

Recent Cookery Books - September 2021

Southeast Asia Head Office
Blk 231, Bain Street
#03-05, Bras Basah Complex
Singapore 180231
Tel : +65-6883-2284/6883-2204
Fax : +65-6883-2144
info@marymartin.com
www.marymartin.com

South Asia Head Office
8/123, Third Street,
Tatabad, Coimbatore 641012
India
Tel : +91-422-2499030/2495780
Fax : +91-422-2495781
info@marymartin.com
www.marymartin.com

The Diabetic Cookbook / Michael Swamy
Bloomsbury Publishing India Pvt. Ltd., New Delhi. 2021
221p.; Color ill.; 25cm.
9789389351163
\$ 20.00 / null
550 gm.

The need of the hour is fine food, and how do we define "fine food" that is not detrimental to one's health. The rise of Lifestyle diseases is heavily upon us. The connect with nature has disappeared with modernisation and urbanisation.

As chefs we have a responsibility to what we serve to our guests. The journey of changing one's palate and creating healthier menus without actually calling them healthy is a challenge these days.

In many of the restaurants that I have handled, I have seen guests come in asking for dishes that will not affect their allergies and other problems. Changing well known dishes and altering their profiles without affecting the taste and experiential quotient is what I have to resort to.

This book is all about the familiar dishes and how we change them by using superfoods and super ingredients to lower ones' blood sugar levels. How to up one's protein intake at the same time consuming less of meats.

While the book is majorly vegetarian and touching upon the vegan aspect we have kept a small percentage of non-vegetarian dishes.

The book is an all colour book, with almost 80 recipes

<https://www.marymartin.com/web?pid=774364>

No Ne Eeara Ma Neara : Keu o ma yere to kaledoni no ro mere a'jie pugewe ro mere a pwagara ma angele = Vivres et vivre en terre A'jie : Cuisine et culture en Nouvelle-Caledonie -Temoignage en langue a'jie - Traduit en francaise et anglais = Foods and food making in A'jie country : Cooking and culture in New Caledonia - Testimony in A'jie - Translated into French and English / Yvette Boawe & La Fontinelle-Kasarherou

Academie des langues kanak, Noumea, New Caledonia. 2020
130p.
9782918248217
\$ 70.00 / null
385 gm.

<https://www.marymartin.com/web?pid=771057>

Bhog Naivedya : Food Offerings To The Gods / Sujata Shukla Rajan
Rupa publications India Pvt. Ltd, New Delhi 2021
xiv, 273p.; 22cm.
9788129144584

\$ 10.00 / null

380 gm.

A nation's food culture, brought to you on a puja thali! Bhog Naivedya delves into the origins of sacred foods in India and brings forth its incredible diversity. Brilliantly researched and engagingly written, Sujata's book is peppered with delectable tales from mythology, sumptuous temple lore, the aromatic linkages with kings and saints, mouth-watering food descriptions and much more. Travel from Badarinath Dham in the Himalayas to the Krishna temples at Mathura and Nathdwara to discover the lovingly-performed food rituals. Visit the Jyotirlinga of Kasi Vishwanath temple in Varanasi and Trimbakeshwar temple in Nashik and learn about Lord Shiva's favourite foods. Moving to the east of India, we see a dramatic change in the offerings, especially in the bhog offered to Goddess Shakti at Kamakhya in Guwahati and then at Kalighat in Kolkata. Peep through the holes in the kitchen walls of Puri's Jagannath temple and watch the preparation of Chappan Bhog in pots on clay chulhis (hearths), and thence to Tirupati to admire the elaborate food offerings to Lord Balaji. Wander into sacred groves and temples where serpent deities are worshipped with their choicest foods. Enjoy the colours of food at ISKCON, where bhog represents a philosophy. Relish tasty prasadam at Srirangam and Chidambaram, follow Kumbakonam's Navagraha trail and then halt at the Padmanabhaswamy temple for delicious payasams. Listen to the boatmen of Kerala singing along the way to a gargantuan sadya (feast) at Aranmula Parthasarathy Temple. Tour the mega kitchens at Shirdi's Prasadalya and gratefully accept the langar at the Golden Temple at Amritsar, taste the Maha Ashtami Bhog at Kolkata's Durga Pujo. Find the connection between Kannagi, who burnt Madurai into cinders, and Pongala, when millions of women congregate with their sacred hearths on the streets of Thiruvananthapuram. This is not just faith, but also a nation's food culture, brought to you on a puja thali!

<https://www.marymartin.com/web?pid=774592>

Recipe Book : Kelentang Kelentung Warisan = Buku Resepi Kelentang Kelentung Warisan /

ScreenBox Pte Ltd, Singapore 2021

1v.

\$ 75.00 / HB

With the intention to preserve our rich Malay food heritage, the idea to publish the Kelentang Kelentung Warisan Recipe Book was born - for today's generation and the rest to come.

With 50 traditional recipes (in Malay and English) by our beloved mothers and recipe contributors, a lot of time and energy was spent in hopes that it brings warmth and joy to your families through the kitchens of your home.

There are 50 traditional recipes in this book, including Nasi Bancaan, Ondeh-Ondeh, Sambal Goreng Sayur, Bubur Kacang Hijau, Cha Cha Keledek, Durian Serawa Pulut, Tempoyak Pucuk Ubi, Embe-Embe, Masak Lemak Ikan Sepat & Nenas, Kuih Kaswi, Kuih Bakar Berlauk, Lompang Boyan, Roti Boyan, Udang Geragau Goreng, Jemput-jemput Pisang, Ayam Lemak Cili Padi, Keria Keledek, Kuih Bakar Berlauk, Sambal Goreng Godok, Opor Nangka, Rendang Daging, Badak Berendam and more! 50 recipes in total!

<https://www.marymartin.com/web?pid=770292>

The original Mediterranean cuisine : medieval recipes for today / Santich, Barbara
Wakefield Press, Australia 2021

224 pages

9781743056424

\$ 55.00 / HB

750 gm.

Robust, gutsy flavours, sophisticated and subtly spiced sauces, the tang of fresh herbs: this is the original Mediterranean cuisine.

In Sicily you can still find a puree of broad beans essentially the same as eaten by the ancient Greeks and Romans and the same strips of candied zuccata that once would have been offered at a fifteenth-century banquet. The pan-Mediterranean dish of fried fish in a vinegary sauce goes back to the time of Apicius and the Roman Empire.

In *The Original Mediterranean Cuisine*, you will discover intriguing delights such as ginger and almond sauce, lamb with quinces and Platina's herb salad. Acclaimed culinary historian Barbara Santich tells the story of authentic medieval Mediterranean food, and brings to the table recipes translated and adapted for modern kitchens from fourteenth- and fifteenth-century Italian and Catalan manuscripts.

<https://www.marymartin.com/web?pid=776818>

= *Molecular Cooking in Japanese Cuisine* / , ,

:

: () () 2021

153p ; 24cm

9784873119489

\$ 48.00 / null

Cooking Science Japanese cuisine

<https://www.marymartin.com/web?pid=778245>

WASHOKU : Japanese Traditional Food and Food Culture /

: 2021

189p ; 15cm

9784816370441

\$ 20.00 / null

Japanese cuisine

<https://www.marymartin.com/web?pid=778244>

= *ARTISTS' COOKBOOK under Lockdown* / = [] []

: 2021

143p ; 26cm

9784865280272

\$ 50.00 / null

cooking

<https://www.marymartin.com/web?pid=778243>

HITOTEMA : The art of Japanese home cooking 2 /

: 2021

159p ; 29cm

9784074481088

\$ 76.00 / null

cooking

<https://www.marymartin.com/web?pid=778242>

WASHOKU = An Illustrated Guide to Japanese Food : & / []

Kyoto : Tankosha 2021

111p ; 23cm

9784473044372

\$ 34.00 / null

Japanese cuisine

<https://www.marymartin.com/web?pid=778246>

Sattvik Cooking: Modern Avatars of Vedic Foods / Hansaji J. Yogendra

Rupa Publications India Pvt. Ltd., New Delhi 2021

xi, 320p.; 22cm.

Includes Index

9789390918850

\$ 10.00 / null

400 gm.

That which is the subtle portion of curds, when churned, rises upwards and becomes butter. In the same manner, my child, the subtle portion of the earth (food), when eaten, rises upwards and becomes mind. That which is eaten, raises upwards and becomes breath. That which is the subtle portion of the fire, when consumed, rises upward and becomes speech. For mind, my child, comes of the earth, the breath of water, speech of the fair.

<https://www.marymartin.com/web?pid=776508>

The Flavour of Spice : Journeys, Recipes, Stories / Marryam H. Reshii

Hachette Book Publishing India Pvt. Ltd., Gurugram. 2021

xiv, 321p.; 20cm.

Includes Bibliography

9789350095713

\$ 12.50 / null

400 gm.

A book that celebrates all things spice, and the integral ways in which they shape what we eat. Throughout her career spanning 25 years, well-known food critic and writer (and little-known collector of spice-grinders of eclectic origin) Marryam Reshii has had a relentless love affair with spices. Such has been her passion that she has travelled across the country, and to various corners of the world - crushing, grinding, frying and tasting - in a bid to understand every aspect of these magnificent ingredients. The result is *The Flavour of Spice*, a zesty narrative that brings together stories about the origins of spices and how they evolved in the cuisines we know and love, colourful anecdotes gleaned from encounters with plantation owners and spice merchants, and beloved family recipes from chefs and home cooks. From the market yards of Guntur, India's chilli capital, to the foothills of Sri Lanka in search of 'true' cinnamon, and from the hillsides in Sikkim, where black cardamom thrives, to the saffron markets in the holy city of Mashad, Iran - this heady account of spices pulsates with exciting tales of travel and discovery, and an infectious love for the ingredients that add so much punch to our cuisines.

<https://www.marymartin.com/web?pid=774300>

HOW TO ORDER BOOKS FROM US :

Institutional/Individual Libraries

Please send us your official purchase order by e-mail/fax/post. We shall despatch the books to you. On receipt of the books in good condition, you can send us your Payment by Cheque/Wire Transfer. Credit Card Payments are accepted through paypal. For Postage & Packing - Actuals are charged. You can check the Postage at www.singpost.com. If you need any further clarification, please do contact us.
