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Hot Sour Salty Sweet A Culinary Journey Through Southeast Asia

Kim Fay



Hot Sour Salty Sweet A Culinary Journey Through Southeast Asia:

Hot Sour Salty Sweet Jeffrey Alford, Naomi Duguid, 2000-10-07 Luminous at dawn and dusk the Mekong is a river road a vibrant artery that defines a vast and fascinating region Here along the world's tenth largest river which rises in Tibet and joins the sea in Vietnam traditions mingle and exquisite food prevails Award winning authors Jeffrey Alford and Naomi Duguid followed the river south as it flows through the mountain gorges of southern China to Burma and into Laos and Thailand For a while the right bank of the river is in Thailand but then it becomes solely Lao on its way to Cambodia Only after three thousand miles does it finally enter Vietnam and then the South China Sea It was during their travels that Alford and Duguid who ate traditional foods in villages and small towns and learned techniques and ingredients from cooks and market vendors came to realize that the local cuisines like those of the Mediterranean share a distinctive culinary approach Each cuisine balances with grace and style the regional flavor quartet of hot sour salty and sweet This book aptly titled is the result of their journeys Like Alford and Duguid's two previous works *Flatbreads and Flavors* a certifiable publishing event *Vogue* and *Seductions of Rice* simply stunning *The New York Times* this book is a glorious combination of travel and taste presenting enticing recipes in an odyssey rich in travel anecdote *National Geographic Traveler* The book's more than 175 recipes for spicy salsas welcoming soups grilled meat salads and exotic desserts are accompanied by evocative stories about places and people The recipes and stories are gorgeously illustrated throughout with more than 150 full color food and travel photographs In each chapter from Salsas to Street Foods Noodles to Desserts dishes from different cuisines within the region appear side by side A hearty Lao chicken soup is next to a Vietnamese ginger chicken soup a Thai vegetable stir fry comes after spicy stir fried potatoes from southwest China The book invites a flexible approach to cooking and eating for dishes from different places can be happily served and eaten together Thai Grilled Chicken with Hot and Sweet Dipping Sauce pairs beautifully with Vietnamese Green Papaya Salad and Lao sticky rice North Americans have come to love Southeast Asian food for its bright fresh flavors But beyond the dishes themselves one of the most attractive aspects of Southeast Asian food is the life that surrounds it In Southeast Asia people eat for joy The palate is wildly eclectic proudly unrestrained In *Hot Sour Salty Sweet* at last this great culinary region is celebrated with all the passion color and life that it deserves **Hot, Sour, Salty, Sweet** Jeffrey Alford, Naomi Duguid, 2000-10-31 Recognizing that the wonderful flavours and tastes of Southeast Asia spill over national borders Jeffrey Alford and Naomi Duguid set out to eat their way through the Mekong region's towns and villages large and small collecting recipes cooking techniques stories and photographs *Hot Sour Salty Sweet* is the glorious result of their travels in the region extending south from China down through Cambodia to Vietnam and including parts of Laos Burma and Thailand Dishes like Spicy Grilled Beef Salad and Vietnamese Chicken Salad with Fresh Herbs appear side by side with exotic treats like Jungle Curry from North Thailand and Pomelo Salad from Cambodia There are simple warming soups easy stir fries and brilliant hot salsas And for those with a taste for the sweet desserts include the delectable Sweet

Satin Custard and Bananas in Coconut Cream Throughout the authors offer vivid descriptions of their days spent searching out the complex seemingly contradictory flavours of hot sour salty and sweet and reveal the delightful shared culinary palate of the peoples of the Mekong Hot Sour Salty Sweet Jeffrey Alford,Naomi Duguid,2000-10-07 Luminous at dawn and dusk the Mekong is a river road a vibrant artery that defines a vast and fascinating region Here along the world s tenth largest river which rises in Tibet and joins the sea in Vietnam traditions mingle and exquisite food prevails Award winning authors Jeffrey Alford and Naomi Duguid followed the river south as it flows through the mountain gorges of southern China to Burma and into Laos and Thailand For a while the right bank of the river is in Thailand but then it becomes solely Lao on its way to Cambodia Only after three thousand miles does it finally enter Vietnam and then the South China Sea It was during their travels that Alford and Duguid who ate traditional foods in villages and small towns and learned techniques and ingredients from cooks and market vendors came to realize that the local cuisines like those of the Mediterranean share a distinctive culinary approach Each cuisine balances with grace and style the regional flavor quartet of hot sour salty and sweet This book aptly titled is the result of their journeys Like Alford and Duguid s two previous works Flatbreads and Flavors a certifiable publishing event Vogue and Seductions of Rice simply stunning The New York Times this book is a glorious combination of travel and taste presenting enticing recipes in an odyssey rich in travel anecdote National Geographic Traveler The book s more than 175 recipes for spicy salsas welcoming soups grilled meat salads and exotic desserts are accompanied by evocative stories about places and people The recipes and stories are gorgeously illustrated throughout with more than 150 full color food and travel photographs In each chapter from Salsas to Street Foods Noodles to Desserts dishes from different cuisines within the region appear side by side A hearty Lao chicken soup is next to a Vietnamese ginger chicken soup a Thai vegetable stir fry comes after spicy stir fried potatoes from southwest China The book invites a flexible approach to cooking and eating for dishes from different places can be happily served and eaten together Thai Grilled Chicken with Hot and Sweet Dipping Sauce pairs beautifully with Vietnamese Green Papaya Salad and Lao sticky rice North Americans have come to love Southeast Asian food for its bright fresh flavors But beyond the dishes themselves one of the most attractive aspects of Southeast Asian food is the life that surrounds it In Southeast Asia people eat for joy The palate is wildly eclectic proudly unrestrained In Hot Sour Salty Sweet at last this great culinary region is celebrated with all the passion color and life that it deserves Fast Food/Slow Food Richard Wilk,2006-08-25 Wilk and his colleagues draw upon their own international field experience to examine how food systems are changing around the globe The authors offer a cultural perspective that is missing in other economic and developmental studies and provide rich ethnographic data on markets industrial production and food economies This new book will appeal to professionals in economic and environmental anthropology economic development agricultural economics consumer behavior nutritional sciences environmental sustainability and globalization studies *Street Food around the World* Bruce Kraig,Colleen Taylor Sen,2013-09-09 In this

encyclopedia two experienced world travelers and numerous contributors provide a fascinating worldwide survey of street foods and recipes to document the importance of casual cuisine to every culture covering everything from dumplings to hot dogs and kebabs to tacos Street foods run deep throughout human history and show the movements of peoples and their foods across the globe For example mandoo manti momo and baozi all of these types of dumplings originated in Central Asia and spread across the Old World beginning in the 12th century This encyclopedia surveys common street foods in about 100 countries and regions of the world clearly depicting how fast foods of the common people fit into a country or a region's environments cultural history and economy The entries provide engaging information about specific foods as well as coverage of vendor and food stall culture and issues An appendix of recipes allows for hands on learning and provides opportunities for readers to taste international street foods at home

The Miracle of Salt Naomi Duguid, 2022-10-25 James Beard Award Finalist A mesmerizing mix of recipes and food history Publishers Weekly STARRED REVIEW Duguid has a scholar's love of research a cook's hunger and a journalist's talent for storytelling The recipes are from all over the world and her knowledge is staggering Simply brilliant Diana Henry The Telegraph U.K. The Best Cookbooks to Buy in Autumn 2022 Naomi Duguid who's taken food lovers to many corners of the globe now invites readers and cooks on a very different journey a deep dive into the miracle of salt and its essential role in preserving fermenting and transforming food Learn age old techniques for making sauerkraut miso butter prosciutto kimchi salt fermented pickles basturma salt preserved lemons brined eggs and much more Create a vibrant salt pantry filled with enticing blends of salt and spices and with easy condiments and preserves such as Spiced Green Mango Pickle and Dried Shrimp and Garlic Chutney Read about essential salt preserved flavorings such as soy sauce fish sauce pickled plums salted anchovies and salt cod The wide range of international recipes that follow invite you to use this umami rich larder of salt preserved ingredients and salted flavorings to transform vegetables soups mains pasta dishes and desserts Orange and Black Olive Salad balances tangy and salty Black Bean Sauce adds intense flavor to stir fries Bacalao Tortilla is a nod to salt cod as a cornerstone of European kitchens Shio Koji a simple salt fermented ingredient flavors grilled vegetables and other foods with subtlety and power Kebabs marinated with a blend of pomegranate molasses and fish sauce are a triumph of salty sweet tart umami And there's nothing like a layer of saltiness to bring out the best in sweets and desserts from Creamy Candied Ginger and Miso Ice Cream to Yogurt Cake with Salted Lemon and Nuts from Breton Salted Butter Cake to Miso Cookies with Dark Chocolate Chips Working with salt preserved and salt fermented ingredients not only opens up a rich new world of flavors and techniques but also offers cooks the gift of connecting with generations of culinary wisdom

To Asia with Love Kim Fay, 2004 Imagine that on the eve of your upcoming trip to Cambodia Laos Thailand and Vietnam you are invited to a party At this party are fifty guests all of whom live in or have traveled extensively through these countries Among this eclectic and well versed group of connoisseurs are authors of acclaimed guidebooks popular newspaper columnists and pioneering adventurers As the evening passes they

tell you tales from their lives in these exotic places They whisper the names of their favorite shops and restaurants they divulge the secret hideaways where they sneak off to for an afternoon or a weekend to unwind Some make you laugh out loud and others mesmerize you with their poetry and lyricism Some are intent on educating while others just want to entertain Their attitudes are as unique as their personalities but they are united in one thing their love of the region If you can envision being welcomed at such a party then you can envision the experience that this guidebook aspires to give you Within these pages you will find tips for adventuring eating shopping and sightseeing from savvy expatriates seasoned travelers and inspired locals Unlike the typical guidebook To Asia With Love does not offer a comprehensive overview but instead presents selected recommendations in the form of personal essays and tidbits each of which is paired with a practical fact file Discover the benefits of carrying a baseball glove in Laos go bird watching in the Thai everglades take a motorbike into the Cardamom Mountains of Cambodia and immerse yourself in modern art in Vietnam In addition one chapter focuses solely on opportunities for giving back to the countries you visit

Food Lit Melissa Brackney Stoeger,2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food this unique book contains annotations and read alike for hundreds of nonfiction titles about the joys of comestibles and cooking Food Lit A Reader s Guide to Epicurean Nonfiction provides a much needed resource for librarians assisting adult readers interested in the topic of food a group that is continuing to grow rapidly Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food expos s Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating including life stories history science and investigative nonfiction The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles It also provides lists of suggested read alike for those titles and includes several helpful appendices of fiction titles featuring food food magazines and food blogs

Mangoes & Curry Leaves ,2005-01-01 Explores the food of India Pakistan Bangladesh Nepal and Sri Lanka to provide readers with a taste of the Subcontinent through recipes that include cashew coconut meatballs spicy chickpea fritters and cumin coriander beef patties

The Oxford Encyclopedia of Food and Drink in America Andrew Smith,2013-01-31 Home cooks and gourmets chefs and restaurateurs epicures and simple food lovers of all stripes will delight in this smorgasbord of the history and culture of food and drink Professor of Culinary History Andrew Smith and nearly 200 authors bring together in 770 entries the scholarship on wide ranging topics from airline and funeral food to fad diets and fast food drinks like lemonade Kool Aid and Tang foodstuffs like Jell O Twinkies and Spam and Dagwood hoagie and Sloppy Joe sandwiches

Going Places Robert Burgin,2013-01-08 Successfully navigate the rich world of travel narratives and identify fiction and nonfiction read alike with this detailed and expertly constructed guide Just as savvy travelers make use of guidebooks to help navigate the hundreds of countries around

the globe smart librarians need a guidebook that makes sense of the world of travel narratives *Going Places A Reader's Guide to Travel Narratives* meets that demand helping librarians assist patrons in finding the nonfiction books that most interest them It will also serve to help users better understand the genre and their own reading interests The book examines the subgenres of the travel narrative genre in its seven chapters categorizing and describing approximately 600 titles according to genres and broad reading interests and identifying hundreds of other fiction and nonfiction titles as read-alikes and related reads by shared key topics The author has also identified award-winning titles and spotlighted further resources on travel lit making this work an ideal guide for readers advisors as well a book general readers will enjoy browsing

The Oxford Companion to American Food and Drink Andrew F. Smith, 2007-05 Offering a panoramic view of the history and culture of food and drink in America with fascinating entries on everything from the smell of asparagus to the history of White Castle and the origin of Bloody Marys to jambalaya the *Oxford Companion to American Food and Drink* provides a concise authoritative and exuberant look at this modern American obsession Ideal for the food scholar and food enthusiast alike it is equally appetizing for anyone fascinated by Americana capturing our culture and history through what we love most food Building on the highly praised and deliciously browseable two-volume compendium the *Oxford Encyclopedia of Food and Drink in America* this new work serves up everything you could ever want to know about American consumables and their impact on popular culture and the culinary world Within its pages for example we learn that Lifesavers candy owes its success to the canny marketing idea of placing the original flavor mint next to cash registers at bars Patrons who bought them to mask the smell of alcohol on their breath before heading home soon found they were just as tasty sober and the company began producing other flavors Edited by Andrew Smith a writer and lecturer on culinary history the *Companion* serves up more than just trivia however including hundreds of entries on fast food celebrity chefs fish sandwiches regional and ethnic cuisine food science and historical food traditions It also dispels a few commonly held myths Veganism isn't simply the practice of a few hippies but is in fact wide spread among elite athletic circles Many of the top competitors in the Ironman and Ultramarathon events go even further avoiding all animal products by following a strictly vegan diet Anyone hungry to know what our nation has been cooking and eating for the last three centuries should own the *Oxford Companion to American Food and Drink* DT Nearly 1,000 articles on American food and drink from the curious to the commonplace DT Beautifully illustrated with hundreds of historical photographs and color images DT Includes informative lists of food websites museums organizations and festivals

The Oxford Companion to Sugar and Sweets, 2015-04-01 A sweet tooth is a powerful thing Babies everywhere seem to smile when tasting sweetness for the first time a trait inherited perhaps from our ancestors who foraged for sweet foods that were generally safer to eat than their bitter counterparts But the science of sweet is only the beginning of a fascinating story because it is not basic human need or simple biological impulse that prompts us to decorate elaborate wedding cakes scoop ice cream into a cone or drop sugar cubes into coffee

These are matters of culture and aesthetics of history and society and we might ask many other questions Why do sweets feature so prominently in children s literature When was sugar called a spice And how did chocolate evolve from an ancient drink to a modern candy bar The Oxford Companion to Sugar and Sweets explores these questions and more through the collective knowledge of 265 expert contributors from food historians to chemists restaurateurs to cookbook writers neuroscientists to pastry chefs The Companion takes readers around the globe and throughout time affording glimpses deep into the brain as well as stratospheric flights into the world of sugar crafted fantasies More than just a compendium of pastries candies ices preserves and confections this reference work reveals how the human proclivity for sweet has brought richness to our language our art and of course our gastronomy In nearly 600 entries beginning with la mode and ending with the Italian trifle known as zuppa inglese the Companion traces sugar s journey from a rare luxury to a ubiquitous commodity In between readers will learn about numerous sweeteners as well known as agave nectar and as obscure as castoreum or beaver extract the evolution of the dessert course the production of chocolate and the neurological psychological and cultural responses to sweetness The Companion also delves into the darker side of sugar from its ties to colonialism and slavery to its addictive qualities Celebrating sugar while acknowledging its complex history The Oxford Companion to Sugar and Sweets is the definitive guide to one of humankind s greatest sources of pleasure Like kids in a candy shop fans of sugar and aren t we all will enjoy perusing the wondrous variety to be found in this volume

Culinary Nostalgia Mark Swislocki,2009 This book argues that regional food culture is intrinsic to how Chinese connect to the past live in the present and imagine their future It focuses on Shanghai a food lover s paradise and identifies the importance of regional food culture at pivotal moments in the city s history and in Chinese history more generally

Some Like It Hot Clifford Wright,2005-09-13 300

spicy recipes from some of the most flavorful and piquant cuisines

Culture and Customs of Laos Arne Kislenko,2009-03-05 This all encompassing volume offers a comprehensive look at the contemporary culture that defines this Southeast Asian country of Laos examining everything from Buddhist traditions to Laotian cuisine Coverage includes a brief history of the nation followed by in depth narrative chapters on religion literature visual and performing arts fashion gender roles everyday social customs and more Through illustrative descriptions of daily life students will learn how traditional customs have shaped contemporary life in Laos today Few other resources provide the same extensive coverage on current culture in Laos Ideal for high school students as well as general readers Culture and Customs of Laos is a must have for all library shelves The Southeast Asian country of Laos one of the world s last standing communist nations has often been overshadowed in the international newsroom by its more dominant neighbors Thailand Vietnam and Cambodia Among one of the most bombed countries in the world one that suffered much during and after the Vietnam War Laos has been struggling economically and politically for decades In spite of these challenges a rich beautiful culture has survived in Laos This exhaustive volume offers a comprehensive look at the contemporary culture that defines this seemingly quiet country from

Buddhism to Laotian cuisine Coverage includes a brief history of the nation followed by in depth narrative chapters on religion literature visual and performing arts fashion gender roles everyday social customs and more Through illustrative descriptions of daily life students will learn how traditional customs have shaped contemporary life in Laos today Few other resources provide the same extensive coverage on current culture in Laos Ideal for high school students as well as general readers Culture and Customs of Laos is a must have for all library shelves Food from Northern Laos Dorothy Culloty,2010 The little known cultures and cuisine of northern Laos are reflected in the recipes of its local ethnic groups and Luang Namtha Province s premiere ecotourism lodge Eighty eight dishes from Lao Kmhmu Tai Dam Tai Yuan Tai Lue and Akha are presented in clear simple recipes Back cover **Pork** Katharine M. Rogers,2012-09-15 Pork The Other White Meat The well known National Pork Board slogan doesn t begin to describe the many types of meat that fall under the umbrella of pork The most versatile of meats pork ranges from the rich delicate succulence of a roast loin to the dry salty assertiveness of pancetta and bacon Since the Roman Empire it has also been the most widely eaten meat it formed the high point of Roman feasts and was the mainstay of the traditional working class diet in Europe and North America Pork A Global History follows the transition of pork from fashionable food to popular fare while also exploring the many edible parts of a pig and ways they are prepared Katharine Rogers depicts how pork stopped being featured at aristocratic banquets and in high end cookbooks as it became associated with the lower and middle classes She explains how European settlers brought pork to the Americas and that barrel pork kept submerged in a barrel of brine was a staple of working class people in the United States While roast suckling pig remains the most luxurious form of pork Rogers reveals that people also use pig s blood to make black puddings its tail to flavor soups and stews and its fat for frying and as a pastry shortening Beautifully illustrated and filled with recipes from around the world Pork will be a necessary addition to the bookshelf of any lover of bacon sausage and pork chops

Culture and Customs of Thailand Arne Kislenko,2004-05-30 Thailand is rapidly industrializing dramatically improving the living standards of its people and gradually developing a more democratic society Despite such profound changes traditional Thai culture has not only survived but has also in many respects prospered Although famous for its food and despite its increasing popularity as a tourist destination Thailand remains relatively unknown to most Westerners Culture and Customs of Thailand presents the traditional culture and customs against the backdrop of modern times Thailand has always been an important Southeast Asian country With a long reigning monarchy it is the only country in the region that has never been colonized by a Western power or suffered bloody revolutions and wars It was the first Asian country to establish diplomatic relations with the United States and has remained a constant ally Thailand has emerged as a considerable economic force as the world s largest rice and rubber producer and remains a regional political power Against this historical framework Kislenko deftly introduces the traditional and modern strands of the dominant Buddhist faith and other religions such as animism Coverage includes literature the arts architecture including the Thai Wat food and dress gender and

marriage festivals and fun and social customs Kislenko also balances the portrait with discussions of threats from globalization AIDS and sex tourism the drug trade and corruption in business and government Evocative photos a country map a timeline and a chronology complete the coverage This reference is the best source for students and general readers to gain substantial sweeping insight into the Thais and their land of smiles **The Food Traveler's Handbook** Jodi Ettenberg, 2012-09 Part of the Traveler s Handbook series The Food Traveler s Handbook provides a compelling argument for why it is important to use food as a lens through which you see the world Using this handbook as a guide you will learn how to eat safely in developing countries source cheap but delicious streetside meals and discover how to make food a tool for understanding a new place and connecting to its local culture

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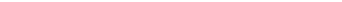

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