

Bueno/smoke/All Under Heaven Recipes From The 35 Cuisines Of China

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Jewish Cookery Leah W. Leonard 1961

Reformism or Revolution Alan Woods 2015-05-15 This book by Alan Woods is a polemic against a well-known (in Latin American terms) intellectual Heinz Dieterich. Dieterich claims to have invented a new "Socialism of the 21st Century" and much else into the bargain. He offers a great deal of advice to those involved in the Venezuelan Revolution dressed up in all manner of revolutionary rhetoric. However, when you clear away all the verbiage that surrounds his "new" socialist philosophy, there remains nothing new at all, simply a rehash of stale petty-bourgeois ideas of the past. The author of "Reformism or Revolution" seeks to answer Dieterich's extravagant claims and in doing so defends the real ideas of Marxism on a whole host of questions and in particular the way forward for the Venezuelan and world revolution.

Pre-Columbian Foodways John Staller 2009-11-24 The significance of food and feasting to Pre-Columbian Mesoamerican cultures has been extensively studied by archaeologists, anthropologists and art historians. Foodways studies have been critical to our understanding of early agriculture, political economies, and the domestication and management of plants and animals. Scholars from diverse fields have explored the symbolic complexity of food and its preparation, as well as the social importance of feasting in contemporary and historical societies. This book unites these disciplinary perspectives — from the social and biological sciences to art history and epigraphy — creating a work comprehensive in scope, which reveals our increasing understanding of the various roles of foods and cuisines in Mesoamerican cultures. The volume is organized thematically into three sections. Part 1 gives an overview of food and feasting practices as well as ancient economies in Mesoamerica. Part 2 details ethnographic, epigraphic and isotopic evidence of these practices. Finally, Part 3 presents the metaphoric value of food in Mesoamerican symbolism, ritual, and mythology. The resulting volume provides a thorough, interdisciplinary resource for understanding, food, feasting, and cultural practices in Mesoamerica.

Houses and Homes Ann Morris 1995-03-29 The world is full of houses. Big houses and little houses. Houses that stay in one place and houses that move from place to place. Some houses are made of wood or stone; others are made from mud or straw. But all of them are

made for families to live in.

Brands of Faith Mara Einstein 2007-09-14 In a society overrun by commercial clutter, religion has become yet another product sold in the consumer marketplace, and faiths of all kinds must compete with a myriad of more entertaining and more convenient leisure activities. Brands of Faith argues that in order to compete effectively faiths have had to become brands – easily recognizable symbols and spokespeople with whom religious prospects can make immediate connections Mara Einstein shows how religious branding has expanded over the past twenty years to create a blended world of commerce and faith where the sacred becomes secular and the secular sacred. In a series of fascinating case studies of faith brands, she explores the significance of branded church courses, such as Alpha and The Purpose Driven Life, mega-churches, and the popularity of the televangelist Joel Olsteen and television presenter Oprah Winfrey, as well as the rise of Kaballah. She asks what the consequences of this religious marketing will be, and outlines the possible results of religious commercialism – good and bad. Repackaging religion – updating music, creating teen-targeted bibles – is justifiable and necessary. However, when the content becomes obscured, religion may lose its unique selling proposition – the very ability to raise us above the market.

Perception and Discovery Norwood Russell Hanson 2018-05-29 Norwood Russell Hanson was one of the most important philosophers of science of the post-war period. Hanson brought Wittgensteinian ordinary language philosophy to bear on the concepts of science, and his treatments of observation, discovery, and the theory-ladenness of scientific facts remain central to the philosophy of science. Additionally, Hanson was one of philosophy's great personalities, and his sense of humor and charm come through fully in the pages of Perception and Discovery. Perception and Discovery, originally published in 1969, is Hanson's posthumous textbook in philosophy of science. The book focuses on the indispensable role philosophy plays in scientific thinking. Perception and Discovery features Hanson's most complete and mature account of theory-laden observation, a discussion of conceptual and logical boundaries, and a detailed treatment of the epistemological features of scientific research and scientific reasoning. This book is of interest to scholars of philosophy of science, particularly those concerned with Hanson's thought and the development of the discipline in the middle of the 20th century. However, even fifty years after Hanson's early death, Perception and Discovery still has a great deal to offer all readers interested in science.

The Smitten Kitchen Cookbook Deb Perelman 2012-10-30 NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. "Innovative, creative, and effortlessly funny." —Cooking Light Deb Perelman loves to cook. She isn't a chef or a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised

home cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Philosophy of the Arts Gordon Graham 2006-09-07 A new edition of this bestselling introduction to aesthetics and the philosophy of art. Includes new sections on digital music and environmental aesthetics. All other chapters have been thoroughly revised and updated.

Women Living Well Courtney Joseph 2013-10-08 Women desire to live well. However, living well in this modern world is a challenge. The pace of life, along with the new front porch of social media, has changed the landscape of our lives. Women have been told for far too long that being on the go and accumulating more things will make their lives full. As a result, we grasp for the wrong things in life and come up empty. God created us to walk with him; to know him and to be loved by him. He is our living well and when we drink from the water he continually provides, it will change us. Our marriages, our parenting, and our homemaking will be transformed. Mommy-blogger Courtney Joseph is a cheerful realist. She tackles the challenge of holding onto vintage values in a modern world, starting with the keys to protecting our walk with God. No subject is off-limits as she moves on to marriage, parenting, and household management. Rooted in the Bible, her practical approach includes tons of tips that are perfect for busy moms, including: Simple Solutions for Studying God's Word How to Handle Marriage, Parenting, and Homemaking in a Digital Age 10 Steps to Completing Your Husband Dealing With Disappointed Expectations in Motherhood Creating Routines that Bring Rest Pursuing the Discipline and Diligence of the Proverbs 31 Woman There is nothing more important than fostering your faith, building your marriage, training your children, and creating a haven for your family. Women Living Well is a clear and personal guide to making the most of these precious responsibilities.

Integrated Role of Nutrition and Physical Activity for Lifelong Health Karsten Koehler 2019-07-16 As computer and space technologies have been developed, geoscience information systems (GIS) and remote sensing (RS) technologies, which deal with the geospatial information, have been rapidly maturing. Moreover, over the last few decades, machine learning techniques including artificial neural network (ANN), deep learning, decision tree, and support vector machine (SVM) have been successfully applied to geospatial science and engineering research fields. The machine learning techniques have been widely applied to GIS and RS research fields and have recently produced valuable results in the areas of geoscience, environment, natural hazards, and natural resources. This book is a collection representing novel contributions detailing machine learning techniques as applied to geoscience information systems and remote sensing.

Good Enough Leanne Brown 2022-01-11 From the author of the bestselling Good & Cheap, a cookbook with self-care at its heart. Leanne Brown acknowledges that feeding yourself is hard, and that it is almost impossible to find the energy to work for yourself when you don't think you are worth it. With these everyday recipes, she provides a reminder that it's OK to lose perfectionism and find pleasure in "good enough" cooking.

Women, Culture, and Politics in Latin America Seminar on Feminism & Culture in Latin America 1992-02-25 The result of a collaboration among eight women scholars, this

collection examines the history of women's participation in literary, journalistic, educational, and political activity in Latin American history, with special attention to the first half of this century.

Tobacco and Shamanism in South America Johannes Wilbert 1987-01-01 An ethnography of magic-religious, medicinal and recreational tobacco use among nearly 300 native South American societies. Wilbert found that South American Indians use tobacco in many ways and that a close functional relation exists between tobacco and shamanism.

Fasting Can Change Your Life Jerry Falwell 1998 Thirty-three of America's top Christian leaders talk about fasting as part of their walk with Christ.

Teaching Translation from Spanish to English Allison Beeby Lonsdale 1996 While many professional translators believe the ability to translate is a gift that one either has or does not have, Allison Beeby Lonsdale questions this view. In her innovative book, she demonstrates how teachers can guide their students by showing them how insights from communication theory, discourse analysis, pragmatics, and semiotics illuminate the translation process. Challenging long-held assumptions, she establishes a fascinating framework on which to base the structure of a professional prose-translation class. Her original contributions to the question of directionality and to the specific strategies of translating are applicable to not only the teaching of translation from Spanish to English, but to other teaching situations and to other pairs of languages as well. She also reviews the latest attempts in translation theory to define and contextualize ideal translator competence, student translator competence, and general translation strategies. Beeby Lonsdale completes her book by applying her conclusions to selecting and organizing the content of teaching translation from Spanish to English. She illustrates one or more of the basic translation principles through 29 teaching units, which are prefaced by objectives, tasks, and commentaries for the teacher, and through 48 task sheets, which show how to present the material to students.

10 in 20 Dr. Fuhrman's Lose 10 Pounds in 20 Days Detox Program Joel Fuhrman 2016-05-31

Good and Cheap Leanne Brown 2015-07-14 A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

Psychedelic Shamanism, Updated Edition Jim DeKorne 2011-07-26 Psychedelic

Shamanism presents the spiritual and shamanic properties of psychotropic plants and discusses how they can be used to understand the structure of human consciousness. Author Jim DeKorne offers authoritative information about the cultivation, processing, and correct dosages for various psychotropic plant substances including the belladonna alkaloids, d-lysergic acid amide, botanical analogues of LSD, mescaline, ayahuasca, DMT, and psilocybin. Opening with vivid descriptions of the author's personal experiences with psychedelic drugs, the book describes the parallels that exist among shamanic states of consciousness, the use of psychedelic catalysts, and the hidden structure of the human psyche. DeKorne suggests that psychedelic drugs allow us to examine the shamanic dimensions of reality. This worldview, he says, is ubiquitous across space, time, and culture, with individuals separated by race, distance, and culture routinely describing the same core reality that provides powerful evidence of the dimensional nature of consciousness itself. The book guides the reader through the imaginal realm underlying our awareness, a world in which spiritual entities exist to reconnect us with ourselves, humanity, and our planet. Accurate drawings of plants, including peyote, *Salvia divinorum*, and San Pedro, enhance the book's usefulness.

Leo Strauss and the Politics of American Empire Anne Norton 2005-01-01 This provocative book examines the teachings of political theorist Leo Strauss and the ways in which they have been appropriated, or misappropriated, by senior policymakers.

Ritual of the Bacabs Ralph L. Roys 1965-10 Discovered in the early twentieth century, the manuscript's origins are traced to the golden period of Maya civilization. It contains incantations used to cure diseases of body and spirit, and it records the magic practiced among the Mayas—the most advanced Western civilization of antiquity.

Ruby Wizardry Eric Weinstein 2014-12-14 The Ruby programming language is perfect for beginners: easy to learn, powerful, and fun to use! But wouldn't it be more fun if you were learning with the help of some wizards and dragons? Ruby Wizardry is a playful, illustrated tale that will teach you how to program in Ruby by taking you on a fantastical journey. As you follow the adventures of young heroes Ruben and Scarlet, you'll learn real programming skills, like how to: –Use fundamental concepts like variables, symbols, arrays, and strings –Work with Ruby hashes to create a programmable breakfast menu –Control program flow with loops and conditionals to help the Royal Plumber –Test your wild and crazy ideas in IRB and save your programs as scripts –Create a class of mini-wizards, each with their own superpower! –Organize and reuse your code with methods and lists –Write your own amazing interactive stories using Ruby Along the way, you'll meet colorful characters from around the kingdom, like the hacker Queen, the Off-White Knight, and Wherefore the minstrel. Ruby Wizardry will have you (or your little wizard) hooked on programming in no time. For ages 10+ (and their parents!)

Borderlands Gloria Anzaldúa 1987 Second edition of Gloria Anzaldúa's major work, with a new critical introduction by Chicano Studies scholar and new reflections by Anzaldúa.

Human and Mediated Communication around the World Marieke de Mooij 2013-10-07 This book is unique in the sense that it offers a comprehensive review and analysis of human communication and mediated communication around the world. This is one of the first attempts to do so in a systematic, comprehensive way. It challenges the assumption that Western theories of human communication and mass communication have universal applicability. It surveys the applicability of mass communication theories to other than Western cultures. The book explains the influence of culture on all forms of communication behavior, be it personal, mediated or mass communication. It presents communication theories from around the world, incorporating a vast body of literature from Europe, Asia,

Africa and Latin America. This updated information on important international perspectives that includes both interpersonal and mediated communication is presently not readily available in other sources. The book offers an integrated approach to understanding the working of electronic means of communication that are hybrid media combining human and mediated communication. These new media that are often presented as universal are even more culture-bound than the traditional media.

Good Capitalism, Bad Capitalism, and the Economics of Growth and Prosperity William J. Baumol 2007-01-01 In this important book, William J. Baumol, Robert E. Litan, and Carl J. Schramm contend that the answers to these questions lie within capitalist economies, though many observers make the mistake of believing that "capitalism" is of a single kind. Writing in an accessible style, the authors dispel that myth, documenting four different varieties of capitalism, some "Good" and some "Bad" for growth. The authors identify the conditions that characterize Good Capitalism--the right blend of entrepreneurial and established firms, which can vary among countries--as well as the features of Bad Capitalism. They examine how countries catching up to the United States can move faster toward the economic frontier, while laying out the need for the United States itself to stick to and reinforce the recipe for growth that has enabled it to be the leading economic force in the world. This pathbreaking book is a must read for anyone who cares about global growth and how to ensure America's economic future.

The Church as Safe Haven 2018-11-08 The Church as Safe Haven conceptualizes the rise of Chinese Christianity as a new civilizational paradigm that encouraged individuals and communities to construct a sacred order for empowerment in modern China.

Open Veins of Latin America Eduardo Galeano 1997 [In this book, the author's] analysis of the effects and causes of capitalist underdevelopment in Latin America present [an] account of ... Latin American history. [The author] shows how foreign companies reaped huge profits through their operations in Latin America. He explains the politics of the Latin American bourgeoisies and their subservience to foreign powers, and how they interacted to create increasingly unequal capitalist societies in Latin America.-Back cover.

A Cultural History of Spanish Speakers in Japan Araceli Tinajero 2021 Beginning in 1990, thousands of Spanish speakers emigrated to Japan. *A Cultural History of Spanish Speakers in Japan* focuses on the intellectuals, literature, translations, festivals, cultural associations, music (bolero, tropical music, and pop, including reggaeton), dance (flamenco, tango and salsa), radio, newspapers, magazines, libraries, and blogs produced in Spanish, in Japan, by Latin Americans and Spaniards who have lived in that country over the last three decades. Based on in-depth research in archives throughout the country as well as field work including several interviews, Japanese-speaking Mexican scholar Araceli Tinajero uncovers a transnational, contemporary cultural history that is not only important for today but for future generations. Araceli Tinajero is professor of Hispanic literatures at The City College of New York and at the Graduate Center. She is the author of *Orientalismo en el modernismo hispanoamericano*, *El Lector: A History of the Cigar Factory*, and *Kokoro: A Mexican Woman in Japan*. Tinajero is the editor or co-editor of various volumes including *Exilio y cosmopolitismo en el arte y la literatura hispanica*, *Orientalisms of the Hispanic and Luso-Brazilian World*, *Technology and Culture in Twentieth Century Mexico*, and *Handbook on Cuban History, Literature, and the Arts*. She is the Book Review Editor of the journal *Asia / America Latina*.

The Death of Expertise Thomas M. Nichols 2017 A cult of anti-expertise sentiment has coincided with anti-intellectualism, resulting in massively viral yet poorly informed debates ranging from the anti-vaccination movement to attacks on GMOs. As Tom Nichols shows in

The Death of Expertise, there are a number of reasons why this has occurred-ranging from easy access to Internet search engines to a customer satisfaction model within higher education.

Poems Rose Terry Cooke 1860

The Suja Juice Solution Annie Lawless 2015-04-07 The New York Times bestseller makes detoxing easy! Juicing and cleansing are more popular than ever, but most programs ask readers to avoid food and live on juice alone for days on end. Enter THE SUJA JUICE SOLUTION, a groundbreaking new detox from Annie Lawless and Jeff Church of Suja. This easy-to-follow 28-day program features a powerful 7-day jumpstart of high-energy green juices and antioxidant-rich mini-meals designed for readers to detoxify and lose weight without deprivation. Over the 4-week program, readers gradually increase their intake of whole, fresh foods, while learning to crowd out unhealthy foods with nourishing juices and more balanced, healthy options. In just four weeks, readers will beat sugar cravings, decrease inflammation, boost energy, improve skin and drop pounds. With over 75 recipes and mix-and-match meal plans, THE SUJA JUICE SOLUTION is an all-in-one resource that sets readers off on a life-long path towards improved health and sustainable wellness.

Renaissance Food from Rabelais to Shakespeare Joan Fitzpatrick 2016-04-08 Providing a unique perspective on a fascinating aspect of early modern culture, this volume focuses on the role of food and diet as represented in the works of a range of European authors, including Shakespeare, from the late medieval period to the mid seventeenth century. The volume is divided into several sections, the first of which is "Eating in Early Modern Europe"; contributors consider cultural formations and cultural contexts for early modern attitudes to food and diet, moving from the more general consideration of European and English manners to the particular consideration of historical attitudes toward specific foodstuffs. The second section is "Early Modern Cookbooks and Recipes," which takes readers into the kitchen and considers the development of the cultural artifact we now recognize as the cookbook, how early modern recipes might "work" today, and whether cookery books specifically aimed at women might have shaped domestic creativity. Part Three, "Food and Feeding in Early Modern Literature" offers analysis of the engagement with food and feeding in key literary European and English texts from the early sixteenth to the early seventeenth century: François Rabelais's *Quart livre*, Shakespeare's plays, and seventeenth-century dramatic prologues. The essays included in this collection are international and interdisciplinary in their approach; they incorporate the perspectives of historians, cultural commentators, and literary critics who are leaders in the field of food and diet in early modern culture.

Science, Strategy and War Frans P.B. Osinga 2007-01-24 John Boyd is often known exclusively for the so-called 'OODA' loop model he developed. This model refers to a decision-making process and to the idea that military victory goes to the side that can complete the cycle from observation to action the fastest. This book aims to redress this state of affairs and re-examines John Boyd's original contribution to strategic theory. By highlighting diverse sources that shaped Boyd's thinking, and by offering a comprehensive overview of Boyd's work, this volume demonstrates that the common interpretation of the meaning of Boyd's OODA loop concept is incomplete. It also shows that Boyd's work is much more comprehensive, richer and deeper than is generally thought. With his ideas featuring in the literature on Network Centric Warfare, a key element of the US and NATO's so-called 'military transformation' programmes, as well as in the debate on Fourth Generation Warfare, Boyd continues to exert a strong influence on Western military thinking. Dr Osinga demonstrates how Boyd's work can help us to understand the new strategic

threats in the post- 9/11 world, and establishes why John Boyd should be regarded as one of the most important (post)modern strategic theorists.

Literacy Through Language Arts Sharon Murphy 2003

Toward a Theory of Peace Randall Caroline Watson Forsberg 2019-12-15 Military analyst, peace activist, teacher, and social theorist Randall Caroline Watson Forsberg (1943–2007) founded the Nuclear Freeze campaign and the Institute for Defense and Disarmament Studies. In "Toward a Theory of Peace," completed in 1997 and published for the first time here, she delves into a vast literature in psychology, anthropology, archeology, sociology, and history to examine the ways in which changing moral beliefs came to stigmatize forms of "socially sanctioned violence" such as human sacrifice, cannibalism, and slavery, eventually rendering them unacceptable. Could the same process work for war? Edited and with an introduction by political scientists Matthew Evangelista (Cornell University) and Neta C. Crawford (Boston University), both of whom worked with Forsberg.

The Tortilla Book Diana Kennedy 1991 Diana Kennedy, the authoritative cultural missionary for the foods of Mexico, shows the incredible range of her imagination as she concentrates on one amazingly versatile ingredient: the humble tortilla. "No one touches Diana Kennedy when it comes to Mexican food".--New York magazine. 38 halftones and line drawings.

Legends of Florence Charles Godfrey Leland 1896

What Goes Around Comes Around Kimberly J. Lau 2004

Voices of a People's History of the United States Howard Zinn 2011-01-04 Here in their own words are Frederick Douglass, George Jackson, Chief Joseph, Martin Luther King Jr., Plough Jogger, Sacco and Vanzetti, Patti Smith, Bruce Springsteen, Mark Twain, and Malcolm X, to name just a few of the hundreds of voices that appear in Voices of a People's History of the United States, edited by Howard Zinn and Anthony Arnove. Paralleling the twenty-four chapters of Zinn's A People's History of the United States, Voices of a People's History is the long-awaited companion volume to the national bestseller. For Voices, Zinn and Arnove have selected testimonies to living history—speeches, letters, poems, songs—left by the people who make history happen but who usually are left out of history books—women, workers, nonwhites. Zinn has written short introductions to the texts, which range in length from letters or poems of less than a page to entire speeches and essays that run several pages. Voices of a People's History is a symphony of our nation's original voices, rich in ideas and actions, the embodiment of the power of civil disobedience and dissent wherein lies our nation's true spirit of defiance and resilience.

Smitten Kitchen Every Day Deb Perelman 2017-10-24 NEW YORK TIMES BEST SELLER • From the best-selling author of The Smitten Kitchen Cookbook—this everyday cookbook is “filled with fun and easy ... recipes that will have you actually looking forward to hitting the kitchen at the end of a long work day” (Bustle). A happy discovery in the kitchen has the ability to completely change the course of your day. Whether we're cooking for ourselves, for a date night in, for a Sunday supper with friends, or for family on a busy weeknight, we all want recipes that are unfussy to make with triumphant results. Deb Perelman, award-winning blogger, thinks that cooking should be an escape from drudgery. Smitten Kitchen Every Day: Triumphant and Unfussy New Favorites presents more than one hundred impossible-to-resist recipes—almost all of them brand-new, plus a few favorites from her website—that will make you want to stop what you're doing right now and cook. These are real recipes for real people—people with busy lives who don't want to sacrifice flavor or quality to eat meals they're really excited about. You'll want to put these recipes in your Forever Files: Sticky Toffee Waffles (sticky toffee pudding you can eat for breakfast), Everything Drop Biscuits with Cream Cheese, and Magical Two-Ingredient Oat Brittle (a happy accident). There's a

(hopelessly, unapologetically inauthentic) Kale Caesar with Broken Eggs and Crushed Croutons, a Mango Apple Ceviche with Sunflower Seeds, and a Grandma-Style Chicken Noodle Soup that fixes everything. You can make Leek, Feta, and Greens Spiral Pie, crunchy Brussels and Three Cheese Pasta Bake that tastes better with brussels sprouts than without, Beefsteak Skirt Steak Salad, and Bacony Baked Pintos with the Works (as in, giant bowls of beans that you can dip into like nachos). And, of course, no meal is complete without cake (and cookies and pies and puddings): Chocolate Peanut Butter Icebox Cake (the icebox cake to end all icebox cakes), Pretzel Linzers with Salted Caramel, Strawberry Cloud Cookies, Bake Sale Winning-est Gooey Oat Bars, as well as the ultimate Party Cake Builder—four one-bowl cakes for all occasions with mix-and-match frostings (bonus: less time spent doing dishes means everybody wins). Written with Deb's trademark humor and gorgeously illustrated with her own photographs, *Smitten Kitchen Every Day* is filled with what are sure to be your new favorite things to cook.

The Pocket Guide to the West Indies Sir Algernon Edward Aspinall 1907