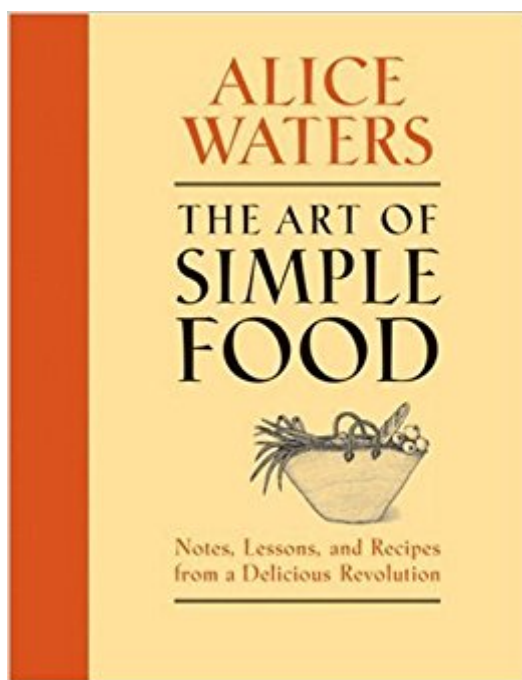


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# The Art Of Simple Food: Notes, Lessons, And Recipes From A Delicious Revolution



## Synopsis

Perhaps more responsible than anyone for the revolution in the way we eat, cook, and think about food, Alice Waters has single-handedly changed the American palate • according to the New York Times. Her simple but inventive dishes focus on a passion for flavor and a reverence for locally produced, seasonal foods. With an essential repertoire of timeless, approachable recipes chosen to enhance and showcase great ingredients, *The Art of Simple Food* is an indispensable resource for home cooks. Here you will find Alice's philosophy on everything from stocking your kitchen, to mastering fundamentals and preparing delicious, seasonal inspired meals all year long. Always true to her philosophy that a perfect meal is one that's balanced in texture, color, and flavor, Waters helps us embrace the seasons' bounty and make the best choices when selecting ingredients. Fill your market basket with pristine produce, healthful grains, and responsibly raised meat, poultry, and seafood, then embark on a voyage of culinary rediscovery that reminds us that the most gratifying dish is often the least complex.

## Book Information

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## Customer Reviews

Do we really need more recipes for beef stew, polenta, and ratatouille? If they're the work of famed restaurateur and "food activist" Alice Waters, undoubtedly. In *The Art of Simple Food*, Waters offers 200-plus recipes for these and other simple but savory dishes, like Spicy Cauliflower Soup, Fava Bean Purée, and Braised Chicken Legs, as well as dessert formulas for the likes of Nectarine and Blueberry Crisp and Tangerine Ice. In addition, readers learn (or become reacquainted with) the

Waters mantra: eat locally and sustainably; eat seasonally; shop at farmers markets. These are the rules by which she approaches food and cooking, and hopes we will too. Organized largely by techniques, the book is a kind of primer, designed to free readers from recipe reliance. Some readers may look askance at advice that they search out sources for locally produced food, for example, given the everyday exigencies of shopping and getting meals on the table. Yet it is precisely the need to "remake" our relationship to food that, Waters contends, determines the ultimate success of all our cooking and dining, not to mention our health and that of the planet. This relatively small book has a large message, and good everyday recipes to back it up. --Arthur Boehm

Starred Review. The delicious dishes described in the latest cookbook from Chez Panisse founder Waters, such as a four-ingredient Soda Bread and Cauliflower Salad with Olives and Capers, are simple indeed, though the book's structure is complex, if intuitive. After a useful discussion of ingredients and equipment come chapters on techniques, such as making broth and soup. Each of these includes three or four recipes that rely on the technique described, which can lead to repetition (still preferable to a lack of guidance): a chapter on roasting contains two pages of instructions on roasting a chicken (including a hint to salt it a day in advance for juicy results), followed by a recipe for Roast Chicken that is simply an abbreviated version of those two pages. The final third of the book divides many more recipes traditionally into salads, pasta and so forth. Waters taps an almost endless supply of ideas for appealing and fresh yet low-stress dishes: Zucchini Ragout with Bacon and Tomato, Onion Custard Pie, Chocolate Crackle Cookies with almonds and a little brandy. Whether explaining why salting food properly is key or describing the steps to creating the ideal Grilled Cheese Sandwich, she continues to prove herself one of our best modern-day food writers. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

This is in my top 10 cookbook list and I give it as a gift. My top ten are cookbooks that have the requisite recipe, but is also instructional and you will learn why you do certain things.

I'm a big fan of Alice Waters books although I haven't used them much. This is really more of a "how to cook" book than most and I've decided to try to work my way through it. Alice Waters wrote a forward to a collection of classic cookbooks written years ago by Elizabeth David, who I am also a big fan of. The emphasis is on fresh ingredients and good cooking techniques, of which Ms. Waters is a master. I also just like her style of writing. This book reminds me a bit of Craig Claiborne's

"Kitchen Primer" which I used many years ago to teach myself how to cook. Now I'm relearning the basics via Alice Waters.

If you could have only one cookbook, this would be it. It is simple and the recipes well-done by a master chef yet basic enough for the beginning cook. Her motto: Eat locally and sustainably; eat seasonally; shop at farmers' markets; plant a garden; conserve compost, and recycle; cook simply, engaging all your senses; cook together; eat together; remember food is precious. She starts with organizing the pantry, ingredients, staples and perishables. A list of basic equipment and small tools needed by the cook is given. The recipes are simple and clear. Drawings are found throughout the book. If you like this one, *The Art of Simple Food II* is out. Great book belongs in every kitchen library.

The perfect basics book.

Every 20 years or so a cookbook comes out that is a sort of reference "bible" of cooking for the times. I used to teach cooking and if I had to pick one basic book as that generational cooking guide, this would be it. For the roast chicken recipe alone, this book is worth its weight in gold. It is a great reference for just about anything- gratins, proteins, eggs, stews, soups, salad dressings. There are so many other reviews here and I am guessing they say similar things in more detail so I won't prattle on any further except to add that what is lacking in the photography department (there is none) is made up for in the concise and well written instructions. When I moved and had to choose only a few cookbooks to bring with me, this was one of them.

Love this cook book. The recipes are simple. Minimal ingredients and every recipe I have tried has been delicious and easy to prep after work.

Alice Waters has a way of explaining food and cooking in a way easy to understand. Her recipes are simple, they don't require dozens of herbs and spices that you probably don't have (and may not be able to purchase). This is a book I expect to use the rest of my life.

I have been cooking regularly for about 18 years now, and for about the last 9 years or so it has become a real passion for me. I also have a personal library of hundreds of cook books. But I still found this book to be both an enjoyable and an educational read. The book has filled in some gaps

in my cooking knowledge that I didn't even realize were there, or maybe more exactly, crystallized my thinking about some cooking ideas and techniques that I was somewhat fuzzy about. Reading this book also made me realize that somewhere along the way I had unconsciously developed the belief that if preparing my food was too simple, it wasn't "real" cooking. This was starting to take a lot of the fun out of cooking for me and turning it back into a chore. Ms. Waters has given me permission to explore all the ways that delicious food can be prepared with just a few steps and top notch ingredients. Cooking is fun again. More concretely, as a result of reading this book I find that I am wasting much less food, and finding much more creative ways to use the things that I have in my refrigerator and pantry, which is translating into spending less money at the grocery store. For me, the real value of the book was not the recipes, but the discussion of ingredients, cooking techniques and Ms. Waters' personal approach to preparing delicious food for her family and friends.

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