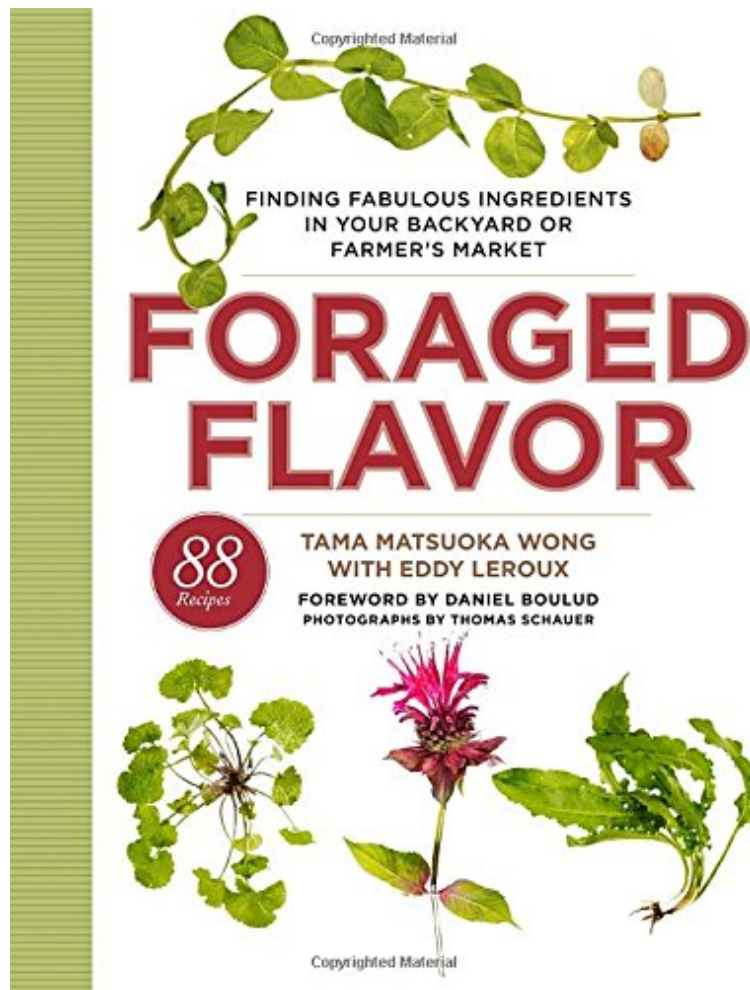


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Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market, with 88 Recipes

Tama Matsuoka Wong, Eddy Leroux
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Tama Matsuoka Wong, Eddy Leroux : Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market, with 88 Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market, with 88 Recipes:

2 of 2 people found the following review helpful. Clear, concise and beautifully illustrated. By ChelleRI ordered this book for a friend who had mentioned foraging, but on seeing it for myself I bought another three copies (keeping one for me, of course) and even paying the much higher on-the-shelf price because I simply couldn't wait. The book is written with great passion and insight, but doesn't gush or in any way over-complicate the issue. The pair offer great advice, provide clear photographs and descriptions of edibles, and load the book with recipes that you will WANT to

make (and will then be successful in). From the moment you crack the cover you will be met with a beautifully illustrated, edited and written resource that will have you craving to get out there to see just what's in your local area for you to take home for dinner. Truly inspiring. 0 of 0 people found the following review helpful. Have you ever looked at a plant and wondered "can I eat that?" By Cosala Salaci Well this is the book for you! Very informative little book on edible plants that you can forage just make sure you wash items thoroughly first! 0 of 0 people found the following review helpful. Five Stars By Emilie Hannon I love this book! I bought copies for my son daughter and they love them too!

Forage for wild food and discover delicious edible plants growing everywhere including your backyard and how best to prepare them to highlight their unique flavors, with this seasonally organized field guide and cookbook. While others have identified in the past which wild plants are edible, Tama Matsuoka Wong, the forager for Daniel, the flagship restaurant of renowned chef Daniel Boulud, and Eddy Leroux, its chef de cuisine, go two steps further, setting the bar much higher. First, they have carefully selected only the wild plants that are worth seeking out for their fabulous flavors. Second, after much taste-testing, they have figured out the best way to prepare each ingredient a key in getting to know these exciting new foods. In *Foraged Flavor*, they reveal their seventy-one favorite plants, which are easy to identify and can be harvested sustainably across the country (including at farmers markets for those without access to nearby fields and forests). Tama helps readers uncover bright lemony oxalis growing in patches of their lawn or creeping jenny, with its unmistakable leaves and delicate green-pea flavor. Eddy then gives simple recipes to showcase the foraged finds, including Cardamine Cress with Fennel and Orange Vinaigrette; Braised Beef, Dandelion Leaves, and Clear Noodles; and Purslane Eggplant Caponata. With twenty-five botanical illustrations, fifty color photographs of the plants, and tons of field- and kitchen-tested know-how, *Foraged Flavor* will be an indispensable guide for cooking enthusiasts.

Much more than a field guide with recipes, this is a fascinating introduction to the nearly lost art of foraging for wild edibles. Tama and Eddy are truly passionate in their approach; their enthusiasm is inspiring. David Tanis, author of *Heart of the Artichoke and Other Kitchen Journeys* I love any book that brings more plants into our world, and wild plants have the most special place in the kitchen. The combination of sound information and delectable recipes couldnt be more enticing. A lovely book! Deborah Madison, author of *Local Flavors* This is a charming and informative introduction to harvesting and cooking with wild plants in a sustainable and environmentally sensitive way. Eddy Leroux's interesting and delicious recipes alone make the book a must-have. Daniel Patterson, chef-owner of *Coi* *Foraged Flavor* is the perfect guide for the home cook to the bounty and beauty of whats growing right there in your own backyard. Tama shares her enthusiasm for foraging and turns you on to harvesting from the wild and Eddy's recipes turn the wilderness into pure deliciousness. Melissa Hamilton and Christopher Hirsheimer, authors of *Canal House Cooking* *Foraged Flavor* isnt just a collection of gourmet recipes for weeds and other unappreciated plants. . . . [It] matches the distinctive, variously nutty, tart, sour, hot, minty tastes of these wild herbs for a weed, after all, is just a plant we dont like with their soul mates (ginger or mustard or pine nuts). The New York Times *Foraged Flavor* is an unusual book in that its a joint effort between a forager (Wong) and a chef (Leroux), so in many ways, it provides the best of both worlds: information on the plants plus recipes that provide a sophisticated, culinary usage that go beyond teas and salads. Epicurious The book could be called *Foraged Urban Flavor* as I count only a handful of plants in the book that I cant find growing wild in my own garden or within a short distance. . . . The ingredients are easy to source (even in my inner-city neighborhood) and the recipes are simple enough that someone like me could follow them. Treehugger.com In a few hours a truck would arrive at Ms. Wongs house in rural Hunterdon County [New Jersey] to pick up bags of deadnettle, creeping jenny, chickweed, and other plants most people would step over or pull out. They will be delivered to Daniel, the three-Michelin-star Manhattan flagship of chef Daniel Boulud. Ms. Wong is the restaurants forager, relied on to help keep the menu diverse, unique, and flavorful. With Tama, the level of trust is absolute, said Daniels chef de cuisine Eddy Leroux. . . . The recipes [in *Foraged Flavor*] are largely simplified versions of dishes on the Daniel menu, such as pan-roasted wild turbot with pine needles and spring wild herb ravioli with Gorgonzola, which includes deadnettle, wild garlic mustard, chickweed, and dandelion. The Wall Street Journal About the Author TAMA MATSUOKA WONG is the forager for restaurant Daniel in New York City and enjoys relationships with organizations that include the Audubon Society and Slow Food. After more than twenty-five years as a financial services lawyer, she launched Meadows and More, LLC, to connect experts in the field of meadow restoration, botany, and wildlife with people in the community. In 2007, she was named Steward of the Year by the New Jersey Forest Service. EDDY LEROUX is the chef de cuisine at Daniel, the award-winning flagship restaurant of celebrity chef Daniel Boulud. Excerpt. Reprinted by permission. All rights reserved. Chickweed Crostini Serves 4 1 tablespoon plus 2 teaspoons olive oil 6 ounces (about loaf) country bread, baguette, or other crusty bread, sliced 1 inch thick 1 small white onion, chopped 1 ounce (1 cups) tender chickweed greens or other wild green such as gallium or cress, plus more for serving 1 ounces Gorgonzola or other tangy blue cheese 2 tablespoons heavy cream 1 tablespoon chopped walnuts 1. In a large skillet, heat 2 teaspoons of the olive oil over medium-high heat; add the bread, pressing

down on the slices. Toast each side until lightly browned.2. In a medium skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the onion and cook for 2 minutes, or until softened. Add the chickweed and cook for a few minutes, or until tender and bright green.3. Meanwhile, in a small pot, melt the Gorgonzola and cream over low heat.4. Spoon equal portions of the chickweed on top of each bread slice and drizzle with the cheese sauce. Sprinkle with walnuts and a few raw sprigs of chickweed and serve.