closely. There are recipes for the typical spice mixtures of each of the nine countries that she covers in this volume, as well as for typical dishes of the regions. It is a book well worth having, to fill in some of the history and general understanding of cooking from the time of the first cities to the time when Columbus arrived from the New World and turned everything on its head with the New World foods. There is an error in the book, where one recipe is replaced by a second copy of the one above it. The second copy is slightly different, so one is left wondering for a bit whether it is supposed to be the same. She notes this error on her blog, but rather than presenting a printable correction there, she sends the reader to another website where a graphical version was published. This was good press for her, but not very convenient for her readers. She seems convinced that *Nigella sativa* is an onion, when it is no such thing. That is my only nit to pick with her. Edit: She also thinks the Indian curry leaf tree is *Helichrysum italicum*, which is actually some kind of European plant. The Indian curry leaf tree is *Murraya koenigii*. The description of the three-book series is wonderful but I wonder if we will ever see the other two volumes. On her blog she refers to a lack of time and money for writing and publishing her next volume. Yet she also describes meals at stylish DC restaurants and a family vacation in China. There's nothing wrong with her spending her time and money as it pleases her. I just wouldn't hold my breath for those other two volumes. On her blog, she recreates ancient Mesopotamian and Roman recipes. These are really good, and they are free. She clearly has a passion for cooking exotic foods, and loves the spices and flavorings. She is a cook after my own heart, although my results are not as aesthetic in appearance as hers. My substitutions, which are in complete agreement with her philosophy of making do with what one has, often do not result in dishes that would make the front page of a cooking magazine. They taste as fantastic as she promises, though. 1 of 1 people found the following review helpful. Amazing recipes found nowhere else.....By D. Sweedler Yes it needs a professional editor but the content can't be found in English anywhere else. Laura has adopted the recipes to an American kitchen and while there are mistakes, a careful read before starting out in the kitchen will alert the reader and usually provide a fix. Laura traveled extensively in the Central Asian Republics and has captured many of the most interesting of this huge area's best recipes and dishes. Surprisingly accessible without the need for a new spice pantry, these recipes are very original and yet easily adopted into your own repertoire. It's not French Haute Cuisine but the fast food of various nomadic peoples of the Central Asian high steppes as well as other more settled farmers and herders of Northern Pakistan and Afghanistan. Great stuff. 0 of 0 people found the following review helpful. Great recipes By molly Adopting a child from China along the Silk Road, hoping to make his favorites!

From the shores of the Black Sea to the sands of the Pacific, the foods enjoyed along the Silk Road whisper tales of connections between the cultures, histories, economies, and regions of Asia. In *The Silk Road Gourmet*, author Laura Kelley brings the breadth of Asian cooking to your door. Spanning more than thirty countries and including 1,000 recipes, the three volumes of *The Silk Road Gourmet* explore the cuisines of the countries that traded goods and shared culture along that great lifeline of the ancient world. This first volume surveys the cuisines of Western and Southern Asia from the Republic of Georgia to Sri Lanka and examines the cultural links between the countries that have led them to share ingredients, methods of preparation, and even entire dishes. This cookbook includes recipes for delicious and authentic main-course meat and vegetable dishes as well as appetizers, desserts, sauces, and condiments to grace contemporary, globalized tables. Learn how to prepare Grilled Chicken with Garlic and Walnut Sauce from the Republic of Georgia, Meatballs in Lemon Sauce from Armenia, and Cinnamon Potatoes with Pine Nuts from Azerbaijan. With fully tested recipes and step-by-step instructions, *The Silk Road Gourmet* brings the exotic home to you.

We tried chicken with apricots in lemon pepper sauce: simple to make and assertively delicious, aromatic, and satisfying. If every dish is as good as this Afghani gem, Kelley's book will prove priceless.--Mick Vann - *The Austin Chronicle* *The Silk Road Gourmet* is one of those workhorse cookbooks, the kind that . . . will be kept on the kitchen counter while others get stored on the shelf. --Rose O'Dell King - *Ft. Myers News-Post* The first volume of *The Silk Road Gourmet: Western and Southern Asian* has been nominated for an award by *Le Cordon Bleu's World Food Media Awards*. --*Le Cordon Bleu's World Food Media Awards* For those who love to learn about history and the origin of foods. *The Silk Road Gourmet* is an excellent resource. It is a cross between an anthropology textbook and a cookbook. --Sarah Parkin - *The Phoenix Examiner* *Silk Road Gourmet* is not an ordinary cookbook. It is a culinary exploration of non-European methods of cooking, tastes and - to a certain extent - a different way of life. --Manos Angelakis, *Luxury Web Magazine* About the Author Laura Kelley is a scientist, writer and seasoned home cook who published the first volume of her cookbook, *The Silk Road Gourmet Volume One: Western and Southern Asian*, in July of 2009. She has been lucky enough to travel widely and has experienced many cultures and cuisines from Helsinki and the Cape of Good Hope to Hong Kong and back again. She is also a serious amateur photographer and a conservatory-trained pianist who dabbles in orchid culture and rare books and prints when she can. *The Silk Road Gourmet* - both the book and the blog - are about sharing her experiences and passions

for food and life with the world. For more information about Laura or her books and other writings, visit silkroadgourmet.com