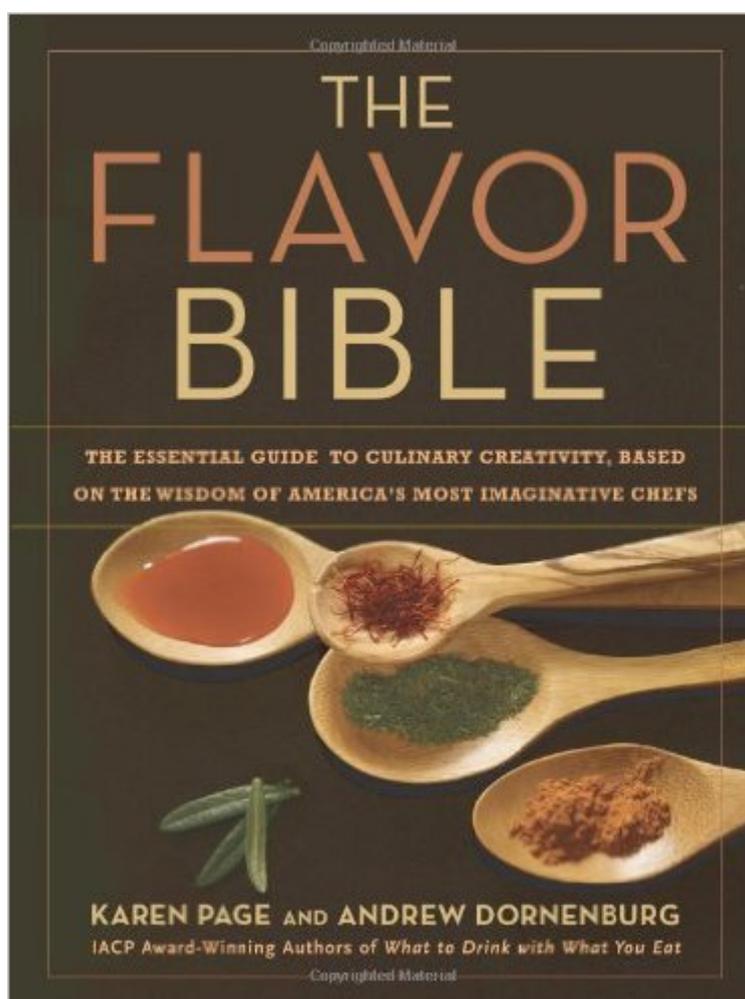


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# The Flavor Bible: The Essential Guide To Culinary Creativity, Based On The Wisdom Of America's Most Imaginative Chefs



## Synopsis

Great cooking goes beyond following a recipe--it's knowing how to season ingredients to coax the greatest possible flavor from them. Drawing on dozens of leading chefs' combined experience in top restaurants across the country, Karen Page and Andrew Dornenburg present the definitive guide to creating "deliciousness" in any dish. Thousands of ingredient entries, organized alphabetically and cross-referenced, provide a treasure trove of spectacular flavor combinations. Readers will learn to work more intuitively and effectively with ingredients; experiment with temperature and texture; excite the nose and palate with herbs, spices, and other seasonings; and balance the sensual, emotional, and spiritual elements of an extraordinary meal. Seasoned with tips, anecdotes, and signature dishes from America's most imaginative chefs, *The Flavor Bible* is an essential reference for every kitchen. Winner of the 2009 James Beard Book Award for Best Book: Reference and Scholarship

## Book Information

Hardcover: 392 pages

Publisher: Little, Brown and Company; 1 edition (September 16, 2008)

Language: English

ISBN-10: 0316118400

ISBN-13: 978-0316118408

Product Dimensions: 8 x 1.4 x 10.2 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (971 customer reviews)

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## Customer Reviews

I recently added this book to my cookbook collection, which numbers more than 1,000 volumes (probably more like 1200 but I'm still cataloging). It has immediately become one of my favorites (and definitely my #1 favorite in English). If you are a serious cook, love to read cookbooks like novels, and view recipes as suggestions rather than as requiring strict adherence to precise measurements, then this is the book for you! (Did I say I LOVE this book?) I make all of the desserts for my husband's restaurant. If I snag some particularly luscious fruit and want to make it into a

dessert, this is the book I reach for first. I don't WANT to be told how to make a fruit sorbet. I already know how. But I love having a list of suggested flavors and products that go with what I already have. It's like having an uber-creative friend at your side saying "hey, why not try THIS?" And if you are not an experienced cook, this book provides invaluable guidance that a recipe book never could. It is wholly different from every food book I have ever read. The book is clever, useful, and obviously the product of prodigious research. To the authors, I send my humble gratitude. You have made my life immeasurably easier, and my dishes far more interesting than ever before. This book is a must-read if you love to eat or love to cook. I have already bought six copies and have given two as gifts. It's THAT good.

It's more of a compendium of alphabetical listings of foods that are paired together. The format basically goes something like this: Blueberries Season: spring-summer Taste: sour-sweet Botanical relatives: huckleberries Weight: light Volume: quiet-moderate Techniques: cooked, raw Tips: Can substitute huckleberries allspice almonds apricots bananas blackberries butter, unsalted buttermilk chocolate, white CINNAMON cinnamon basil cloves... It is like a book that is a giant index, which refers you to things that can pair well. This book is more for people who have a willingness to experiment. It gives pointers on what other people think might go good with an item, such as blueberries. You have to figure out your own proportions. Of course, responsible cooks probably want to taste the food they serve beforehand anyways. ;)

Flavor is the basis for all food, without it, the world would seem less colorful, lifeless, and bland. Food isn't just about what you can taste in your mouth but also what you can see with your eyes, what you smell with your nose and what you feel in your heart. That's what is presented in this book. (The authors wrote two other acclaimed books, *Culinary Artistry* and *What to Drink with What You Eat*.) *Culinary Artistry* showcased that food can be art. That colors structure on a plate can evoke emotions the same as any other art work. And like any art work, is in the eye of the beholder. *What to Drink with What You Eat* gave us the understanding that beverages (not just wine) can be paired and should be thought of as a condiment rather than an afterthought. The Flavor Bible talks about, well, flavor; but more than that, it talks about what flavor is and how we perceive it, receive it, balance it and emphasize it. All coming to the climax which is a very in depth list (3/4ths of the book) of ingredients detailing its profile (weak, strong), seasonality, and every herb, spice, fruit, vegetable, meat, fish, poultry and alcoholic related item and what would go exceptionally well with it. So, if it is so good, why did I give it only 4 stars? The list for the most part is just an update

from Culinary Artistry; most flavor companions haven't change since the days of Escoffier. The "new" list does give mention of the seasonality of produce and also the break down of different cuts of meat such as beef, lamb, pork, and poultry into their respected parts and given their own listings. Culinary Artistry was my best friend going through culinary school and now I have a great addition that I am sure I'll end up burning through as well. I look to this book every time I cook to add that extra something to a dish. So if you are even the slightest bit interested in cooking or making good food taste even better then you can't go wrong buying this book.

Bought this book w/o a whole lot of information about it. Can't believe it -- I now have the resource I've been looking for -- I'm a cook with some years of experience, a huge cookbook collection, a list of classes taught by renowned experts and cookbook writers, and still I yearned for a reference that gave me the info on what goes with what (w/o me researching my whole library or classnotes. I guess I need "permissions" and this book gave it to me. Tonight I made redfish (snapper in the book) with a crust of almonds, chives, parsley and dill (methodology learned in all those classes). Served w a favorite zucchini recipe that included the "go-to" ingredients for snapper, and roasted potatoes with light sprinkling of rosemary and salt (again, a "go-to" herb for the main dish). It wasn't overkill (my worry) -- it just plain worked and I did it w/o a single recipe. Cut my cooking time in half and raised my personal culinary "thermometer" by a ton of degrees. If you cook, know methodology and are looking for a silent but knowledgeable help in the kitchen, buy this book. It's a gem!!!

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