At the library you can learn more about food and cookery from thousands of resources. Or visit our website (www.bcplib.org) to access dozens of research databases and find useful internet links.

Is there a subject you'd like to learn more about? If you have suggestions for future pathfinders, let me know!

Tracy Weikel, BCPL Reference Dept.
reference@bcplib.org

OCTOBER 2010

BULLITT COUNTY PUBLIC LIBRARY
PATHFINDERS
Books, Movies, and More on Your Favorite Subjects

International Food & Drink Guides

Food Lover's Atlas of the World by Martha Rose Shulman 641.3 SHUL
Explores historical influences on food in different nations and their separate regions, with lists of staple ingredients and signature dishes.

What the World Eats photographed by Peter Menzel; written by Faith D’Aluisio 641.30022 MENZ
Shows what 25 “typical” families from 21 nations eat in a given week, with a few recipes for those inclined to experiment.

The World Atlas of Wine by Hugh Johnson and Jancis Robinson 641.2 JOHN
A colorfully and beautifully laid-out and illustrated look at wines and their characteristics by country and region. Sixth edition.

Cultural Histories

The Story of Tea by Mary Lou Heiss and Robert J. Heiss 641.3 HEIS
A cultural history and drinking guide, with information on regional varietals, an encyclopedia of tea, and recipes.

Spice by Jack Turner 641.3 TURN
A history of spices and their many uses, from the ancient trade in Indian and Indonesian spices to the Roman and Renaissance periods, explorers’ “spice race,” and today.

Specialty Books

Local Breads by Daniel Leader with Lauren Chattman 641.8 LEAD
Recipes for regional European whole-grain and sourdough breads, with stories from artisan bakers and helpful “kitchen notes.”

The Cheese Lover’s Companion by Sharon Tyler Herbst and Ron Herbst 641.3 HERB
Information on storing, selecting, and serving cheeses and definitions of cheeses and cheese-related terms. Lists cheeses by country of origin.

Bruce Aidells’s Complete Book of Pork by Bruce Aidells 641.6 AIDE
International recipes from French country sausage to Indonesian meat soup, with details on cooking, shopping, and curing methods.

The Sophisticated Olive by Marie Nadine Antol 641.3 ANTO
Explores the history and uses of olives, with chapters on different olives of the world and the art of cooking with olives and olive oil. Includes several recipes.

World Cuisine

Recipes, memoirs, and more on international food and cookery!

Adventures in Food

Eat My Globe by Simon Majumdar 641 MAJU
A British foodie and blogger travels the world in this humorous food travelogue. His plan? Go everywhere and eat everything in one year, with multiple stops on every continent but Antarctica.

My Life in France by Julia Child B CHIL
Julia Child’s adventures in French cooking from 1948 to 1954, when she lived in Paris and Marseilles. A memoir based on her letters and memories.

Under the Tuscan Sun by Frances Mayes 945.5 MAYE
A food writer restoring an abandoned Tuscan villa immerses herself in the food and culture of the Italian countryside.

Trail of Crumbs: Hunger, Love, and the Search for Home by Kim Sunée B SUNE
Abandoned in a Korean marketplace as a child, Sunée grew up in New Orleans and later lived in France, eventually finding herself in food and cooking.

Eat, Pray, Love by Elizabeth Gilbert B GILB
A recent divorcée in the midst of a midlife crisis travels to Italy, India, and Indonesia in search of pleasure and spiritual balance.

The Fortune Cookie Chronicles by Jennifer 8. Lee 641.5951 LEE
A reporter travels the globe in search of the world’s greatest Chinese restaurant, with unexpected revelations about the American Chinese food industry.

No Reservations: Around the World on an Empty Stomach by Anthony Bourdain 910.4092 BOUR
The culinary adventures of the Travel Channel personality, from New Jersey to New Zealand. Features many candid photos of the food, people, and scenery.

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For more library pathfinders, go to www.bcplib.org/Good_Reads/Pathfinders.htm

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<thead>
<tr>
<th>Global</th>
<th>Asia</th>
<th>Europe</th>
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<tr>
<td>You Really Haven't Been There Until You've Eaten the Food by Keith Famie 641.59 FAMI</td>
<td>The Japanese Kitchen by Hiroko Shimbo 641.5952 SHIM</td>
<td>Vefa's Kitchen by Vefa Alexiadou 641.59495 ALEX</td>
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<tr>
<td>The Food Network personality and travel enthusiast offers up recipes and commentary from his travels in Africa, Australia, Canada, the South Pacific, Jamaica, Mexico, and the U.S.</td>
<td>250 recipes in the “traditional spirit,” with a detailed guide to equipment, techniques, and ingredients. Diagrams throughout illustrate techniques from filleting a fish and boning a chicken to making a sushi roll. An exhaustive and authoritative collection of Greek recipes. Opens with a brief tour of Greece’s main regions, but focus remains on offering the definitive versions of Greek favorites and regional specialties.</td>
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<td>World Vegetarian by Madhur Jeffery 641.5 JAFF</td>
<td>Revolutionary Chinese Cookbook by Fuchsia Dunlop 641.595 DUNL</td>
<td>La Cucina by Jay Hyams 641.5945 HYAM</td>
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<td>Vegetarian recipes from 5 continents, featuring India’s regaining queen. Recipes are organized by food group (beans &amp; lentils, vegetables, dairy, etc.) with sections on soups, salads, and drinks and sauces and flavorings. A James Beard Award recipient.</td>
<td>A diverse collection of recipes from the Hunan Province, known for its hot and spicy dishes, along with stories from the author’s own travels in the region.</td>
<td>English translation of the Italian Academy of Cuisine’s La Cucina del Bel Paese. A no-nonsense approach (little photography or commentary), compiling 2000 recipes representing the history and geography of Italy.</td>
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<td>The Best Recipes in the World by Mark Bittman 641.59 BITT</td>
<td>Martin Yan’s Asian Favorites by Martin Yan 641.595 YAN</td>
<td>Cucina Del Sal by Nancy Harmon Jenkins 641.5945 JENK</td>
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<td>Bittman’s take on international cookery. Useful features include concise characterizations of cooking in major regions/countries and themed menus.</td>
<td>The TV chef serves up travelogue along with favorite regional recipes from Hong Kong, Taiwan, and Thailand. Most recipes feature a sidebar with interesting facts.</td>
<td>Recipes from Southern Italy, including focaccias, breads, pizzas, and savory pies; antipasti, soups and pastas and sauces, beans, and grains; seafood and meat; vegetables and salads; and desserts.</td>
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<tr>
<td>The Book of Jewish Food by Claudya Roden 641.5 RODE</td>
<td>Simple Thai Cookery by Ken Hom 641.59593 HOM</td>
<td>Marcella Says... by Marcella Hazan 641.5943 HAZA</td>
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<td>Ashkenazi and Sephardi recipes from Jewish communities around the world. Discusses the development of these different cooking styles, including America, Eastern Europe, and North Africa and Ancient Baghdad and Medieval Spain. Recipient of the James Beard Award.</td>
<td>Simple, step-by-step recipes, with colorful photos of both the finished product and each stage of the preparation. Includes a menu planner and guide to essential tools and ingredients. Very accessible.</td>
<td>Authentic recipes from a celebrated teacher of Italian cookery. A lengthy introduction details techniques, ingredients, and other wisdom from her classes. Each recipe includes further “Marcella Says” illuminations.</td>
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<td>The Americas</td>
<td>Pleasures of the Vietnamese Table by Mai Pahn 641.59597 PAHN</td>
<td>Make It Italian by Nancy Verde Barr 641.5945 BARR</td>
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<td>Foods of the Americas by Fernando and Marlene Divina 641.59 DIVI</td>
<td>Recipes concentrate on market and street food, with some traditional home cooking. Features a good overview of Vietnamese cuisine, including using essential condiments.</td>
<td>Italian home cooking recipes and techniques for American cooks, with a focus on the essential ingredients. Offers useful tips and side notes, with variations for most recipes.</td>
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<td>Immigrant-influenced recipes like El Nopalito’s guacamole and more traditional fare like Appalachian Griddle Cornbread, with interviews and travelogue. James Beard Foundation Book Award Winner.</td>
<td>660 Curries by Raghaven Iyer 641.5954 IYER</td>
<td>Spain: A Culinary Road Trip by Mario Batali with Gwyneth Paltrow 641.59597 PAHN</td>
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<td>Cuba Cocina by Joyce LaFray 641.5972 LAFR</td>
<td>An extensive collection of curry recipes originating from India, Pakistan, and Sri Lanka, with a breakdown of curry elements and a section dedicated to the fundamental spices blend and pastes.</td>
<td>Mario Batali, Mark Bittman, Gwyneth Paltrow, and Spanish actress Claudia Bassols select favorite recipes from a road trip across Spain. With candid photos.</td>
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<td>Mayan Cuisine by Daniel Hoyer 641.5972 HOYE</td>
<td>Cooking with My Indian Mother-in-Law by Simon Daley with Rashan Mirani 641.5954 DALE</td>
<td>Tapas by Richard Tapper 641.8 TAPP</td>
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<td>Bright, gorgeous photography punctuates this collection of recipes from Mexico’s Yucatan region. Includes relatively simple dishes alongside more complex recipes such as traditional methods of making tamales and masa (no shortcuts allowed).</td>
<td>An intro to the home-cooked staples of Indian cuisine, from the viewpoint of an enthusiastic amateur and his Indian mother-in-law. Features an overview of “the basics,” including masala, spice requirements, and working with chillies.</td>
<td>Tapas are tiny appetizers enjoyed in Spanish taverns and perfect for entertaining. Includes techniques for empanada pastry, marinating olives, and roasting red peppers. Clearly organized, with plentiful photos.</td>
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<td>Seven Fires by Francis Mallman 641.5982 MALL</td>
<td>The Book of New Israeli Food by Jana Gur 641.595694 GUR</td>
<td>Mastering the Art of French Cooking by Julia Child 641.5944 CHIL vol. 1 &amp; 2</td>
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<td>A celebrated Argentinean chef gives outdoor cooking a bit of sophistication in this strikingly photographed volume. Recipes range from basic (3 ingredients!) to intricate, using his seven fire types. Also offers more familiar outdoor and indoor cooking alternatives.</td>
<td>Recipes, history, and plentiful photographs balance perfectly here, with special sections on street markets, staple foods (cheese, olive oil), breakfasts, holidays, and more.</td>
<td>The classic Julia Child guide to authentic French cookery (1961) and its sequel (1970). Features instructive illustrations throughout and a thorough overview of the key kitchen tools, ingredients, and techniques.</td>
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<td>The Scandinavian Cookbook by Trina Hahnemann 641.5948 HANM</td>
<td>Turquoise: A Chef’s Travels in Turkey by Greg and Lucy Malouf 641.59561 MALO</td>
<td>Cooking with the Two Fat Ladies by Jennifer Paterson and Clarissa Dickson Wright 641.594 PATE</td>
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<td>Hahnemann takes a seasonal approach, with abundant food and landscape photography and recipes arranged by month. Brief intros to recipes give further insights, including suggested pairings or variations.</td>
<td>A gorgeously designed cookbook, emphasizing the cultural diversity resulting from Turkey’s European and Asian influences. Features classic favorites alongside inventive recipes inspired by the authors’ travels.</td>
<td>British cookery, from fish pies to fresh scones, from the Food Network personalities. Includes reminiscences and photos of their adventures.</td>
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