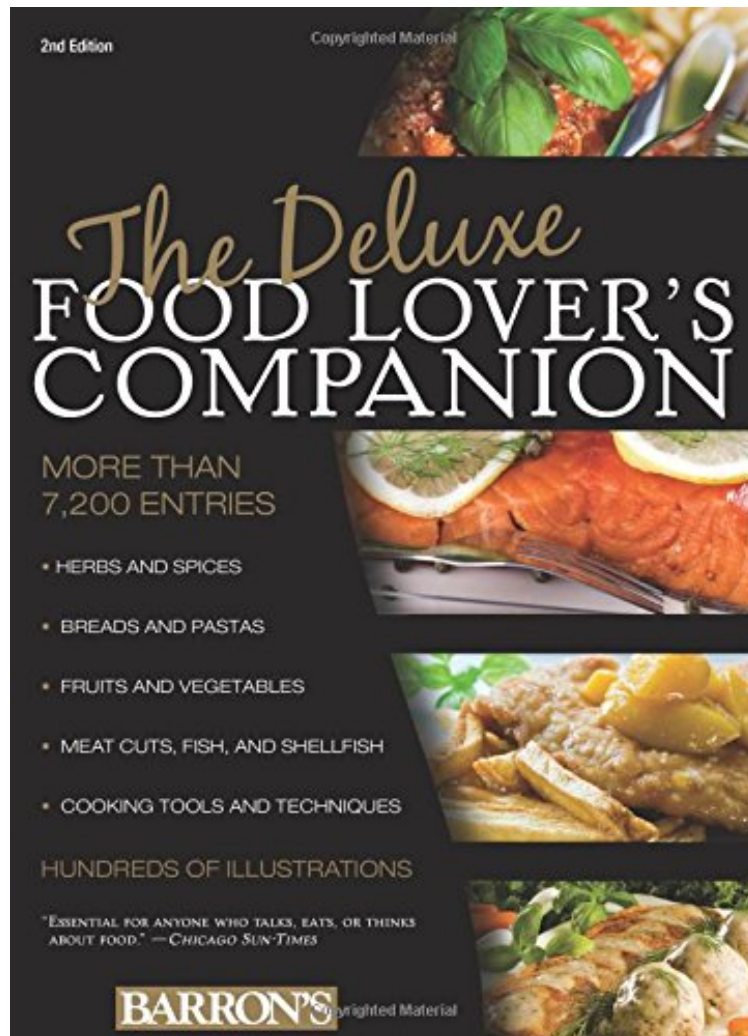


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The Deluxe Food Lover's Companion

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Based on Barrons popular and authoritative The New Food Lovers Companion, this enlarged and enhanced reference volume was written for discerning home chefs and everybody else who wants to become more knowledgeable about good food and elegant dining. This second edition has been updated with new information to reflect the way we eat in todays world. The authors have taken into account our healthier lifestyles and more diverse palates to include:More than 500 new listings, including entries relating to Indian and Southeast Asian ingredients, plus expanded coverage of South American, Hispanic, and Middle Eastern cuisinesUpdated information for hundreds of existing entriesA blood alcohol concentration chart for men and womenAn extensive breakdown of food labels and nutritional factsDepartment of Agriculture recommendations for a 2,000 calorie per day food planMore than 7200 entries plus line art are included in this seminal work. Miniature glossaries are interspersed throughout the text. Sidebar features throughout the book offer quick tips on food purchases, as well as Fast Facts and advice on preparation, serving, and 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 deluxe hardcover binding with dust jacket includes a ribbon place marker and golden-tipped page edges, making this gorgeous book as much a showpiece as it is an indispensable reference.