



The Visual Food Encyclopedia: The Definitive Practical Guide to Food and Cooking

From D'Amico, Serge (EDT)/ Fortin, Francois (EDT)

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The Visual Food Encyclopedia: The Definitive Practical Guide to Food and Cooking From D'Amico, Serge (EDT)/ Fortin, Francois (EDT)

What does a tree tomato look like? What's the difference between a turnip and a rutabaga? Where does malanga come from? How do you trim an artichoke bottom? The Visual Food Encyclopedia answers all these food questions ? and thousands more. The Visual Food Encyclopedia is the cook?s companion in the market and the kitchen, illustrating and explaining everything other cookbooks assume you already know. It takes you by the hand and, with a no-nonsense approach, tells you how to look for freshness, when to buy each ingredient at its peak, how to store it once you get it home, and the best methods of preparation and cooking. This extensive guide covers more than 1,000 ingredients, including:

- 70 different kinds of vegetables
- 63 varieties of fruits
- 37 types of meat
- 62 species of fish
- 34 different cereals and grains
- 47 herbs, spices and condiments
- 30 kinds of cheese and milk products
- Varieties of nuts and seeds, mushrooms, seaweed, sugars, fat and oils, and coffee and tea.

In large part, the explaining is done with pictures, over 1,200 of them. The state-of-the-art computer images are so clear and richly colored, you'll want to eat the food right off the page. And because you just have to see how some things are done, like cutting a chicken into serving pieces, basic techniques are clearly illustrated with original step-by-step photographs. This unique book doesn?t ignore health benefits either. All the entries include nutritional highlights. A glossary of terms along with a comprehensive index of the technical and most commonly known names for each entry is provided at the end of the book. Plus, while this is an encyclopedia, not a cookbook, serving ideas and traditional recipes using selected ingredients are featured/ From the novice cook to the experienced chef, there are timeless lessons to be learned from The Visual Food Encyclopedia.

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Editorial Review

Amazon.com Review

The recipe calls for burdock, and you haven't a clue--what it looks like, how to buy it, and what to do with what's left over. This is where the *Visual Food Encyclopedia* shines. Burdock is easily located in the section on root vegetables. The Encyclopedia provides pictures of the whole plant and of the root in question (a whitish, spongy thing with a thin, brownish skin), a short history of the vegetable (originally from Siberia, now cultivated in Japan), buying tips (look for firmness), and ideas of what to do with the leftovers (try a stir-fry, or grate some for a stew).

No food categories are overlooked. The pasta section tells how to make pasta from scratch, and illustrates all manner of pasta types. There are detailed instructions on preparing snails, sea urchins, and frog (this *is* a translation from a French edition)--and all manner of foods are included, from fruits, grains, and vegetables to seaweed, fats, and tea to dairy, fish, and meat. Some ingredients get more attention than others (all the pear varieties, for example, from Anjou and Bosc to Comice and Passe-Crassane, are pictured and described in detail, while the various chili peppers don't get as full a treatment), but with more than 1,000 ingredients, 1,200 illustrations, and a goodly number of recipes as well, this is a corker of a food reference, of value to any cook, from novice to weekend gourmet to professional chef. --*Stephanie Gold*

From [Booklist](#)

This volume is "adapted" from *Dictionnaire Encyclopedique Des Aliments* by Solange Monette (Quebec/Amerique, 1989). It has descriptions of 1,000 different foods with 1,200 drawings or photographs. The foods are arranged by broad categories (fruits), then subdivided (pome fleshy fruits), and ultimately arranged by specific foods (apple, pear, quince, loquat). In the introduction to each broad category, as well as to each food, there is a paragraph or two on buying, preparing, serving ideas, cooking, nutritional information, and storing. The introduction notes that this is not a cookbook, but there are selected recipes as well as step-by-step photographs describing kitchen techniques such as making pasta or preparing a lobster.

The text is well written with no hint of translation mistakes and just a slight foreign slant--the descriptions of andouille, foie gras, rillettes, and pigeon. The layout of each page is especially pleasing, with tables for the nutritional information, a box for recipes, and pictures or photographs of the food above, below, or beside the text.

This is a comprehensive source with the common as well as the unusual--lettuce, perch, cinnamon, fiddlehead fern, seitan, tofu, burdock, kefir, and a whole section on seaweeds. Exclusions are minor; there is no mention of lovage, which in French is called false celery, or of the great variety of potatoes--yellowing fingerling, kennebec, etc. *The Book of Food* by Frances Bissell [RBB Ja 15 95] is similar in content but uses photographs exclusively and does not include recipes. *The Visual Food Encyclopedia* will be a welcome addition to any food reference collection.

Review

Over 1,000 ingredients and photos are packed into this encyclopedia of food and cooking: a comprehensive single volume production which covers spices, meats, cooking techniques, and many unusual foods and ingredients from around the world. Cooks not only learn identification and techniques: they learn keys to preserving, cooking, and how to buy. -- *Midwest Book Review*

Users Review

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Helen Woodyard:

Now a day individuals who Living in the era everywhere everything reachable by interact with the internet and the resources inside it can be true or not demand people to be aware of each facts they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Looking at a book can help people out of this uncertainty Information especially this The Visual Food Encyclopedia: The Definitive Practical Guide to Food and Cooking book because book offers you rich details and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you may already know.

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Ann Foley:

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