

Recent Cookery Books - December 2019

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Kain Nai! : An Illustrated Guide to Philippine Food / Felice Prudente Sta. Maria & Bryan Koh (Illustrated) Mariel Ylagan Garcia

RPD Publications (The Crown Book Group, Inc.), Philippines 2019

212p.

9786219583336

\$ 50.00 / null

600 gm.

Filipino food is the summary of Filipino history—from the indigenous food of the prehistoric era, to the influences of Asian cooking generated by trade, and the Colonial influences brought on by conquest. Yet for all its richness and diversity, little is known beyond dishes like adobo, sinigang, lechon. Kain Na! aims to change that.

The first illustrated tome of its kind contains essential information on Philippine food and eating habits. Káin Ná! (which means "let's eat!") is a warm invitation to the country's communal dining table and into its regional kitchens.

It is divided into 12 chapters, Almusál (breakfast), Lútong Báhay (home cooking), Meryénda (afternoon delights), Lútong Kalsáda (street food), Paghimágas (desserts), Pulútan (bar chow), Pang-Pistá (festival food), Inúmin (beverages), Sa Panaderyá (bakery finds), Kakanín (rice treats), Sawsáwan (dipping sauces), and a section on ingredients key to the Filipino larder.

<https://www.marymartin.com/web?pid=658241>

FEU Feast : Philippine Hometown Recipes / Melany Caperal (et al.)

Far Eastern University Publication, Philippines 2018

xiv, 132p. ; color illustrations ; 28cm.

9789716780598

\$ 25.00 / null

250 gm.

1.Cooking, Philippine.

FEU Feast consist of 90 recipes from the FEU kinfolk. As in a celebration of any feast, this cookbook is borne out of passion and generosity of all contributors to share with the FEU community and other food lovers a gift or two on the occasion of the university's 90th foundation year.

<https://www.marymartin.com/web?pid=658242>

Nhum : Recipes from a Cambodian Kitchen / Rotanak Ros and Nataly Lee

Rotanak Food Media Co.,Phnom Penh, Cambodia 2019

237p.

Includes Index

9789924933700

\$ 65.00 / HB

1150 gm.

Nhum brings to table the story of traditional Khmer cuisine from the perspective of two modern Cambodian women. For Chef Nak and Designer/Photographer Nataly Lee, food is not just about sustenance, nutrition or beauty. It is the story of connection – connection to our environment, our community, our family and ourselves. Through recipes and images, this book takes readers on a culinary journey to discover Cambodian food and culture – as it is today.

<https://www.marymartin.com/web?pid=675803>

CEYLOVE / Jessica Heath

CEYLOVE, USA 2018

240p.

Includes Index

9780999882900

\$ 55.00 / null

950 gm.

1.Cooking

2.Cookbooks

CEYLOVE (pronounced Say Love) is the marriage of Ceylon, the former British colonial name of Sri Lanka, and Love. The book conveys Jessica's adoration and respect for her heritage and mother's homeland through a collection of family recipes, stories, travel and life experiences. It all began when Jessica was a young girl, infatuated with the amazing aromas created in the kitchens of her mother and grandmother. Since then, she has learned the intricacies of Sri Lankan cooking, which culminated in her appearance on MasterChef USA Season 8. In CEYLOVE: From Sri Lanka With Spice , Jessica presents 97 recipes using whole spices to impart extraordinary flavor to food in a pure and all-natural way. Her goal is to bring the spirit of Sri Lanka to any occasion, whether it is your date night, holiday, breakfast or cocktail hour. You will see why Sri Lankan cuisine is a foodie's dream come true!

<https://www.marymartin.com/web?pid=667364>

Eva Pendaeli's Original Tanzania Cook Book / Eva Pendaeli-Sarakikya

Mkuki na Nyota Publishers Ltd., Tanzania 2019

x, 192p.

Includes Index

9789976101256

\$ 30.00 / null

380 gm.

This is the first and original cookbook with recipes for preparing authentic Tanzania cuisine. As in every cooking, spices are what distinguishes one recipe from another and Tanzania is abundantly endowed with numerous spices, most of which are available in their fresh state. The names of the spices in the book are given in English and Kiswahili for those who want the freshest from sokoni, the local vegetable market, and for those who are near good vegetable markets elsewhere.

This book will introduce you to locally available ingredients rich with local flavours for preparing meals that the single person, family or gathering will enjoy on different occasions for celebration, and where good food is a prime component. They are a great reminder of mama's cooking prepared with love; and if you are away from her you no longer need to stress about what to prepare, just open any random page and start cooking.

<https://www.marymartin.com/web?pid=657726>

Kusima Mada : Fiji's First Sustainable Seafood Cookbook / Sangeeta Mangubhai (Recipes) Jason Allport

Wildlife Conservation Society, Fiji 2019

156p.

Includes Index

\$ 65.00 / HB

900 gm.

In Fiji, the word "kusima" describes not only an overwhelming appreciation of seafood but, also the insatiable desire to eat seafood. The word is the inspiration of a new cookbook that aims not only to provide seafood recipes but, also promote sustainable seafood practices and celebrate the role women play in Fijian fisheries. The cookbook is called Kusima Mada.

<https://www.marymartin.com/web?pid=666883>

Accompaniments: Chutneys, Relishes, Pickles, Sambals and Preserves / Kusuma Cooray

University of Hawaii Press, USA 2019

xx, 260p. ; 110 color plates.

Includes Index

9780824867942

\$ 27.99 / null

900 gm.

1.Side dishes (Cooking).

2.LCFG: Cookbooks.

Luscious mango chutney spiced with Ceylon cinnamon, cloves, and nutmeg; exotic jaggery pickle with fruit and dates; tomato "pachadi" bursting with the fragrance of cumin and black mustard seed fried in olive oil; stunning and versatile carrot marmalade; fiery, pungent, and creamy green chili and coconut sambal, laced with fresh lemon juice. These are only a few of the tantalizing dishes you will find in this cookbook.

The tastes of Asia and the West are brought to life through 175 recipes, along with lavish full-color photographs, in five categories of accompaniments: chutneys, relishes, pickles, sambals, and preserves. Chef Kusuma Cooray is inspired by flavors from her childhood that originate from India, Sri Lanka, Pakistan, Indonesia, and other South Asian countries abundant in exotic spices. At times her tempting creations show the multicultural influences of decades spent living and teaching in Hawai'i, with its bounty of fruits and farm-fresh produce. Spices—the chef's specialty—are what make these delicacies unique, lending mystique with their fragrance and, occasionally, additional nutritional value from their medicinal and curative properties.

Written throughout in a clear and engaging style, each recipe includes a brief preface by Chef Cooray, offering tips, serving suggestions, or a charming remembrance. In a similarly warm and personal tone, introductory essays open each of the five main chapters, providing explanatory background and overall preparation methods. Whether a person is a professional chef, culinary student, home cook, or simply enjoys reading cookbooks, Accompaniments is an exciting addition to their bookshelf.

<https://www.marymartin.com/web?pid=667453>

Tikim : Essays on Philippine Food and Culture / Doreen G. Fernandez

Anvil Publishing Inc, Philippines. 2020

xxii, 222p.

9789712735639

\$ 10.00 / null

250 gm.

Doreen Gamboa Fernandez represents "the compleat writer" – her incisive yet soulful writing, coupled with her keen understanding of the Filipino's culture and psyche, has brought her (and us fortunate readers) into the very essence of Filipino cooking. According to her, "Writing about food should not be left to newspaper food columnists, or to restaurant reporters. It should be taken from us by historians of the culture, by dramatists and essayists, by novelists, and especially by poets. For it is an act of understanding, an extension of experience. If one can savor the word, then one can swallow the world."

<https://www.marymartin.com/web?pid=674249>

Notes from My Kitchen / Chef Reggie Aspiras

Anvil Publishing Inc, Philippines. 2020

160p.

9789712735608

\$ 20.00 / null

640 gm.

Collated in this book are Chef Reggie Aspiras's notes straight from her kitchen, her cooking classes, and her years of experience in the culinary world. Get ready for these sumptuous recipes that explore the flavors & tastes of classic Philippine dishes, done Chef Reggie's way.

<https://www.marymartin.com/web?pid=674250>

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