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# The New Food Lover's Companion



## Synopsis

The fifth edition of this widely praised and highly esteemed reference guide has been updated with new information to reflect the way we eat in today's world. The authors have taken into account our healthier lifestyles and more diverse palates to include: Over 500 new listings, including Korean, Persian, and South American additions Updated information for hundreds of existing entries A blood alcohol concentration chart for men and women An extensive breakdown of food labels and nutritional facts Department of Agriculture recommendations for a 2,000 calorie per day food plan Among the myriad foods and culinary subjects defined and explained are cooking tools and techniques, meat cuts, breads, pastas, and literally everything else related to good food and enjoyable dining. Handy appendices cover many topics including suggestions for substituting recipe ingredients, a microwave oven conversion chart, recommended safe cooking temperatures for meats and fish, 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. More than 7200 entries plus line art are included in this seminal work.

## Book Information

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## Customer Reviews

"A must for every cook's library." Bon Appétit magazine Praise for previous editions . . . The quintessential food reference book . . . a bible for anyone seriously interested in cooking. Adventures in Dining Essential for anyone who talks, eats or thinks about

food. Bev Bennett, Chicago Sun-Times; The indispensable landmark volume that defines thousands of American and foreign culinary terms. Paula Hamilton, Oakland Tribune; Comprehensive, accurate, interesting, well-written, and inexpensive. Booklist; A wealth of information . . . a small culinary gem. Pat Dailey, Chicago Tribune; As thick and as satisfying as a well-stuffed sandwich. The New York Times

Ron Herbst holds a degree in Hotel and Restaurant Management and spent the better part of a decade working in various restaurants around the country. He is the co-author of four critically acclaimed books with Sharon Tyler Herbst, including *The Food Lover's Guide*. This indispensable book is considered essential for anyone who talks, eats or thinks about food; (Bev Bennett, Chicago Sun-Times) and is featured on Food Network's website as their go-to food reference guide. Sharon Tyler Herbst was an award-winning author of many books on cooking and dining, a food and travel journalist, a media personality and a past president of the International Association of Culinary Professionals.

This book is an invaluable resource and I love it! I bought it for work and I carry it with me. There is always something new and exciting to learn about food, and this book is a great reference. It even includes handy charts in the appendix with cuts of meat, substitutions, differences in cooking terms, all kinds of handy material. If you cook, love food, or work in foodservice, this is a must have! I have to knock off a star because the cover of this book is so ugly. SO UGLY. I plan to make a book cover for it. Do better! Otherwise, it's really great!

Lots of good information here. The quality of the actual book is not great. It is a very thick paperback with not much glue binding the pages together. I anticipate that they will start falling out soon. The corners were rounded poorly. Obviously there was no quality control here. The print is clean but could have been larger for easy viewing. The appendices are great. Wish they would make this book (a 5 x 7") larger, in hardback, two columns of entries, larger type. This good text deserves better treatment.

I have bought several copies of this book for friends and family over the years! It is a go to in my

household where several professional chefs reside! It answers debates and inquiries quickly and is a must have resource. This book is easy to navigate with its dictionary style, and often gives the origin and makeup of different foods and even defines culinary terms. It makes a great gift for the aspiring cook and even the professional. Even if you can't cook, with this resource you will be able to talk the talk and make it sound like you do. I Will probably continue to buy more copies as gifts or to replace ones that are falling apart from use.

This book is second-best to the Bible itself. I was helping a friend with a large dinner party, and I saw her refer to this book more than once. I knew I had seen it before in some very well seasoned chefs kitchen's so I thumbed through it quickly snapped a pic of the cover because I knew I had to have a copy. Everything and anything you want to know about food is covered in this one book.it's a must have for anyone cooking, novice , expert anyone.

I have purchased two copies of The Food Lover's Companion. The first for myself. I have found every unfamiliar word I've come across in reading and watching anything related to cooking. I gave the second copy to my best friend who loves to cook and she has thanked me many times for this valuable resource. The book fits easily on the shelf and counter. It would be even better if this resource came in a large print edition.

Although this is a great book, as written, even better is the Deluxe version which rates seven stars.

I love this book. Being a foodie I am always curious as to what goes into what and this is the bible of reference for anything kitchen. Plus it is fun and gives little details about pasta, tomatoes, etc that are delightful. I have bought so many of these for friends and family that I should have stock!

I have always loved this book. I buy updated versions as they are released. The only thing I was disappointed about was the weak binding. Broke within the third time of opening. Now the pages are falling out. Bummer.....

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