

Feast Food That Celebrates Life Nigella Collection

Na een vliegtuigongeluk moet een 13-jarige jongen zich in de wildernis van Noord-Canada in leven zien te houden. - 13 jaar e.o.

Nigella is now not only the best and most glamorous young home cook in Britain, and a great cookery writer, she's also become a household name. Her first short series on Channel 4 had over 2 million viewers and propelled her from success into stardom. How to Eat sold spectacularly on the back of the first unheralded 5-part series. Nigella Bites is a must-have for every viewer and all her fans. Some recipes are based on her popular Vogue columns, others are new and different, and all are characteristic of Nigella and the ethos of the TV series - uncomplicated, original, fresh, and perfect for the way we live today. They're easy to produce after a busy day at the office, fun to linger over at weekends or to make with the kids, delectable to read about, dreamy to look at and delicious to eat. They include Late Breakfasts, Party Food, TV Dinners, Trailer Trash, Big Lunches, Indoor Picnics, and other delights. Nigella wants her readers and her viewers to enjoy eating and cooking. With her, how could anyone resist! Looking for recipes that are uncomplicated, relaxed and yet always satisfying? Nigella has the answer. Simply Nigella is the perfect antidote to our busy lives: a calm celebration of food to soothe and uplift, containing 125 recipes to invigorate and inspire. Whatever the occasion, food – in the making and the eating – should always be pleasurable. Simply Nigella taps into the rhythms of our cooking lives. From quick and calm suppers (Miso Salmon, Cauliflower & Cashew Nut Curry) to stress-free ideas when catering for a crowd (Chicken Traybake with Bitter Orange & Fennel), or the instant joy of comfort food for cosy nights on the sofa (Thai Noodles with Cinnamon and Prawns), here is food guaranteed to make everyone feel good. Whether you need to create some breathing space at the end of a long week (Asian-Flavoured Short Ribs), indulge in a sweet treat (Lemon Pavlova, Chocolate Chip Cookie Dough Pots) or wake up to a strength-giving breakfast (Toasty Olive Oil Granola), Simply Nigella is filled with firm favourite recipes and guaranteed crowd pleasers.

Dieting Makes You Fat is the explosive, authoritative answer to the multibillion-dollar dieting industry. The dieting industry is booming. So is obesity, in children as well as adults. Obesity causes diabetes, heart disease and cancers, as well as misery for those who suffer. The experts are baffled and the dieting industry is no use - because dieting makes you fat. Geoffrey Cannon explains the science and the global politics that are making the world fat. Including seven golden rules for achieving life-long good health and wellbeing - as well as to shed body fat - Dieting Makes You Fat is also a handbook for anyone committed to good quality, delicious food and drink, fairly traded and socially, economically and environmentally sustainable. If you want to lose body fat, if you or anyone you know is or has been on a diet, if you care about the obesity crisis, then this is the book for you.

Weaving the Scarlet Thread From the Feasts of Israel to Jesus! This intriguing and biblically sound book clearly shows the significance of each Feast of the Lord—and how they all point to Jesus. Dr. Richard Booker depicts the unity found in God's unfolding purposes for His people, be they Jew or Gentile, from the new birth found in Passover and the Crucifixion, all the way to entering God's rest found in the Feast of Tabernacles and the Second Coming. The Always-Present One said to Moses, "Tell the people of Israel: 'You will announce the Always-Present One's appointed feasts (festivals) as holy gatherings. These {are} My special feasts (Leviticus 23:1-2 PEB). The Feasts of the Lord given originally to Israel are pictures of the Messiah, and represent seven phases of spiritual growth in the life of believers: • Passover. • Unleavened Bread. • First Fruits. • Pentecost. • Trumpets. • Atonement. • Tabernacles. Welcome the relevance and richness of celebrating the feasts today!

Festive recipes from the Wall Street Journal bestselling author whose books "continue his exploration and celebration of Southern grace and style" (Vie Magazine). In the South, weddings, showers, birthdays, retirements and high holidays, along with many of life's milestones and seasonal splendors, all lend themselves to celebrations. Even the luxury of a Sunday evening at home with family—and friends considered to be family—can be a cause for a feast. Through luscious signature recipes, stories and gorgeous photography, Farmer, known as "a Martha Stewart of the South," and friends show us what Southern hospitality is all about. From society weddings to Lowcountry boils, second birthdays to Christmas parties, you'll be guided through the menu planning and preparations to pull off celebrations that will be talked about for years. Praise for James T. Farmer and his books "A Southern gentleman who's just as charming in the garden as he is in the kitchen. He's compiled all his botanical experiences into A Time to Plant."—Harper's Bazaar "A Time to Cook, A Time to Plant and A Time to Celebrate are titles of three of his books that inspire readers to cultivate, decorate and salivate over their own efforts in the kitchen. His books contain descriptive text combined with colorful photographs and garden-to-table recipes."—The Virginian-Pilot

Nigella Collection: a vibrant new look for Nigella's classic cookery books; previously published as KITCHEN. 'A little pottering in the kitchen gives me that feeling I find so crucial, of being in a fixed, familiar place in a whirling world. So here it is, from my kitchen to yours: cosy, cocooning food.' The classic family recipe book by Nigella Lawson. Kitchen is packed with feel-good food for cooks and eaters that solves all your everyday cooking quandaries, from what to cook for Sunday lunch or how to give children food they'll eat, to how to rustle up an impromptu dinner party menu or a gluten-free cake. As well as her mouthwatering recipes, Nigella rounds up her kitchen must-haves: essential kitchen equipment and standby ingredients. With luscious photography, easy family recipes, indulgent food writing and a beautiful hardback design, this is a book you will treasure for many years as well as a delicious gift for friends and family. Part 1: Kitchen Quandaries What's for tea? – everyday eating made simple for all ages Hurry up, I'm hungry! – quick meals and easy suppers for those frantic days Easy does it – dinner party ideas that won't try your temper Cook it better – waste-saving recipes My sweet solution – problem-solving pudding recipes Off the cuff – quick dinner ideas for feasts from the fridge-freezer and store cupboard Part 2: Kitchen Comforts Chicken and its place in my kitchen – chicken recipes to soothe the soul A dream of hearth and home – comforting weekend baking, from muffins and cupcakes to brownies, scones and cakes At my table – steak, casserole, lasagne and much more: easy suppers to share with friends The solace of stirring – finding comfort in risotto The bone collection –ham hocks, spare ribs, braised beef and other meaty treats for the die-hard carnivore Kitchen pickings - easy cocktails and party food The cook's cure for Sunday-night-itis - cosy and substantial supper ideas that require little effort from the cook

Part I -- Slovenia: Historical overview and regional ethnology -- Part II -- Food, fasting, and feasting -- Part III -- Food and celebration: local and global nuances -- Part IV -- Food and celebration: regional studies -- Part V -- Food and the life cycle: birth, marriage, and death -- Part VI -- Food and the calendar -- Part VII -- Food and communal celebration -- Part VIII -- Celebration of foodways scholarship.

Literature and Culture Handbooks are an innovative series of guides to major periods, topics and authors in British and American literature and culture. Designed to provide a comprehensive, one-stop resource for literature students, each handbook provides the essential information and guidance needed from the beginning of a course through to developing more advanced knowledge and skills. Written in clear language by leading academics, they provide an indispensable introduction to key topics, including: • Introduction to authors, texts, historical and cultural contexts • Guides to key critics, concepts and topics • An overview of major critical approaches, changes in the canon and directions of current and future research • Case studies in reading literary and critical texts • Annotated bibliography (including websites), timeline, glossary of critical terms. The Shakespeare Handbook is an accessible and comprehensive introduction to Shakespeare and early modern literature.

First published in 1984, This work is a cross-cultural study of the moral and social meaning of food. It is a collection of articles by Douglas and her colleagues covering the food system of the Oglala Sioux, the food habits of families in rural North Carolina, meal formats in an Italian-American community near Philadelphia. It also includes a grid/group analysis of food consumption.

Access Free Feast Food That Celebrates Life Nigella Collection

Life crises can throw you into a tail-spin—a lost job, a failed relationship, a struggling business, a financial mess. Where do you start? How do you pull it together? How do you begin again? Tom Holladay experienced a catastrophe first-hand when a sudden flood in California destroyed his home, his church, and the homes of many church members. Tom and his congregation had to rebuild, and they used the principles in the book of Nehemiah to get back on their feet. Now a teaching pastor at Saddleback Church, Tom will help you discover seven principles for putting it together again that will give you the direction you need to get rolling on that fresh start. Holladay will walk you through seeing every problem as an opportunity, facing the obstacles head on and taking your first step, knowing how to expect and reject opposition, build on your success, and dedicating yourself to the One who rebuilds our souls. The task of starting again can seem impossible. And sometimes you just need to rebuild your confidence and regain a sense of purpose. If you're trying to find the emotional energy, but you just don't have it in you, let Holladay encourage you. He understands how difficult and rewarding the business of rebuilding is. This book is your encouraging how-to guide to starting again and stepping into a better future.

As Christians we want our relationship with God to grow, to mature. We consider things like our devotional life and spiritual formation as fundamental to our Christian faith. But then there's the rest of life - young kids or long hours at work, financial pressures, illness in the family, high points, disappointments, faith crises. We want a faith that's deep - but also a life that works. How do we get a life beyond the quiet time? In REAL GOD, REAL LIFE popular speaker Jo Saxton shows us how we can follow in Paul's footsteps and 'train ourselves to be godly'. Full of practical ideas and anecdotes, this is spiritual formation for everyone.

There are many devotional books available containing brief, daily inspirations that benefit all who read them. This book is different in two respects. The first is obvious: it contains two readings per day—732 in all. The second, more important difference is that the author wanted to do more than offer inspiration; this would make this book no different than so many others. The messages in the book are study sketches in that the content is not only inspirational, but also educational, challenging, and encouraging. Most of these writings were based on author Michael J. Akers's teaching of adult Bible studies for more than thirty years and learning what really brought adults to want to deepen their knowledge and application of the Word of God.

In Nigella Fresh, Nigella Lawson shows readers how to prolong that warm summer feeling through even the darkest days of winter. Innovative, versatile, and delicious, this is an irresistible and wide-ranging volume full of summery recipes that can be eaten at any time -- from succulent Spanish and Italian dishes to the fragrant mezze of the Eastern Mediterranean; from roasted vegetables and barbecued sea bass, Moroccan roast lamb, and Mauritian prawn curry, to food that conjures up the traditional strawberries-and-cream feel of an English summer afternoon or Indian-summer evening at home. And to top it all off, there is a fabulous selection of unusual ice creams and melt-in-your-mouth desserts. The constant in the recipes is simplicity, freshness, and enjoyment: easy cooking and easy eating. Written with her characteristic flair and passion, Nigella Fresh will delight Nigella's legions of fans.

How can huge populations be fed healthily, equitably and affordably while maintaining the ecosystems on which life depends? The evidence of diet's impact on public health and the environment has grown in recent decades, yet changing food supply, consumer habits and economic aspirations proves hard. This book explores what is meant by sustainable diets and why this has to be the goal for the Anthropocene, the current era in which human activities are driving the mismatch of humans and the planet. Food production and consumption are key drivers of transitions already underway, yet policy makers hesitate to reshape public eating habits and tackle the unsustainability of the global food system. The authors propose a multi-criteria approach to sustainable diets, giving equal weight to nutrition and public health, the environment, socio-cultural issues, food quality, economics and governance. This six-pronged approach to sustainable diets brings order and rationality to what either is seen as too complex to handle or is addressed simplistically and ineffectually. The book provides a major overview of this vibrant issue of interdisciplinary and public interest. It outlines the reasons for concern and how actors throughout the food system (governments, producers, civil society and consumers) must engage with (un)sustainable diets.

'Het nest' is een haarscherpe roman over de kracht van familiebanden en vriendschap, over hoezeer we op anderen steunen maar hen ook teleurstellen, en over de verstikkende invloed van geld. Elke familie heeft zo haar problemen. De Plumbs alleen wat meer dan andere. Na jaren van onderhuidse spanningen barst uiteindelijk de bom wanneer Melody, Beatrice en Jack Plumb in een restaurant hun charismatische maar roekeloze broer Leo opwachten, die net uit een afkickklinik komt. Een paar maanden daarvoor heeft Leo, dronken achter het stuur, een ongeluk veroorzaakt met ernstige gevolgen voor zijn jonge bijrijdster. De kosten daarvan hebben een groot gat geslagen in de erfenis waarop iedereen had gerekend. Lukt het Leo's broer en zussen om hem zo onder druk te zetten dat hij het verdampte geld terugverdient? 'Deze vlijmscherpe roman over vier broers en zussen heeft alles in zich om een bestseller te worden.' – 'Elle' 'Tragikomisch en hartverwarmend tegelijkertijd. Een geweldige roman.' – 'The Washington Post'

FeastFood that Celebrates LifeRandom House

Geschiedenis van het joodse volk vanaf de schepping van de wereld tot en met het jaar 67 na Christus.

Just as the Canada's rich past resists any singular narrative, there is no such thing as a singular Canadian food tradition. This new book explores Canada's diverse food cultures and the varied relationships that Canadians have had historically with food practices in the context of community, region, nation and beyond. Based on findings from menus, cookbooks, government documents, advertisements, media sources, oral histories, memoirs, and archival collections, Edible Histories offers a veritable feast of original research on Canada's food history and its relationship to culture and politics. This exciting collection explores a wide variety of topics, including urban restaurant culture, ethnic cuisines, and the controversial history of margarine in Canada. It also covers a broad time-span, from early contact between European settlers and First Nations through the end of the twentieth century. Edible Histories intertwines information of Canada's 'foodways' – the practices and traditions associated with food and food preparation – and stories of immigration, politics, gender, economics, science, medicine and religion. Sophisticated, culturally sensitive, and accessible, Edible Histories will appeal to students, historians, and foodies alike.

In [Simply Nigella] brengt Nigella Lawson het oprechte plezier en kalme comfort terug in onze keuken. Het bevat 125 inspirerende en toegankelijke recepten die moeiteloos in ons drukke leven passen, boordevol ingrediënten waar zowel je lichaam als je geest gelukkig van wordt. De boodschap van deze pure verwennerij is even simpel als duidelijk: het draait allemaal om balans. Onze maaltijden zouden natuurlijk altijd heerlijk moeten smaken; wat, waar en met wie we ook eten. En elke gelegenheid vraagt om een eigen recept. Daarom bevat [Simply Nigella] krachtige ontbijt- en brunchrecepten, snelle en relaxte avondmaaltijden en gerechten om – zonder gestress – grotere groepen te verwennen. Creëer na een lange werkweek ademruimte voor jezelf met de comfortabele rust van slowcooking en val gerust voor de verleidingen van een groot scala aan zoete heerlijkheden, inclusief fantastische zuivel- en glutenvrije recepten. [Simply Nigella] is het perfecte recept tegen drukte en chaos in het drukke leven van alledag. Het is, simpelweg, hét essentiële kookboek voor elke moderne keuken.

"This book explores what it means to be Lihirian through an analysis of everyday life in the Lihir Islands, Papua New Guinea. Atop four volcanic islands in the Pacific Ocean east of New Ireland, Lihirians are living in a world that has rapidly changed in the last century through the work of Christian missions, government administration and the development of a large gold mine (Lihir Gold Ltd). Being Lihirian in the

context of these changes is challenging, yet Lihirians retain a strong sense of themselves and their islands as distinctive. This book aims to reconcile what has been termed the 'root metaphor' of Melanesian sociality as based on relational or composite personhood with the strong individualist tendencies and sense of self that are found in everyday practice in Lihir. In looking beyond the ideals of moral conduct to the practice of relations and emotion, it can be seen that the symbolism of Melanesian sociality does not encompass the practical reality of what it means to be Lihirian. Emotion is a ubiquitous part of life in Lihir. Emotions are motivations, reactions and remarks on the state of self and other; in short, emotions are integral to relations and persons in Lihir. This book considers emotions both through their performative contexts as well as the more usual lexical analyses of emotion terms and commentaries. In moving beyond lexical analyses, Hemer argues that the strong focus on the semantics of emotion in anthropology has been at the expense of the embodied practice of emotion that was apparent in Lihir." -- Publisher.

'Food is the vital way we celebrate anything that matters. It's how we mark the connections between us; how we celebrate life.' A feast for the eyes and the senses, *Feast* is a must for every kitchen, in the tradition of Nigella's classic *How to Eat*. Whatever you're celebrating, you'll find a deliciously simple recipe for any occasion. With warm and witty food writing, clear recipes and ingredients lists and a beautiful hardback design, this is a book you will treasure for many years as well as a delicious gift for friends and family. Thanksgiving and Christmas - turkey and ham, mince pies and Christmas cake... and everything in between Meatless feasts - mouthwatering vegetarian recipes that everyone will love Valentine's day - romantic dinner ideas for two Easter - slow-cooked lamb, hot cross buns and indulgent baking Passover - Seder night suppers and feasts Breakfast - something delicious for everyone, from how to boil eggs to morning muffins Kitchen feasts - everyday celebrations: suppers for friends and family meals Kiddie feast - delicious and healthy recipes for kids Chocolate cake hall of fame - a chocolate cake recipe for every occasion Eid - a fast-breaking curry banquet of Mughlai chicken curry, pheasant and lamb Festival of lights - indulgent baking recipes for a happy Hannukah Midnight feast - deliciously easy recipes to satisfy those late-night cravings, from carbonara to alcoholic hot chocolate. Nigella Collection: a vibrant look for Nigella's classic cookery books.

'Wereldberoemd chef-kok, bestsellerauteur, tv-persoonlijkheid en provocateur; Anthony Bourdain was het allemaal.'- Volkskrant Bourdains Keukenconfessies: een onvoorspelbaar, schokkend en grappig boek over de zwarte kanten van het restaurantwezen. Wie regelmatig in goede restaurants eet, heeft de neiging te denken dat die prachtige gerechten ontworpen zijn door verfijnde mannen met goddelijke inspiratie. Niets is minder waar. De ingenieuze creaties zijn hoogstwaarschijnlijk op uw bord getoverd door een stelletje gedegenereerde gekken, geteisem, viespeuken en psychopaten, aldus Anthony Bourdain. Jarenlang werkte Bourdain zelf als chef-kok in diverse New Yorkse restaurants, waaronder het befaamde Brasserie Les Halles in Manhattan. In *Keukenconfessies* geeft hij een inkijkje in zijn ruige levensstijl van seks, drugs en rock- 'n roll tussen de pannen en schetst hij een onthutsend beeld van de donkere kanten van het restaurantwezen. Bourdain pleegde op 8 juni 2018 zelfmoord in Frankrijk, waar hij was voor opnames voor zijn werkgever CNN. 'Neem een New Yorkse chef-kok, voeg drugs, cognac en bloed toe en je hebt een kookklassieker.'- The Observer 'Een prachtige, krachtige, informatieve en grappige gids over een fascinerende verborgen wereld.'- Daily Telegraph Anthony Bourdain (New York, 1956 - Kaysersberg, 2018) werd wereldberoemd met het boek *Keukenconfessies* en het televisieprogramma *No Reservations*, in Nederland en Vlaanderen te zien op 24Kitchen. Hij schreef op brutale, nietsontziende maar geestige toon en werd daarmee het prototype van de ruige maar gepassioneerde kok. Avontuurlijk, ruw in de mond, maar uiterst precies als het op koken aankwam.

From the author of the beloved New York Times best-selling *The End of Your Life Book Club*, an inspiring and magical exploration of the power of books to shape our lives in an era of constant connectivity. For Will Schwalbe, reading is a way to entertain himself but also to make sense of the world, and to find the answers to life's questions big and small. In each chapter, he discusses a particular book and how it relates to concerns we all share. These books span centuries and genres—from *Stuart Little* to *The Girl on the Train*, from *David Copperfield* to *Wonder*, from *Giovanni's Room* to *Rebecca*, and from 1984 to *Gifts from the Sea*. Throughout, Schwalbe tells stories from his life and focuses on the way certain books can help us honor those we've loved and lost, and also figure out how to live each day more fully.

De paus is dood. De deuren van de Sixtijnse Kapel sluiten en volgens de eeuwenoude traditie zullen honderdzeventien kardinalen hun stem moeten uitbrengen in de geheimzinnigste verkiezing ter wereld. De kardinalen zijn allen zeer vrome mannen. Maar ze zijn ook ambitieus en elkaars rivalen. In de volgende tweeënzeventig uur zal een van hen de machtigste spirituele leider op aarde worden. Al snel wordt duidelijk dat een van de gedoodverfde kanshebbers een groot geheim verbergt. Een geheim dat het voortbestaan van het Vaticaan op het spel kan zetten.

The *Food and Feasts of Jesus* offers a new perspective on life in biblical times by taking readers inside the food culture of the day. From wedding feasts to a farmer's lunch, the book explores the significance of various meals, discusses key ingredients, and offers accessible recipes for readers to make their own tastes of the first century."

This book documents hundreds of customs and traditions practiced in countries outside of the United States, showcasing the diversity of birth, coming-of-age, and death celebrations worldwide. • Examines cultural events in the general categories of birth and childhood events, teen and early adulthood milestones, and aging and death customs • Offers primary and cultural document excerpts that are useful for the purposes of meeting Common Core standards • Includes color inserts that help bring the text to life • Features sidebars that present fun facts, interesting anecdotes, and recipes that are often used to celebrate various life-cycle customs in different countries • Provides information ideal for students studying geography, global studies, anthropology, and world cultures

The New York Times bestselling author and senior fellow at the Discovery Institute blends science and religion in this thoughtful guide that teaches modern believers how to use the leading wellness trend today—intermittent fasting—as a means of spiritual awakening, adopting the traditions our Christians ancestors practiced for centuries into daily life. Wellness minded people today are increasingly turning to intermittent fasting to bolster their health. But we aren't the first people to abstain from eating for a purpose. This routine was a common part of our spiritual ancestors' lives for 1,500 years. Jay Richards argues that Christians should recover the fasting lifestyle, not only to improve our bodies, but to bolster our spiritual health as well. In *Eat, Fast, Feast*, he combines forgotten spiritual wisdom on fasting and feasting with the burgeoning literature on ketogenic diets and fasting for improved physical and mental health. Based on his popular series "Fasting, Body and Soul" in *The Stream*, *Eat, Fast, Feast* explores what it means to substitute our hunger for God for our hunger for food, and what both modern science and the ancient monastics can teach us about this practice. Richards argues that our modern diet—heavy in sugar and refined carbohydrates—locks us into a metabolic trap that makes fasting unfruitful and our feasts devoid of meaning. The good news, he reveals, is that we are beginning to resist the tyranny of processed foods, with millions of people pursuing low carb, ketogenic, paleo, and primal diets. This growing body of experts argue that eating natural fat and fasting is not only safe, but far better than how we eat today. Richards provides a 40-day plan which combines a long-term "nutritional ketosis" with spiritual disciplines. The plan can be used any time of the year or be adapted to a penitential season on the Christian calendar, such as Advent or Lent. Synthesizing recent science with ancient wisdom, *Eat, Fast, Feast* brings together the physical, mental, and spiritual benefits of intermittent fasting to help Christians improve their lives and their health, and bring them closer to God.

Een verliefde jonge vrouw verwerkt haar gevoelens in de magische gerechten die ze maakt voor haar onbereikbare geliefde Mexico, 1910. Op een hacienda woont Mama Elena met haar drie dochters Tita, Rosaura en Gertrudis. Door de familietraditie veroordeeld ongehuwd te blijven, kan Tita haar gevoelens alleen uiten door de uitzonderlijke maaltijden die ze bereidt. Met onverwachte gevolgen: als Tita's geliefde Pedro trouwt met haar jongste zus, veroorzaken haar tranen in de bruidstaart een catastrofe op het huwelijksfeest, en haar oudste zus stort zich na het eten van Tita's gestoofde kwartels in de

armen van een revolutionair. De levens en liefdes van de drie zussen worden op weergaloze wijze beschreven in deze warmbloedige liefdesroman, die de harten veroverde van lezers over de hele wereld. Rode rozen en tortilla's verhaalt op hartstochtelijke wijze over onbereikbare liefde, vurige passie en pittige Mexicaanse gerechten. De pers over Rode rozen en tortilla's 'Wegdromen bij een prachtig mooi verhaal en genieten van de lekkerste recepten.' Flair 'Rode rozen en tortilla's is een van de bekendste culinaire romans. En terecht!' Foodies 'De verrukkelijkste roman sinds tijden. Een origineel gegeven, vermengd met een flinke scheut passie en magie, levert een voortreffelijk boek op!' Cosmopolitan 'Een lief, teder en sprookjesachtig boek.' Hebban.nl

Many entries in the historical record and examples from popular culture show nobles, knights, kings, and peasants alike celebrating with food and drink. In this book, medieval agriculture, food preparation, and eating are explored in equal measure. With vivid examples from historical manuscripts, paintings, frescoes, and more, this book opens a window for readers into the culinary worlds and celebratory rituals of the people of the Middle Ages. From typical foods of the common people, to the most dazzling and lavish displays of consumption by kings and queens, this volume is sure to sate readers' appetites for knowledge about the era.

Nutritional requirements vary greatly according to age and lifestyle. This evidence-based, comprehensive text is a complete guide to eating habits across age and population groups. It provides the recommendations for intakes of nutrients and foods, and diet to achieve optimum health. Chapters systematically examine the nutritional issues for individuals from preconception, pregnancy and breastfeeding through to adulthood and old age. The text features an overview of dietary patterns by age group based on national scientific survey data together with the latest recommendations for optimum nutrition to maintain well-being and address specific health concerns. The final section examines nutrition issues for specific populations including indigenous groups, athletes and the disadvantaged. Throughout the text, key points are illustrated by case studies and the reader's knowledge is tested via quizzes and study questions. With chapters from leading nutrition researchers and educators in Australia, New Zealand and Asia, this is an excellent introduction to nutrition through the lifespan. 'A comprehensive overview and detailed discussion of food and nutrition topics for all ages and stages of life.' - Robynne Snell, Curtin University

Kitchen tells the story of the life of the kitchen, through the food we eat now and the way we live, in the most important room of the house. Compendious, informative and utterly engaging, Kitchen brings us feel-good food for cooks and eaters that is comforting but always seductive, nostalgic but with a modern twist — whether express-style easy-exotic recipes for the weekday rush, leisurely slow-cook dishes for weekends and special occasions, or irresistible cakes and cookies as the Domestic Goddess rides again. It answers everyday cooking quandaries — what to give the kids for lunch, how to rustle up a meal for friends in moments, or what to do about those black bananas, wrinkled apples and bullet-hard plums — and since real cooking is so often about leftovers, here one recipe can morph into another... from ham hocks to pea soup and pasties, from chicken to Chinatown salad. This isn't just about being thrifty but about being creative and seeing how recipes come about and evolve. As well as offering the reader a mouthwatering array of inspired new recipes — from clams with chorizo to Guinness gingerbread, from Asian braised beef to flourless chocolate lime cake, from pasta Genovese to Venetian carrot cake — Nigella rounds up her no-nonsense Kitchen Kit and Caboodle must-haves (and, crucially, what isn't needed) in the way of equipment and magical standby ingredients. But above all, she reminds the reader how much pleasure there is to be had in real food and in reclaiming the traditional rhythms of the kitchen, as she cooks to the beat of the heart of the home, creating simple, delicious recipes to make life less complicated. The expansive, lively narrative, with its rich feast of food, makes this new work a natural 21st-century successor to Nigella's classic How To Eat, this time with a wealth of photographs from the instructive to the glorious.

Traditional and contemporary vegan recipes for holiday celebrations year-round Food and holidays go hand in hand, but for many vegans, cooking traditional celebration menus can be stressful. Now, from the author of Urban Vegan, comes this gathering of flavorful, animal-free celebratory recipes, both traditional and contemporary, using seasonal ingredients. This book covers the spectrum of holidays from across the globe—public, religious, and even quirky, lesser-known holidays. Celebrate Vegan also includes recipes for important milestones such as birthdays, weddings and anniversaries, as well as menus for everyday celebrations like “Girls’ Night In,” “Snow Day,” “Tailgate Party,” and “Slumber Party.” Celebrate Vegan uses mainly pantry staples, although a few recipes call for more exotic ingredients. Seasoned chefs and cooking novices alike will find the chatty recipes easy to follow. Most recipes are simple, while more elaborate holiday treats invite readers to explore new techniques. Sidebars bring to light unfamiliar holidays, as well as interesting facts and cooking tips.

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