

## Recent Cookery Books - December 2018

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Keto East : A Ketogenic Lifestye – Cooking Asian / Kelly Tan Peterson and Dan Peterson M.D.

Cooking Inspired By Love, LLC, Singapore 2018

248p.

9780986097638

\$ 40.00 / null

920 gm.

Food is Love. American-Singaporean Kelly knew this as a child eating her family's Asian dishes. However, food became a nightmare in her twenties as she battled a yo-yo weight gain that escalated into self-loathing for 18 years. Discovering low carb high fat (LCHF) Ketogenic eating lifestyle from her husband doctor Dan, she returned to love: in her marriage, with her food, and ultimately with herself. Keto East honors her favorite delicious childhood recipes, which Kelly offers up Keto style. Rarely is a cookbook such an emotional journey, Kelly's love story will inspire anyone that has struggled or struggles with food and their weight to live KETO, enjoying delicious and satisfying comfort foods while reclaiming their health and self-esteem.

<http://www.marymartin.com/web?pid=408463>

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Kenduri – The Official Publication of Akademi Gastronomi Indonesia : The Rise of Gastronomy Tour, #1, July 2017 / Gupta Sitorus

Akademi Gastronomi Indonesia & Studio Geometry, Indonesia 2017

88p.

ISSN: 2580-7579 ; 9772580757001

\$ 25.00 / null

250 gm.

Kenduri is the official publication of Akademi Gastronomi Indonesia (AGI). With focus on gastronomy, which observed food through its sociocultural context, Kenduri plays as a platform to stay up-to-date with emerging issues in food. Issue 01: The Rise of Gastronomy Tour Featured Articles: - Millennial Impact, Emerging Foodies & the Rise of Food Tourism- Indonesia's Best Food Souvenir- Bali: The Leading Gastronomy in Asia- Report from the 3rd UNWTO World Forum on Gastronomy on Gastronomy in San Sebastian- Joglosemar: Emerging Culinary Destination in Java

<http://www.marymartin.com/web?pid=455553>

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Sarong Inspirations : Signature Dishes and Solo Travels Around Asia / Will Meyrick (Eds) Herlia Adisasmitta & Stuart Sullivan

Inclover – Meida Inc (PT Magna Citra Dimensi), Indonesia 2016

320p.

9786027795051

\$ 75.00 / null

950 gm.

<http://www.marymartin.com/web?pid=455552>

Indonesia Tatler : Best Restaurants 2018 / Edith Emeralda, Maina A. Harjani (et al.)

PT Mobiliari Stephindo, Indonesia 2018

136p.

4891571326134

\$ 21.25 / null

350 gm.

<http://www.marymartin.com/web?pid=455555>

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Kenduri – The Official Publication of Akademi Gastronomi Indonesia : Tracing The Origin Of Indonesian Cuisine, #2, 2018 / Gupta Sitorus

Akademi Gastronomi Indonesia & Studio Geometry, Indonesia 2018

162p.

ISSN: 2580-7579 ; 9772580757001

\$ 25.00 / null

400 gm.

Kenduri is the official publication of Akademi Gastronomi Indonesia (AGI). With focus on gastronomy, which observed food through its sociocultural context, Kenduri plays as a platform to stay up-to-date with emerging issues in food. Issue 02: The History of Indonesian Cuisine Featured Articles:- Food & the Sacred: Examining the Connection of Culinary & Ritual in Indonesia- From Boar to Sagoo: Exploring the Ancient Cuisine of Nusantara Kingdom- Whatever Happened to That Old Recipes? Preserving Food Heritage in Strengthening Cultural Identity- Up Close & Personal with Julius Bramanto

<http://www.marymartin.com/web?pid=455554>

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Chinese Street Food: A Field Guide for the Adventurous Diner / Kasell, Frank

Blacksmith Books, Hong Kong 2018

470p.

9789887792727

\$ 32.95 / null

980 gm.

Street food is the fuel of daily life in China. In every city, adventurous travelers seeking a deeper understanding of Chinese culture can find unique local street foods unavailable anywhere else. To sample these treasures, look no further. With color pictures, taste descriptions, Chinese characters and pinyin names of hundreds of foods from 53 cities, this book has all the information you need to find the most delicious local dishes China can offer.

<http://www.marymartin.com/web?pid=381352>

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Wookwan's Korean Temple Food : The Road to the Taste of Enlightenment / Wookwan (Ed)

ICP inc., South Korea 2018

156p.

9788970946139

\$ 75.00 / HB

800 gm.

Buddhist nun Wookwan breaks the boundaries of spiritual exercise and culinary practice in this first-of-its-kind meditative cookbook of Korean temple cuisine. As the first volume of temple cuisine published in English, Wookwan herself has written an elegant volume that introduces the reader to Korean temple food, including what it means to care for the ingredients at each step of preparation, following the three key principles of cooking temple food, interspersed with her own accounts and tips among the recipes.

Korean temple food has been practicing what we now call the farm-to-table concept, using ingredients that are only homegrown or naturally cultivated, combined with an eco-friendly, clean eating mindfulness with a history of over 1700 years. It is also vegetarian cuisine; it does not use any animal products save for some dairy ingredients, nor does it use the five spicy vegetables that are thought to distract the mind; instead, flavors are precisely crafted by thorough understanding of the ingredients and their natural aromas.

Temple cuisine holds at its very core a reverence for life, and Wookwan's 41 meticulous recipes embody her philosophy and conscientiousness for nourishing the not only the body, but the soul.

<http://www.marymartin.com/web?pid=461835>

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