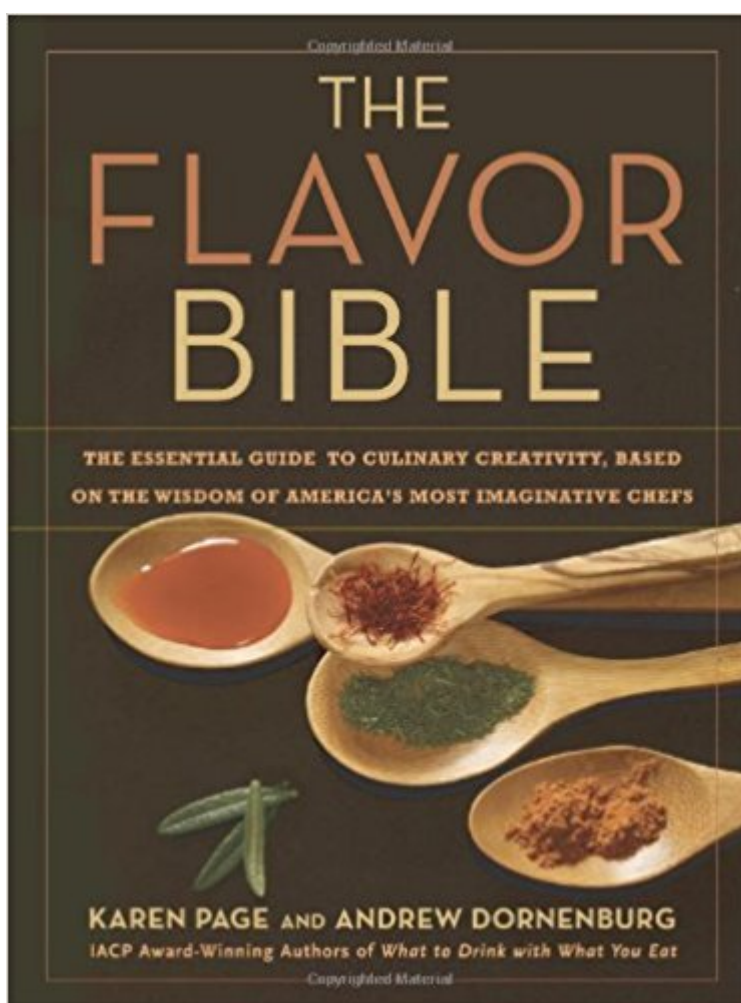


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# The Flavor Bible: The Essential Guide To Culinary Creativity, Based On The Wisdom Of America's Most Imaginative Chefs



## Synopsis

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

## Book Information

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## Customer Reviews

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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Creative, self-motivated cooks who don't demand recipes don't need 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

It's called a bible for a reason. Any cook that absconds recipes NEEDS THIS. Not sure what goes well with ginger? This has it. Not sure the ideal pairing for that crab? This has it. Almost every ingredient is listed with references to every other ingredient that fits well with it. Even marks perfect or best pairings. I used it all the time until I simply now just know so many profiles that I don't need it unless I'm using an unfamiliar or new ingredient. Just an awesome book. Have had it for years and bought it as a gift for many aspiring cooks.

This book was everything I hoped it would be, I'm an amateur home cook but this book has really helped me increase my understanding of food tastes. Don't be afraid to buy this book just because you don't know everything about cooking there is still a lot to be gained from having this around.

I love love love this book. It really expands the mind on how to mix things up in the kitchen. You can go to the flavor matching charts, look up the food you want to cook/bake and you are given an array of possible seasoning, oils, additional flavors from other foods to mix up an old favorite or discover something totally new. Plus, it has the holy trinity of "best combo flavors" for a particular food. But mostly, this book is great fun to discover and play with your food (even though your mama taught you not to play with your food).

I wanted to better understand my spice rack... This is a really great resource for anyone who likes to experiment with ALL flavors, and is tired of following recipes by the numbers. I have discovered some amazing, new (to me...), combinations, and using my own techniques. In fact, I've gotten adept at taking a spoonful of this, adding a pinch of some suggested flavor(s), and judging whether it might actually work. Usually it does. But, I've discovered that the real magic happens at the end of many listings, where A + B + C + ... is suggested and where I have made favorites of several individual flavors that combine into something distinctly new and delicious.

This is a "must have" for those who take cooking seriously - its a wonderful resource to add to your cooking library. Think of an ingredient - look it up in this book and you'll find a whole host of ideas of what goes else great with it. For those of you who like to "wing it" in the kitchen and see what you can come up with from what's in your pantry - this is for you. If you love food, love cooking and love to create new dishes - you must get this book!

Awesome book! I am in culinary school and this book has really helped me with meal planning. Its also a great help on those days you need to clean out your fridge and have a few weird items you don't know how to pair. I would highly recommend it for any cooking professional.

Don't expect a cookbook. This book gives the reader the knowledge to experiment with flavor combinations that are "out-of-the-box". The first two sections are interesting reading on how chefs create dishes and the thought that went into the ingredients. The 3rd section is interesting as you learn how to combine ingredients to create new and different flavor profiles. If you like to "play" in the kitchen and experiment, this book is an absolute must.

I tend to do a lot of cooking with what's on hand or in season, particularly if it's growing in my garden. This is an invaluable resource for that type of cooking. I just look up what my main

ingredient(s) will be and build the recipe around it using the compatible ingredients listed. It even provides emboldened and italicized items that are the most compatible with your chosen main ingredient, which is very helpful. I'd highly recommend this as an addition to the kitchen of anyone who deviates from recipes in their cooking. If you're looking for recipes, though, you should probably look elsewhere.

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