



Deluxe Food Lover's Companion (Hardback)

By Ron Herbst

Barron's Educational Series Inc., U.S., United States, 2015. Hardback. Book Condition: New. 2nd Revised edition. 231 x 175 mm. Language: English . Brand New Book. Based on Barron's popular and authoritative The New Food Lover's 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 today's 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 cuisines Updated information for hundreds of existing entries A blood alcohol concentration chart for men and women An extensive breakdown of food labels and nutritional facts Department of Agriculture recommendations for a 2,000 calorie per day food plan More 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...



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Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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