

Recent Cookery Books - February 2021

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Food Trip : Ang Pagkain Sa Panitikan / Aldrin P. Pentero (et al.)
Pambansang Komisyon Sa Kultura at mga Sining, Manila, Philippines 2020
224p.
9786214320301
\$ 30.00 / null
320 gm.

<https://www.marymartin.com/web?pid=750160>

Let's Eat Enebla : My Ethiopian Recipes - Second Edition / Sari ordberg
Shama Books, Addis Ababa, Ethiopia 2019
34p.
9789994463947
\$ 25.00 / null
120 gm.

"Let's eat, Enebla, My Favorite Ethiopian Recipes," is one of my favorite Ethiopian cookbooks. Unique in today's "303 Best recipe"-genre massolithic cookscape, Enebla is short, sweet, artistically laid out and contains cooking wisdom gems. The up-and-down vertical shape alone bespeaks a certain "IDGAF" with respect to normalizing processes, as this could by no means be called a "standard format." At 21 recipes it packs wallop but doesn't overwhelm with redundancy (as many modern tomes either cover too much ground "the whole kitchen sink" or reiterate versions of the same recipe ad infinitum). The recipes span basics like gomen and shuro wat as well as classics like spiced beef and less well known to Westerners staples such as Ambush spiced bread and Duro chicken bread. Mekelesha powder is featured frequently as is pine cone or temeze. There is a nice section on hand washing and coffee rituals and apparently the author Sari Nordberg-Tafassa has lived in Ethiopia since 1976 and married an Ethiopian gentleman.

<https://www.marymartin.com/web?pid=749893>

Turmeric Nation: A Passage through India's Tastes / Shylashri Shankar
Speaking Tiger Books LLP, New Delhi 2020
334p.;22cm;ills.
Includes Bibliography
9788194472995
\$ 16.75 / null
500 gm.

What exactly is 'Indian' food? Can it be classified by region, or religion, or ritual? What are the culinary commonalities across the Indian subcontinent? Do we Indians have a sense of collective self when it comes to cuisine? Or is the pluralism in our food habits and choices the only identity we have ever needed? Turmeric Nation is an ambitious and insightful project which answers these questions, and then quite a few more. Through a series of fascinating essays—delving into geography, history, myth, sociology, film, literature and personal experience—Shylashri Shankar traces the myriad patterns that have formed Indian food cultures, taste preferences and cooking traditions

<https://www.marymartin.com/web?pid=744682>

Masala Lab: The Science of Indian Cooking / Krish Ashok
Penguin Random House India Pvt.Ltd., Gurgaon, Haryana, India 2020
xxviii; 259p.; 22cm.
Includes Bibliography and Index
9780143451372
\$ 16.00 / null
350 gm.

Ever wondered why your grandmother threw a teabag into the pressure cooker while boiling chickpeas, or why she measured using the knuckle of her index finger? Why does a counter-intuitive pinch of salt make your kheer more intensely flavourful? What is the Maillard reaction and what does it have to do with fenugreek? What does your high-school chemistry knowledge, or what you remember of it, have to do with perfectly browning your onions?

Masala Lab by Krish Ashok is a science nerd's exploration of Indian cooking with the ultimate aim of making the reader a better cook and turning the kitchen into a joyful, creative playground for culinary experimentation. Just like memorizing an equation might have helped you pass an exam but not become a chemist, following a recipe without knowing its rationale can be a sub-optimal way of learning how to cook.

Exhaustively tested and researched, and with a curious and engaging approach to food, Krish Ashok puts together the one book the Indian kitchen definitely needs, proving along the way that your grandmother was right all along.

<https://www.marymartin.com/web?pid=744858>

Food Matters: The Role Your Diet Plays in the Fight Against Cancer / Shubham Pant

Harper Collins Publishers India, Noida, Uttar Pradesh 2020
xx, 192p.; 20cm; photos
9789390351466
\$ 10.00 / null
240 gm.

Cancer is now the fourth leading cause of death in India. So the most pressing question today is-what are you doing to lower your risk?

In Food Matters: The Role Your Diet Plays in the Fight Against Cancer, Dr Shubham Pant asks you to 'focus on the mundane solutions'. Oncologist at the MD Anderson Cancer Center, he recommends eating a good diet, staying a healthy weight and other lifestyle interventions to keep cancer at bay. Citing case studies, Dr Pant also suggests how patients diagnosed with and recovering from cancer can best manage their nutritional needs.

Intensively researched and featuring simple and delicious recipes, Food Matters tells you everything that you need to know about cancer and diet.

<https://www.marymartin.com/web?pid=744838>

Food and Faith: A Pilgrim's Journey through India / Shoba Narayan

Harper Collins Publisher India, Noida, Uttar Pradesh 2020
283p.; 22cm.
9789353579036
\$ 15.00 / null
400 gm.

All religions have some teachings in common. They all preach the values about leading the good life and developing courage, character and tenacity to cope with the ups and downs of life. Faith, at its best, is about giving strength and succour.

India is home to a multitude of faith systems including Hinduism, Islam, Christianity, Sikhism, Jainism, Zoroastrianism, and Buddhism. Yet, the country remains an enigma to most foreigners. In Food and Faith, we visit Kashi, a centre of learning where young ascetics and students flocked to study with scholars, formulate their beliefs and search for the divine; the Ajmer Dargah, whose distinctive beauty is that not only it's open to people of all faiths, it welcomes them; the Golden Temple, whose community kitchen feeds thousands of people from different faiths on an average day too. And then there is Goa too, with its layering of a Hindu past with a Mediterranean soul, of Latin beats with sitar strings, of Indian spices with European stews.

Author and columnist Shoba Narayan attempts to peel back India's layers and explore the nation's heart and mind. She visits many of India's iconic places of worship, try to understand their rituals and make sense of religious polarities. In doing so, she answers a pertinent question that confronts any modern seeker of spirituality: what sustains us?

<https://www.marymartin.com/web?pid=744848>

Eating in the Age of Dieting / Rujuta Diwekar
Westland Publications Private limited, Chennai 2020

xii,314p.;20cm.

9789389648560

\$ 13.50 / null

350 gm.

Rujuta Diwekar is amongst the most followed nutritionists globally, and a leading health advocate. Over the past decade, her writings have decisively shifted food conversations across the country away from fads and towards eating local, seasonal and traditional. Her mantra, 'eat local, think global', blends the wisdom of our grandmothers with the latest advances in nutrition science for sustainable good health for all.

<https://www.marymartin.com/web?pid=744651>

Hundred Daughters Hundred Patience Hundred Meals : Return of Hundred Daughters (Dual Books) / Kevin WY Lee

Kevin WY Lee, Singapore 2019

1v.

9789811426018

\$ 90.00 / HB

600 gm.

Hundred Meals [] is my second self-published title, made in memory of my father and in celebration of his life as a restaurateur. The publication features a uniquely designed photobook + cookbook duet.

The photobook comprises 60 B/W photographs of a family road trip in 2012. The cookbook features 100 recipes I conceived after the passing of my father in 2018. The photobook and the cookbook, the road and the kitchen, serve as a hundred metaphors for my father's life and our family's history of migration and diaspora – from the rice farms of Kaiping in South China, to the sugar cane fields of Fiji in the South Pacific, to the HDBs of Singapore in Southeast Asia.

<https://www.marymartin.com/web?pid=747480>

When Cooking was a Crime: Masak in the Singapore Prisons, 1970s-80s / Sheere Ng , Don Wong

In Plain Words, Singapore 2020

128p.

9789811482397

\$ 50.00 / null

350 gm.

In Malay, "masak" means "to cook". In our childhood, "masak-masak" meant pretending to cook, but for many inmates in Singapore's prisons and Drug Rehabilitation Centres (DRCs) during the '70s and '80s, "masak" was a favourite pastime, but also a criminal offence.

A new book, "When Cooking Was A Crime: Masak In The Singapore Prisons, 1970s-1980s", offers a rare glimpse into prison life by exploring how food took on new meanings and tastes for those behind bars.

Writer and researcher Sheere Ng from the writing studio In Plain Words, which published the book, interviewed eight former inmates and documented their memories of cooking supper inside their cells and dormitories.

Former photojournalist Don Wong complements their stories with photographic recreations of 35 objects and dishes often used in the masak culture.

<https://www.marymartin.com/web?pid=743580>

170 Recipes South African, Volume 1 / Marti Loza

Marti Loza, USA 2020

112p.

Includes Index

9798674959861

\$ 35.00 / null

320 gm.

<https://www.marymartin.com/web?pid=747252>

Let's Cook : Delicious Yet Nutritious Easy Meals and Treats for Kids and Teens / Siba Mtongana

Penguin South Africa (Penguin Random House South Africa (Pty) Ltd), Cape Town, South Africa 2020

176p.

9781485900856

\$ 35.00 / null

620 gm.

For kids, by kids! with a little help from Ms Sibalicious! Let's Cook is jam-packed with nutritious and delicious, easy to-do meals and snacks for any occasion, from lunchboxes, to smoothies and so much more. Siba has taken the fuss out of the kitchen, and created recipes for mom and dad to whip up with their little ones' help. Step by step, Siba equips her youngest fans with the skills they need to become the next Big Thing in the kitchen. Mom and dad, don't worry, Siba has you covered too, because Let's Cook has recipes created with the whole family in mind! Let's get cooking!

<https://www.marymartin.com/web?pid=747253>

Milk, Spice and Curry Leaves : Hill Country Recipes from the Heart of Sri Lanka / Ruwanmali Samarakoon-Amunugama , Lesley Cameron

Touchwood Editions, Canada 2020

192p.

Includes Index

9781771513296

\$ 45.00 / HB

820 gm.

"This vegetable and seafood-heavy book has recipes for all the classics . . . I would plead for as a kid . . . It's a technique-heavy book, full of reliable instructions and gorgeous, nostalgic photographs." —Epicurious

Ruwanmali Samarakoon-Amunugama's childhood memories of visits to her parents' homeland in Sri Lanka were filled with colourful trips to the market, lively, happy meals with her extended family, and long, scenic car rides from the capital of Colombo, past tea estates and farmers' stalls, into the hill country around Kandy. In *Milk, Spice and Curry Leaves*, Ruwan shares the rustic, tropical flavours of these Sri Lankan visits—sweet pineapple and mango, bitter gourd, toothsome cashews, spicy chili pepper, tart lime, and many more—in recipes designed with North American home cooks in mind.

She introduces the three pillars of Sri Lankan cuisine: coconut milk, rice, and spice, and walks readers through the steps to make the two foundational Sri Lankan curry powders (roasted and unroasted). She also goes into detail on specialty products—like goraka, pandanus leaves, tamarind, and young jackfruit—always with attention to using ingredients available in North American grocery stores.

With lush food photography and styling, hand-drawn illustrations, heirloom photos and ephemera, *Milk, Spice and Curry Leaves* is an invitation to a way of cooking and a family of traditions from the country known as "the Pearl of the Indian Ocean."

<https://www.marymartin.com/web?pid=745680>

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