



A New Way to Cook

Sally Schneider

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Sally Schneider was tired of doing what we all do—separating foods into "good" and "bad," into those we crave but can't have and those we can eat freely but don't especially want—so she created *A New Way To Cook*.

Her book is nothing short of revolutionary, a redefinition of healthy eating, where no food is taboo, where the pleasure principle is essential to well-being, where the concept of self-denial just doesn't exist.

More than 600 lavishly illustrated recipes result in marvelous, vividly flavored foods. You'll find quintessential American favorites that taste every bit as good as the traditional "full-tilt" versions: macaroni and cheese, rosemary buttermilk biscuits, chocolate malted pudding. You'll find Italian polentas, risottos, focaccias, and pastas, all reinvented without the loss of a single drop of deliciousness. Asian flavors shine through in cold sesame noodles; mussels with lemongrass, ginger, and chiles; and curry-crusted shrimp. Even French food is no longer on the forbidden list, with country-style pâtés and cassoulet.

Hundreds of techniques, radical in their ultimate simplicity, make all the difference in the world: using chestnut puree in place of cream, butter, and pork fat in a duck liver mousse; extending the richness of flavored oils by boiling them with a little broth to dress starchy beans and grains; casserole-roasting baby back ribs to render them of fat, then lacquering them with a pungent maple glaze.

Scores of flavor catalysts—quickly made sauces, rubs, marinades, essences, and vinaigrettes—add instant hits of flavor with little effort. Leek broth dresses pasta; chive oil becomes an instant sauce for broiled salmon; a smoky tea essence imparts a sweet, grilled flavor to steak; balsamic vinegar turns into a luscious dessert sauce.

Variations and improvisations offer infinite flexibility. Once you learn a basic recipe, it's simple to devise your own version for any part of the meal. "Fried" artichokes with crispy garlic and sage can be an hors d'oeuvre topped with shaved cheeses, part of a composed salad, or as a main course when tossed with pasta. It's equally happy on top of pizza or stirred into risotto. And by building dishes from simple elements, turning out complex meals doesn't have to be a complex affair.

A wealth of tips and practical information to make you a more accomplished and self-confident cook: how to rescue ordinary olive oil to give it more flavor, how to make soups creamy without cream, how to freshen less-than-perfect fish.

So here it is, 756 glorious pages of all the deliciousness and joy that food is meant to convey.

A New Way to Cook Details

Date : Published October 1st 2001 by Artisan

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From Reader Review A New Way to Cook for online ebook

Lisa says

This is a superior cookbook. For those who want to learn the art of cooking, and not just how to follow a recipe, Schneider has written an exceptional guide. She teaches about ingredients and techniques that focus on high-quality flavor and satisfaction, with an emphasis on achieving them in a healthy way. She then provides recipes with variations that teach you to explore and experiment with food.

As a small example, I read the section on spices and rubs and made one of my own. After using it in a recipe from Schneider's book, I have experimented with it on many other things with great success. I also learned about different kinds of vinegars and I now use sherry vinegar when I want a more subtle flavor than balsamic vinegar.

Highly readable, substantial, and grounded in a very accessible and well thought-out approach to food.

Joy Cartier says

Okay. I admit it. I read cookbooks - from cover to cover - and this one is excellent because it not only gives new recipes but describes a new relationship to food and techniques of cooking. It describes a "layered" approach of building meals that is not work-intensive and makes sense to those of us with limited cooking time. Beware: there are a few recipes with "exotic" ingredients that may be off-putting due to special trips to the store.

Alissa says

I received this cookbook many years ago and it's still one of my favorites...

Melanie Fae says

This is by far one of the best cookbooks I own. This book together with my 1970s time life series "The Good Cook" are really the only cookbooks I need. Of course, that doesn't mean they're the only ones I own . . .

This book teaches one how to cook using flavorful techniques while cutting fat to reasonable calories. Nothing is sacrificed eating like this.

Blanca says

This reads a bit like a textbook, a totally relevant and interesting one for home cooks who want to take it up a notch.

The purpose of the book is to eliminate the mentality that any cooking that prohibits starch, fat, etc. This is a guide in the chemistry of enjoying our food as well as the time it takes to prepare it.

Sarah says

This is an excellent resource

Todd says

On the basis of techniques presented, I'd easily give this cookbook five stars. The author does a fantastic job of offering new, healthier ways to build flavors and great tasting dishes.

The reason taht I only rated it at three stars is that we rarely cook things from this cookbook. I suspect that has more to do with the lackluster layout and feel of the book than anything else.

It's not really a fair way to judge this book. But when we're pressed for time and putting together the week's menu, the cookbooks with better layout, and I will say it, pictures, often get our attention first.

Yet it remains in our primary cookbook stack, both as an alternate cooking reference and because we want to use it more than we do.

Catherine Woodman says

I like the idea of having a book with basic recipes and then each recipe has a variation on it (Rick Bayless is the first person that I used this with and love it) but the recipes I tried never worked out all that well and the innovative ideas weren't as appelaing as I'd hoped

Adrienne says

This is a fabulous cookbook. For the cook who doesn't like to follow recipes...and loves simple dishes with quality ingredients.

Paul T says

Dated

Natalie says

This book is most notable for the techniques it presents that you can adapt yourself and the recipes for various flavored oils, rubs, etc. Unfortunately, the end result involves a lot of squeeze bottles filling your kitchen. I like that her focus includes healthful foods but that she is a proponent of bacon fat, oils, and butter, simply in moderation and expanded to make the greatest impact on flavor.

Marian says

600+ pages and about 10 photos, and I don't care how interestingly colored the fonts are. It just seems silly to write instructions for deboning a chicken or killing a lobster with NO illustrations or photos. I guess this is considered a resource for the almost professional home cook? The recipes seemed pretty basic in many regards. I thought it was boring, I have seen many of these subjects handled in more detail with better pictures.

Maggie says

This book is great! It's one of my favorite cookbooks. I still feel like I have only just scratched the surface with how great this book is. It has easy and healthful ways to cook with lots of flavor. Love it!

Christopher Dahl says

This book is great

Lisa Wolff says

I've had the pleasure of meeting Sally, the author, on an Oldways tour in Greece in the late 90s and not only is she a kind and humble lady, her recipes in this book are fantastic! I made the fennel cardamom honey pork rub for last year's Christmas tenderloin and everyone agreed it was the best we've ever had. Her recipes are innovative, healthy and sacred in their thoughtful, slow techniques. A really lovely book that is sure to expand your culinary skills while delighting your taste buds.
