



# The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs

By Karen Page, Andrew Dornenburg

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Great cooking goes beyond following a recipe--it's knowing how to season ingredients to coax the greatest possible flavor from them. Drawing on dozens of leading chefs' combined experience in top restaurants across the country, Karen Page and Andrew Dornenburg present the definitive guide to creating "deliciousness" in any dish.

Thousands of ingredient entries, organized alphabetically and cross-referenced, provide a treasure trove of spectacular flavor combinations. Readers will learn to work more intuitively and effectively with ingredients; experiment with temperature and texture; excite the nose and palate with herbs, spices, and other seasonings; and balance the sensual, emotional, and spiritual elements of an extraordinary meal. Seasoned with tips, anecdotes, and signature dishes from America's most imaginative chefs, *The Flavor Bible* is an essential reference for every kitchen.

Winner of the 2009 James Beard Book Award for Best Book: Reference and Scholarship

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### Editorial Review

From Publishers Weekly

Starred Review. Dornenburg and Page's follow up to their award-winning *What to Drink With What You Eat* certainly compliments its predecessor (part of the intent), but works equally well as a standalone reference for cooks of all skill levels. An alphabetical index of flavors and ingredients, the book allows readers to search complimentary combinations for a particular ingredient (over 70 flavors go well with chickpeas; over 100 are listed for oranges), emphasizing the classics (chives with eggs, nutmeg with cream, sardines and olive oil, etc.). Entries for ingredients such as chicken, beets and lamb span multiple pages and feature menu items from chefs such as Grant Achatz of Alinea, Alred Portale of Gotham Bar and Grill and Le Bernardin's Eric Ripert. Regional tastes are well-represented in broad entries for classic German and English flavors, as well as the more fine-tuned flavors of, for example, northern France or West Africa. The listings, combinations and short essays from various chefs on different matches are meant to inspire rather than dictate—there are, in fact, no recipes included. Instead, the volume is meant as a jumping-off point for those comfortable in the kitchen and eager to explore; though experienced cooks and chefs will benefit most, novices will find themselves referring to this handsome volume again and again as their confidence grows. Color photos.

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From [Booklist](#)

Creative, self-motivated cooks who don't demand recipes' precise prescriptions will cheer the publication of this guide to the kingdom of taste. Addressing the nature of flavor and its role in cooking, the authors have gathered creativity and wisdom from dozens of the world's best chefs. Page and Dornenburg define the aesthetic of flavor as a combination of taste, mouthfeel, aroma, and a mysterious factor perceived by the other senses and by the diner's emotions. They then break down in hundreds of tables how ingredients' flavors relate to one another. For example, the table for apples notes their affinity for cinnamon, pork, rum, and nuts. They also list the most common ingredients of national cuisines. In some cases, they note clashes, such as oysters and tarragon. This is a valuable reference for all aspiring chefs and sets down in print what has often been believed inexpressible. --Mark Knoblauch

Review

One of the 10 best cookbooks in the world of the past century. (**Alex Munipov in *Forbes***)

One of the best Cookbooks of the Decade: 2000-2009. (**Brad Parsons, cookbook editor, Amazon.com**)

[One of the] Top 100 Cookbooks of the Last 25 Years. (***Cooking Light* magazine**)

Inspired....Open yourself to a delicious new experience. ?***Oprah Winfrey in O Magazine***

*The Flavor Bible*...is amazing. ? ***Sandra Lee on the Today Show, on her favorite books for holiday gifting***

One of the best cookbooks of the year. ? ***Sara Moulton on Good Morning America***

A seminal work...Destined to become a classic. ? ***Lucinda Scala Quinn on Martha Stewart Living Radio***

I love *The Flavor Bible*...[One of 19] must-have food books [of all time] ? ***Ellen Rose on NPR's Good Food***

One of the best books of the year. *?People*

Unique *?Newsweek*

Flavor masters Karen Page and Andrew Dornenburg have compiled an encyclopedic primer to flavor. *?Associated Press*

Readers will find themselves referring to this handsome volume again and again. *?Publishers Weekly*

A unique resource...Wonderfully inspiring and immensely useful. *?Library Journal*

Sets down in print what has often been believed inexpressible. *?Booklist*

Resembles none of the foodie culture's memoirs or cultural histories or cookbooks...It's more like the I Ching. Open it randomly, and it will open you up to an array of possibilities in your culinary future. *?Emily Nunn in The Chicago Tribune*

## **Users Review**

### **From reader reviews:**

#### **Hattie Jasso:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. In order to try to find a new activity honestly, that is look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a book. The book The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs it is very good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the particular e-book. You can m0ore quickly to read this book through your smart phone. The price is not too expensive but this book has high quality.

#### **Glenn Flinchum:**

Is it you actually who having spare time after that spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs can be the response, oh how comes? A fresh book you know. You are thus out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

#### **Mildred Perkins:**

In this particular era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become certainly one of it? It is just simple solution to have that. What you are related is just spending your time very little but quite enough to enjoy a look at some books. One of

several books in the top checklist in your reading list is definitely The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs. This book which can be qualified as The Hungry Slopes can get you closer in getting precious person. By looking upward and review this book you can get many advantages.

### **Christopher Hickman:**

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