



Deluxe Food Lover s Companion (Hardback)

By Ron Herbst

Barron s Educational Series Inc.,U.S., United States, 2015. Hardback. Book Condition: New. 2nd Revised edition. 231 x 175 mm. Language: English . Brand New Book. Based on Barron s popular and authoritative The New Food Lover s Companion, this enlarged and enhanced reference volume was written for discerning home chefs and everybody else who wants to become more knowledgeable about good food and elegant dining. This second edition has been updated with new information to reflect the way we eat in today s world. The authors have taken into account our healthier lifestyles and more diverse palates to include: More than 500 new listings, including entries relating to Indian and Southeast Asian ingredients, plus expanded coverage of South American, Hispanic, and Middle Eastern cuisines Updated information for hundreds of existing entries A blood alcohol concentration chart for men and women An extensive breakdown of food labels and nutritional facts Department of Agriculture recommendations for a 2,000 calorie per day food plan More than 7200 entries plus line art are included in this seminal work. Miniature glossaries are interspersed throughout the text. Sidebar features throughout the book offer quick tips on food purchases, as well as Fast Facts and advice on...



READ ONLINE
[2.52 MB]

Reviews

This ebook may be worth getting. I actually have read through and i am sure that i am going to likely to read through again once more down the road. You will not sense monotony at whenever you want of your respective time (that's what catalogues are for relating to should you check with me).

-- **Mr. Golden Flatley**

Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.

-- **Mrs. Agustina Kemmer V**