



The New Food Lover's Companion

Sharon Tyler Herbst, Ron Herbst

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The brand-new fourth edition of this widely praised reference guide has been updated with new information for everyone, including lovers of ethnic foods and health food aficionados. The authors have added many all-new entries on exotic produce and other unusual ingredients. An earlier edition of *The New Food Lover's Companion* was hailed by *Bon App@tit* magazine as "one of the best reference books we've seen, a must for every cook's library." This new edition has even more to offer! Among the myriad foods and culinary subjects defined and explained are cooking tools and techniques, meat cuts, breads, pastas, international foods, cheeses, eggs and omelets, herbs and spices, fruits and vegetables, candies and desserts, wines and cocktails, and literally everything else related to good food and enjoyable dining. Handy and helpful appendices cover a wide range of food-related topics. They include suggestions for substituting recipe ingredients, high-altitude baking adjustments, a microwave oven conversion chart, recommended safe cooking temperatures for various meats and fish, a guide to reading food package labels, seasoning suggestions to enhance favorite dishes, a food additives directory, and much more. *The New Food Lover's Companion* is a reference guide--not a cookbook--but it includes hundreds of cooking tips plus an extensive bibliography of recommended cookbooks and other food-related literature. Here in one volume is an invaluable companion for cooks--and for everybody else who loves good food. More than 6,700 entries plus line art that shows retail cuts of lamb, pork, beef, and veal.

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