

Recent Cookery Books - April 2022

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Recipes Are For Sharing: Favourite Everyday Dishes Shared and Compiled for
Family and Friends / Kalsom Taib, Ungku Balkis Ungku Abdul Hamid & Ungku
Murhamah Shereen Ungku Abdul Hamid

Kalsom Taib Publishing, Malaysia 2022

1v.

9789675859106

\$ 50.00 / null

A collection of 200 Malaysian recipes that are simples and speedy to make
elevating everyday eating into no-fuss feasts.

<https://www.marymartin.com/web?pid=791863>

Recipes Are For Sharing : Favourite Everyday Dishes Shared and Compiled for
Family and Friends / Kalsom Taib, Ungku Balkis Ungku Abdul Hamid & Ungku
Murhamah Shereen Ungku Abdul Hamid

Kalsom Taib Publishing, Malaysia 2022

1v.

9789675859090 (HB/Jackets)

\$ 75.00 / HB

A collection of 200 Malaysian recipes that are simples and speedy to make
elevating everyday eating into no-fuss feasts.

<https://www.marymartin.com/web?pid=791864>

Penang Makan: Heritage Street Food Recipes / Dayana Wong

Bulan Press Sdn. Bhd., Malaysia 2021

152p.

Includes Index

9789672562603

\$ 60.00 / HB

720 gm.

"Let me take you on a stroll through the streets of multicultural Penang and show
you the heritage street food I grew up eating; the food I long for most when I am
away from home."

'Penang Makan' is infused with little tales of life on the island and shines the
spotlight on its famous hawker culture and authentic street food recipes.

Featuring over 50 recipes from Asia's most diverse street food city – from wok-
hei flavoured char kuay teow and spicy coconut broth curry mee to thirst
quenching pink ais tingkap and much more, these recipes will transport you from
your kitchen to my island food paradise.

<https://www.marymartin.com/web?pid=799755>

Heritage Spiced Beverages: Their Health Wonders / Mohamad Nazri Zayapor &
Aminah Abdullah

Universiti Islam Malaysia, Malaysia 2018

208p.
Includes Index; Bibliography
9789671502402
\$ 30.00 / null
324 gm.

With increasing awareness among population on keeping healthy, this publication contains another source of information on the nutritional diet, as it highlights the varieties of heritage spiced beverages developed and consumed in Indonesia, India, Iran, Turkey and other Muslim countries, that contribute to good health. In Indonesia, the heritage spiced drinks include Jamu, Loloh, Bandrek, Bajigur, Sarabba and Wedang Uwuh developed and consumed in the various provinces of this vast Island Archipelago. Among the favourite heritage beverages of the various regions of the Indian sub-continent included Kashaya, Jaljeera, Tambuli, Kokum, and Kahwa.

Sharbat is popular in the Middle Eastern countries. The book provides details of the types of herbs and spices used, categorised natural sweeteners, flavourings and colorants that are formulated in these beverages. The health benefits accrued from consuming them are contributed by the phytochemicals constituting of phenolic and sulphurous compounds, terpenes and lignin with anti-oxidant and enhancing immune system properties, contained in the herbs and spices used in the formulations. This information will be useful, particularly to those who adopt and practice natural medicine for happy living and healthy ageing.

<https://www.marymartin.com/web?pid=799756>

Chillies Chhana and Rasa: Heritage Foods of Bengal / Nina Mukerjee Furstenau
Aleph Book Company, New Delhi 2021
xi, 249p.; 23 cm.
Includes Index.

9789390652600
\$ 17.50 / HB
480 gm.

Immerse yourself in the world of Bengali cooking with award-winning food writer Nina Mukerjee Furstenau as she cooks up Bengal's most-loved dishes. Travel to Jharkhand in search of the perfect green mango; sail across the seas to the ports of Portugal and unravel the mystery of the ubiquitous chilli; then come home to the aromatic gondhoraj lemon, discovering mouth-watering dishes along the way—some classics, others lesser-known delights—such as Lote Maacher Jhaal, Kosha Mangsho, Pitha Patishapta Narcole Gura, Hilbeh, and many, many more. These delicious recipes, perfectly spiced with heart-warming accounts from the author's life, will nourish the mind and body alike.

<https://www.marymartin.com/web?pid=783413>

K Food : Secrets of Korean Flavors (Set – 5 Books) / Designhouse, Inc., (Ed-in-Chief) Koo Sunsook
Kong & Park USA, Inc., USA 2021

9781635190373
\$ 245.00 / HB
4086 gm.

"There's never been a Korean food book like this before"

As the first Minister of Culture, Lee O-young, states, people who say 'eat age' (which means getting older), 'eat money' (that is, earning it), 'eat insults' (being bad-mouthed), 'eat hardship' (exerting yourself), 'eat fear' (getting scared), 'eat your mind' (making up one's mind), 'eat a championship' (winning one), and 'eat feelings' (when one is really touched) are Koreans. In dealing with food, time, space, emotions, and goods, Koreans have been inseparable from the activity of eating. However, there were not many books that explored the way they ate and lived. Above all, it is rare to find a book that properly answers the question of people outside the country, 'What are the characteristics of Korean food?'

Five Codes to Examine Korean Food: 'Flavorlessness,' 'Fusion,' 'Fermentation,' 'Gathering,' and 'Moist-Heat'

K FOOD: Secrets of Korean Flavors is the result of an effort to examine the spirit and substance, and the past and the present, that has taken root in the Korean table, with a dense and bold eye. Above all, this book looks at Korean food in terms of cultural codes such as 'flavorlessness,' 'fusion,' 'fermentation,' 'gathering,' and 'moist-heat' instead of traditional standards, such as 'season' and 'ingredients.' Korean food begins with a bland and mild 'tasteless' rice, and that rice is wrapped up in a ssam or mixed with meat and vegetable ingredients, sesame oil, and red pepper paste for 'fusion' properties, which are the first and second codes. While the Western cooking code consists of the confrontation between cooked and raw, and meat diet and vegetarianism, the third code examines the taste of fermented Korean food, that is, Korean food through 'fermentation.' The fourth code, 'namul culture,' looks into Korean food through the tradition of the 'gathering era' of digging for namul (greens), picking tree fruits, and plucking marine plants. The fifth code, 'wet culture,' focuses on foods that are always included in Koreans' meals. They are broth-based foods such as soup, tang, stew, and hot pot, foods that need to be simmered, such as yeot (Korean taffy), grain syrup, and syrup, and foods cooked with steam, such as rice cakes and other steamed foods. Former Minister of Culture Lee O-young, "Korea's best scholar," took on the task of coding through this insight into the spirit and matter, and the past and the present of Korean food. Han Bokryeo, the director of the Institute of Korean Royal Cuisine, Chung Haekyung, Professor in the Department of Food and Nutrition at Hoseo University, Park Chaelin, Ph.D. at the World Institute of Kimchi, and Cha Gyunghee, Professor of Korean Cuisine at Jeonju University, were responsible for the task of specifying and presenting the code in detail across each volume.

The two-year-long journey bundled into five volumes originated from the idea that food, especially Korean food, is not just a material substance that fills the stomach but somewhat of a 'media' with strong communication powers. This is the result of a comprehensive examination from the roots of Korean food such as royal cuisine, temple food, and Jongga food, to the scenery of the dining table where Koreans live in 2021, and from the source of ingredients to producers, from representative local foods to popular products on the market.

Korean food, which is prepared by mixing, fermenting, seasoning, and boiling, harmonizes with the principles of circulation and paradox. They do not 'exclude' but 'include,' and embrace and harmonize with each other. It not only adheres to the memories of the past or the taste of tradition, but also fuses and develops with the present taste and foreign culture, and as this book struggled to find this, it would be very reasonable to name this book 'K-food,' like 'K-pop,' 'K-drama,' and 'K-beauty.'

<https://www.marymartin.com/web?pid=791982>

K Food: Secrets of Korean Flavors Part One: The Special Flavors of Korea / Lee O'Young & Cho Heesuk

Kong & Park USA, Inc., USA 2021

204p

Includes Index

9781635190328

\$ 49.90 / HB

754 gm.

<https://www.marymartin.com/web?pid=791983>

K Food : Secrets of Korean Flavors Part Two: Bland. Wrapping. Mixing / Chung Haekyung & Cho Heesuk

Kong & Park USA, Inc., USA 2021

216p.

Includes Index

9781635190335

\$ 49.90 / HB

788 gm.

<https://www.marymartin.com/web?pid=791984>

K Food: Secrets of Korean Flavors Part Three: Pickling: Fermenting / Park Chaelin & Lee Hayeon

Kong & Park USA, Inc., USA 2021

256p.

Includes Index

9781635190342

\$ 49.90 / HB

898 gm.

<https://www.marymartin.com/web?pid=791985>

K Food: Secrets of Korean Flavors Part Four: Picking. Digging. Plucking / Chung Haekyung & Roh Yunghee

Kong & Park USA, Inc., USA 2021

234p.

Includes Index

9781635190359

\$ 49.90 / HB

810 gm.

<https://www.marymartin.com/web?pid=791986>

K Food : Secrets of Korean Flavors Part 5: Simmering. Boiling. Steaming / Cha Gyunghye & Han Bokryeo

Kong & Park USA, Inc., USA 2021

236p.

9781635190366

\$ 49.90 / HB

844 gm.

<https://www.marymartin.com/web?pid=791987>

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