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Ohio’s Craft Beers
Discovering the Variety, Enjoying the Quality, Relishing the Experience
Paul L. Gaston

Foreword by Lenny Kolada

Ohio’s Craft Beers celebrates the variety of craft brewing in Ohio, offers appreciations of its quality, and reports on the renaissance of the brewer’s art throughout the Buckeye State. Beautifully illustrated with color photographs, the book takes readers on a tour of more than 40 of Ohio’s larger and more influential breweries and provides detailed descriptions of most of the others.

Author and photographer Paul L. Gaston visited all of the featured breweries, talked to the owners and brewers, and tasted their beers, while photographing the pubs, brews, and customers. A generous “sampler” of the state’s prime destinations for fans of good beer, Ohio’s Craft Beers offers fascinating perspectives on brewing, regional history, and the distinctive cultures of a rapidly growing but highly principled industry.

With Ohio’s Craft Beers as your guide, you can sip an amber ale on the front porch of Mt. Carmel in suburban Cincinnati, make your way to the industrial chic of Warped Wing in Dayton, enjoy the historic ambience of Portsmouth, and still find exceptional beers in the more utilitarian settings of MadTree in Cincinnati, Actual in Columbus, or Hoppin’ Frog in Akron. And in Willoughby you can return to the days of interurban travel while enjoying a full menu and creative brews at Willoughby Brewing Co.

Above all, beer is about community. Brewers enjoy their craft, and craft beer drinkers enjoy meeting other craft beer drinkers. Put a copy of this book under your arm, make an excursion, walk in with a thirst, and toast your new friends with Ohio’s Craft Beers.

Paul L. Gaston, Trustees Professor at Kent State University, pursues a broad commitment to interdisciplinary teaching and research in popular culture, higher education reform, public policy, and the humanities. He is the author of six books and more than 40 scholarly articles on topics as varied as early rock ‘n’ roll, the Italian novel, computer-dominated futures trading, the future of the book, intertextual analogies, the poetry of George Herbert, the fiction of Walker Percy, and minor league baseball. He earned both his M.A. and Ph.D. from the University of Virginia, where he was a Woodrow Wilson Fellow. This is his first book on beer... but not his last.

Black Squirrel Books™
Regional Brewing Guidebooks
March
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Illustrations, bibliography

Menu painting: Paul L. Gaston
Lift Your Spirits
A Celebratory History of Cocktail Culture in New Orleans

ELIZABETH M. WILLIAMS and CHRIS MCMILLIAN
Foreword by DALE DEGROFF

The Sazerac, the Hurricane, and the absinthe glass of Herbsaint are among the many well-known creations native to New Orleans’s longstanding drinking culture. But more than vehicles for alcohol, the cocktails and spirits that complement the city’s culinary prowess are each a token of its history. Every bar-side toast and street-corner daiquiri reveals the people, politics, and convergence of ethnicities that drive the story of the Crescent City.

In Lift Your Spirits: A Celebratory History of Cocktail Culture in New Orleans, Elizabeth M. Williams, founder and director of the Southern Food and Beverage Institute, and world-renowned bartender Chris McMillian illuminate the city’s open embrace of alcohol, both in religious and secular life, while delving into the myths, traditions, and personalities that have made New Orleans a destination for imbibing tourists and a mecca for creative mixologists.

With over 40 cocktail recipes interspersed among nearly three hundred years of history, a sampling of premier cocktail bars in New Orleans, and a glossary of terms to aid drink making and mixing, Lift Your Spirits honors the art of a good drink in the city of good times.

ELIZABETH M. WILLIAMS is founder and president of the Southern Food and Beverage Institute, a member of the Louisiana Folklife Commission, and coauthor of The Encyclopedia of Louisiana Food and author of New Orleans: A Food Biography.

CHRIS MCMILLIAN, a Louisiana native and descendant of four generations of bartenders, was named one of the 50 Most Influential Cocktail Personalities of the Past Century by Imbibe magazine and Best Bartender by New Orleans magazine. His passion for bartending has been covered in the New York Times, the Wall Street Journal, Bon Appétit, Food & Wine, and GQ, among many other publications.

Master mixologist DALE DEGROFF, aka “King Cocktail,” is the winner of the James Beard Award for Wine & Spirits, an inductee of the James Beard Foundation’s Who’s Who of American Food & Beverage, and author of The Essential Cocktail and The Craft of the Cocktail. A pioneer in the gourmet approach to recreating the classic cocktail, DeGroff is also the founding president of the Museum of the American Cocktail.
Seat Yourself
The Best of South Louisiana's Local Diners, Lunch Houses, and Roadside Stops

ALEX V. COOK

PRAISE FOR ALEX V. COOK

"Cook's vivid travelogue and deft observations [show] what these gathering spots mean to Louisiana culture...The way we eat, drink, and dance tells stories about who we are."—Ruth Fire/Times-Picayune

"Alex has written a terrifically informative, highly entertaining, compulsively readable guide."—James Fox-Smith, editor of Country Roads magazine

Louisiana can be a complicated place, but the state's good food and friendly people are simple facts. Pairing these two indisputable truths, author Alex V. Cook takes readers to the many unsung diners, quirky low-fuss restaurants, and family-run establishments that serve up the very best of true Louisiana cuisine. From a gas station with the best boudin links to a Vietnamese bakery with mouthwatering bánh mì, each of these lesser-known culinary gems stitched across southeast Louisiana offers tasty local fare in a down-to-earth atmosphere.

Setting off from the state capital of Baton Rouge and winding through the back roads of Cajun country, then turning southward to the Gulf, and finally veering onto side streets in New Orleans, Cook profiles more than thirty must-visit eateries with wit and an eye for the authentic. Along the way, a culinary landscape emerges that is markedly genuine, surprisingly diverse, and deliciously free from affectation.

With indispensable venue information, personal recommendations, and entertaining anecdotes, Seat Yourself: The Best of South Louisiana's Local Diners, Lunch Houses, and Roadside Stops is a vivid, humorous, and sharply written hit tip to those Louisiana's constants: amazing food and great people.

ALEX V. COOK, author of Louisiana Saturday Night: Looking for a Good Time in South Louisiana's Juke Joints, Honky-Tonks, and Dance Halls, has written for the Oxford American, the Believer, the Wire, and DownBeat, among other publications.

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Foodways/Louisiana Studies
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LOUISIANA SATURDAY NIGHT
LOOKING FOR A GOOD TIME IN SOUTH LOUISIANA'S JUKE JOINTS, HONKY-TONKS, AND DANCE HALLS

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COOKBOOK / FOOD
Celebrating the traditions that connect food and family...

From Tea Cakes to Tamales
Third-Generation Texas Recipes
Nola McKee
Illustrations by Cora McKown

Join experienced food writer Nola McKee, former editor at Texas Highways, on a journey through Texas history—through food! In this collection of more than one hundred recipes, Texans share the dishes they inherited from their ancestors and the family stories and traditions that accompany them. With a strong focus on Texas' cultural diversity—featuring Polish cheese pie, Czech sauerkraut, Chinese fried rice, Mexican caldo, Italian pizzelle, African American purple hull peas, and German egg noodles—McKee documents the culinary impact of immigrants from around the globe.

But this book is not for foodies alone; history enthusiasts will appreciate the snapshots of daily Texan life, captured in the narratives accompanying the recipes and spanning more than a century.

Told primarily in the words of today's cooks, these multigenerational family memories can take anyone on a trip down memory lane, back to a beloved grandmother's kitchen or great-aunt's holiday table. Included are recommendations for Texas museums and festivals where interested readers can learn more about many of the foods and cultures featured in this book. Additionally, McKee provides tips for preserving your own family recipes and for recording the heritage surrounding a special dish.

Illustrated with family photos and original watercolors by Cora McKown, From Tea Cakes to Tamales will quickly itself become a Texan family heirloom.

Number Sixteen: Clayton Wheat Williams Texas Life Series

NOLA MCKEE, a former senior editor with Texas Highways, is the editor of the book Cooking with Texas Highways and previously worked as assistant foods editor at Southern Living magazine. She lives in Austin. CORA F. MCKOWN is an artist and former housing and interior design professor at Texas Tech University. She lives in Santa Fe, New Mexico.
**Shots of Knowledge**
*The Science of Whiskey*
Rob Arnold and Eric Simanek

*Shots of Knowledge* is a guidebook for whiskey lovers. Organized into approximately sixty illustrated essays, the book samples selected topics in whiskey production through the lenses of science and engineering.

While the essays are subdivided into three sections—*From Sunshine to Sugar, From Wee Beastsies to White Dogs, and From Barrel to Brain*—the reader is free to sip them in any order. The story commences with water, carbon dioxide, and sunlight; travels through the manufacturing process; and ends with the molecules that entice the palate.

Whether the topic is photosynthesis, bubble caps, oak speciation, or a mechanistic enzymology, the essays seek to reveal the simple beauty too often hidden in science and engineering. At approximately one page in length, each essay and accompanying artwork can be digested slowly at the rate estimated at three essays per bourbon or Scotch.

Each essay is summarized in one or two sentences in a single “Shot of Knowledge.” Iconography anchors each essay in the production process. Inspiration for the book derived from a productive collision between individuals from TCU and the Firestone & Robertson Distilling Company.

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ROB ARNOLD is a native of Louisville, Kentucky, and a third-generation member of the whiskey industry. With a passion for both science and whiskey, he holds degrees in microbiology and biochemistry. Since 2011, he has been the head distiller at the Firestone & Robertson Distilling Company in Fort Worth, Texas. Growing up in central Illinois, ERIC SIMANEK was surrounded by corn destined for feed or alcohol. He holds degrees in chemistry from Illinois and Harvard. A member of the chemistry faculty at TCU, he enjoys sharing his love of science with all ages and sharing whiskey with good friends.

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**RELATED INTEREST**

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In Pursuit of Wild Edibles
A Forager’s Tour

Jeffrey Greene

Today we care about the source of our food as much as the preparation, so it is no surprise that foodies have discovered wild edibles. From the most upscale restaurants in New York to humble farm stays in Europe, chefs and restaurant-goers alike are seeking pleasure in food found in the wild.

*In Pursuit of Wild Edibles: A Forager’s Tour* tells the story of one man passionate about finding wild edibles and creating recipes to highlight their unique flavors. An American expatriate, poet, and gourmet living in France, Jeffrey Greene has scoured the fields, rivers, and beaches of Europe and his native New England in search of foods ranging from puffballs and periwinkles to stone pine nuts and gooseneck barnacles. For many, foraging is the latest trend in foodie culture, but for Greene this journey stretches back to his childhood, when his parents fled New York City to a shack-like house in rural Connecticut. Convinced they could live off the land, the family raised goats, planted gardens, gathered seafood at the nearby coast, and foraged for food from the woods.

Inspired by these childhood experiences, Greene and his wife, Mary, bought and restored an old priory in rural Burgundy. Surrounded by forests, they learned to identify mushrooms, local peppers, and greens, and devoted themselves to inventing recipes for them. Thus began a pursuit that took Greene to the Polish Carpathians, the Appennines overlooking the Ligurian coast, the shores of Normandy and Brittany, and to Plymouth, Massachusetts, where the Pilgrims eked out their first winter in near starvation.

Greene’s captivating book offers accomplished foragers and novices alike an extensive sampling of his own recipes and a chance to come along with him on his international adventures. From razor clams and wild sea urchins, to young nettles and dandelion greens, to wild strawberries and cherries, Greene showcases the beauty of what one can cook up in a truly wild recipe.

"Jeffrey Greene is a wise and generous writer, navigating each wild edible through his own memories. What results is much more than a field guide; it’s a window into our relationship with the natural world."

—Dan Barber, executive chef and co-owner of Blue Hill and Blue Hill at Stone Barns

JEFFREY GREENE is the author of *French Spirit: A House, a Village, and a Life Affair with Burgundy* and *The Golden-Deliced Bacon: Last Forgotten Taste of the Forest* (Virginia). A widely published poet, he is the recipient of the Samuel French Morse Poetry Prize and the Randall Jarrell Award in Poetry. He teaches at the American University of Paris.
**NAVAJAS (RAZOR CLAMS) WITH GREEN SALSA**

Razor clams always presented a challenge when I'd dig for them as a kid. They have a remarkable ability to elude predators by creating a kind of quicksand and literally sinking themselves more than two feet deep. So finding and collecting them can be quite a hunt. Over the years, I have come to appreciate razor clams as one of the most delicious seafood in Asian, Spanish, or French cuisine.

**JALAPEÑO SALSA**  (to be used sparingly)
1 clove garlic
1 onion
1 tablespoon olive oil
6 pickled jalapeño peppers (seeds removed), chopped
3 tablespoons preserved tender cactus (optional)
1/4 cup cilantro, chopped
Juice of 1 lime

Start with sautéing the garlic and onion in olive oil until soft. Add jalapeño peppers and cactus, stirring for a minute. Place the mixture in a blender, adding cilantro and lime juice, and grind to make a purée. Add water if the mixture is too dry. Pepper and salt to taste.

**CLAMS SAUTEED IN GARLIC**
2 pounds of razor clams
4 cloves garlic, minced
1/4 cup red pepper, diced
1/4 cup olive oil
1/4 cup white wine
1/4 cup cilantro, chopped
Salt and pepper to taste

To prepare clams, simply use a sharp tool to slice them on the open side of their shell, remove them, and cut away all organs but the neck and muscle. Sauté garlic and peppers in olive oil. When the pepper is soft, add wine and reduce by half. Add clams for one minute; add cilantro, salt, and pepper. On a platter or plates, arrange shells and return clams to them; pour sauce over them, and serve with jalapeño salsa.
Robert Netherland has brought readers and cooks a book rooted in strong family ties and authentic Appalachian farm food. Traditions arise from what we eat and how we prepare it, and the Netherland traditions weave a delicious tale of farming, family, and foodways spanning the generations.

—Chef Walter Lambert, author of Kinfolks and Custard Pie

Southern Appalachian Farm Cooking
A Memoir of Food and Family
ROBERT G. NETHERLAND

Part cookbook and part memoir, Southern Appalachian Farm Cooking blends staples of farm-fresh, Appalachian cuisine with stories of life on a large farm in East Tennessee, where homemade biscuits and harvest vegetables were the fruits of hard work and meager earnings. Robert G. Netherland begins with the family farm: a sprawling sixty acres of fertile, rolling hills located in the small town of Sourgainsville, Tennessee, situated between bends in the Holston River. From there, Netherland guides the reader through threshing wheat, churning butter, sharecroppers and country doctors, hunting and hog killing, and all the while sharing updated versions of his family’s recipes for authentic farm-to-table food.

From biscuits to cornbread, freshly shelled beans to red ripe tomatoes, and savory meats to the sweetest cherry pies, Southern Appalachian Farm Cooking provides the home cook with recipes and historical asides to turn any trip to the farmer’s market into a delicious family affair. In sharing his experiences, Netherland reminds us of a time when prepackaged and plastic-wrapped food didn’t line our counters and fill our cabinets, but in its place were baskets of seasonal fruit, canned vegetables, fresh baked breads, and hot-from-the-oven cobblers. Southern Appalachian Farm Cooking is more than just a nostalgic memoir of farming and food, it’s also filled with healthy, simple, everyday eats for the modern cook.

ROBERT G. NETHERLAND, now retired, was a healthcare executive at various hospitals in Tennessee, Alabama, and Maryland. His interest in cooking stems from being introduced to the toils of the kitchen by his mother and grandmother.

In Southern Appalachian Farm Cooking, a sixth-generation Highlander writes from the heart and captures not only the food and culture of southern Appalachia but also the strength and leadership of highly valued women. With its country breads, pie crusts, and cast iron skillets, Appalachia enjoys an amazing food tradition that is distinct from that of the wider South.

—Mark Schne, author of Appalachian Home Cooking: History, Culture, and Recipes

ALSO OF INTEREST

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**Shrimp Country**
*Recipes and Tales from the Southern Coasts*

**ANNA MARLIS BURGARD**

*A bounty of flavors from the Gulf to the Atlantic*

“Shrimp lovers, both cooks and eaters, absolutely need this book, but so does any traveler or armchair epicure who values the culinary traditions of coastal America.” —Michael Stern, coauthor of *Roadfood*

“Not only is *Shrimp Country* a complete compendium of southern shrimp; it is a tasty treat for both reading and cooking.” —Elizabeth Williams, author of *New Orleans: A Food Biography*

“Takes us on a journey through the creeks, bogs, sounds, and seas that yield one of America’s most precious resources—sweet, tender shrimp.” —Nancy White, author of *Jacksonville Food Trucks*

“A wonderful culinary journey. From the recipes peppered with chefs’ anecdotes and information for home cooks and travelers, Burgard has compiled a mouthwatering celebration of the sweet crustacean.” —Heather McPherson, coauthor of *Good Catch*

Embark on a fresh and delicious culinary tour of coastal America. *Shrimp Country* invites readers to discover the southern shoreline from Texas to the Carolinas, savoring the region’s sea air, saltwater, and shrimp.

Shrimp is a perfect ingredient. Mild enough to be a part of delicately flavored dishes and succulent enough to be eaten on its own, it pairs well with both spicy and sweet ingredients and can be fried, sautéed, steamed, broiled, or grilled. In this savory homage to the crustacean, Anna Marlis Burgard gathers more than 100 tempting recipes, from regional classics like paella, wiggis, and bog to global fare such as shrimp empanadas, shrimp saganaki, and tom kha gai. Coastal families share their favorite recipes, and seaside restaurants reveal the tasty secrets that lure in customers.

Brimming with the larger-than-life personalities of trawler captains, food truck masters, diner cooks, and award-winning chefs, *Shrimp Country* is a love letter to coastal communities and their joy-filled, soul-fueling kitchens. Kick off your shoes, roll up your sleeves, and dig in!

**ANNA MARLIS BURGARD** is the creative force behind hundreds of illustrated books, including the bestselling *A Guide for Grown-Ups: Essential Wisdom from the Collected Works of Antoine de Saint-Exupéry, Perfect Porches, and Hallelujahs: The Poetry of Classic Hymns*. Her work has been featured on Atlas Obscura, BBC Radio, and NPR, and in the *New Yorker, USA Today*, and the *Wall Street Journal*. She honed her shrimp-cooking skills on Tybee Island, Georgia, where the shrimp trawlers moored along Lazaretto Creek bring wild shrimp to the docks, and has explored more than 100 coastal and inland islands for her Islands of America: A River, Lake and Sea Odyssey project.

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Soul Food Advisor
Recipes and Tips for Authentic Southern Cooking

CASSANDRA HARRELL

Cassandra Harrell remembers watching her grandmother, Big Mama, fry hot-water corn bread in a well-seasoned cast-iron skillet on her electric stove. Only four years old, Harrell had to crawl onto a kitchen chair to see the yellow cornmeal batter skillfully dropped into sizzling oil. Once fried to a golden brown, the bread was served with one of Big Mama’s many delicious meals like a plate of turnip greens, smoked meat or a bowl of beef stew. Growing up in a small, close-knit community in southwest Tennessee, Harrell received a culinary education from her family, learning her trade by example: she listened to her mother and grandmother and watched them in the kitchen as they cooked tomatoes, onions, and cabbage they gathered from the family’s large backyard garden. Over the next forty years, Harrell honed her appreciation of good food through cooking, both at home and as a professional caterer.

Soul Food Advisor shares more than 150 of Harrell’s personal and family recipes—from Big Mama’s Neck Bone Soup to Harrell’s own low-cholesterol, low-sodium Country Black-eyed Peas and Okra. Recipes range from modern favorites like bush puppies, barbecue, and Tennessee-style coleslaw, to lesser-known dishes such as hoecakes, mayonnaise drop rolls, jelly cake, and a whole chicken baked on top of cornbread dressing. In addition to delicious recipes, Harrell includes snippets of southern food history, personal memories from the kitchen, and time-tested cooking tips.

Both home and professional cooks, as well as food historians, will embrace Harrell’s celebration of soul food as she recounts its authentic recipes, iconic dishes, and irresistible flavors. From the home kitchens that perfected this family-centered cuisine, Soul Food Advisor reveals the secrets of southern cooking, one dish at a time.

CASSANDRA HARRELL, author of two cookbooks, Soul Food Lovers’ Cookbook and Unforgettable Appetizers, owned and operated an award-winning catering business specializing in southern cuisine. She returned to her home state in 2004 and lives in Jackson, Tennessee, with her husband, Earl, a renowned barbecue chef.

SEPTEMBER 2010
272 pages, 6 x 9, 19 color photos
978-0-8071-8376-4
Cloth $29.95, ebook available
Cooking / Foodways [LOUISIANA]

The Southern Table
Cynthia LeJean Nobles, Series Editor

Published with the assistance of the Bone Fund
Old-Fashioned Cabbage Soup
Yield: 6-8 servings

7 cups chopped green cabbage, cut into bite-sized pieces
1 quart water
Seasoned salt to taste
Ground black pepper to taste
2 (14-ounce) cans stewed tomatoes, with liquid
1 (14-ounce) can whole tomatoes, with liquid
2/3 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green bell pepper
2 garlic cloves, chopped
2 cups peeled and diced white potatoes

1. In a large pot, add cabbage, water, seasoned salt, and black pepper. Bring to a boil over high heat. Reduce to medium heat, and continue cooking 20 minutes.
2. Add stewed tomatoes, whole tomatoes, onion, celery, green bell pepper, and garlic. Stir in potatoes and cook until potatoes and cabbage are fork-tender, about 15 minutes. Serve hot.
The Pueblo Food Experience Cookbook
Whole Food of Our Ancestors

By Roxanne Swentzell, Patricia M. Perea, Fomer F. Swentzell, Ammert M. Rodriguez, and Marian Naranjo

“This is the story behind our return to eating our original food.” — Roxanne Swentzell

The Pueblo Food Experience Cookbook is an original cookbook for and about the indigenous peoples of the Southwestern United States, specifically the Pueblo peoples of New Mexico. This cookbook is a product of the Roaming Tree Foundation, Inc., which originated with Roxanne Swentzell and Santa Clara Pueblo. The cookbook’s goal is to preserve healing and balance by returning to the original foodways of the Pueblo peoples. The diet is based on precontact food and includes animals (beef, pork, chicken), fish, and a wide variety of whole grains, corn, seed, fruit, and vegetables.

As Pueblo peoples moved away from the land and grew dependent on fast and commercially produced food, like all Americans, they have suffered in epidemic proportions from obesity, diabetes, heart disease, high blood pressure, low energy, depression, and a decrease in overall well-being. Returning to their precontact diet has led to profound improvements of the Pueblo people and their communities as they have reversed or eliminated health problems, lowered inflammation, improved blood pressure, and achieved weight loss while practicing traditional lifestyles.

The cookbook and accompanying recipes feature foods from scratch—growing your own vegetables, gathering wild plants, and seeds. The exceptional recipes presented here were served at Roaming Tree packed lunches, where Pueblo diet staples of corn, beans, and squash—known as the Three Sisters—provide physical and spiritual balance as well as a connection to the Ancient Pueblo landscapes and native plants. Some of the recipes include buffalo Tamales, Blue Corn Cob, and Rabbit Stew, among a few of the many delicious Pueblo recipes included in this book.

Roxanne Swentzell, a Pueblo artist and educator, has long been a passionate advocate for nutrition as a means to improve health. Her commitment to traditional foodways led her to create the Roaming Tree Foundation, which focuses on teaching and preserving traditional Pueblo food and cultural practices.

ISBN 0-972-0013-4-1
128 pages, 51 color and black-and-white photographs, 9 drawings, 3 maps, 7½ x 10

MUSEUM NM
In Julia’s Kitchen
Practical and Convivial Kitchen Design
Inspired by Julia Child

PAMELA HEYNE AND JIM SCHERER

An award-winning architect and Julia Child’s staff photographer show us how to bring into our homes Julia’s commitment to the life-changing magic of eating together.

Julia Child wrote to Pamela Heyne, “Most architects I know don’t know anything about cooking, and their designs are not practical for cooks!” Beloved chef Julia Child embraced the significance of the family meal and was devoted to sharing delicious food with friends and family at the comfortable dining table in her kitchen, a place where conversation was as important as cuisine.

With In Julia’s Kitchen, architect Heyne and Julia’s longtime photographer Jim Scherer collaborate to share Julia’s kitchen design and lifestyle concepts. We visit the kitchens in her Massachusetts home, at the Childs’ French vacation retreat La Pitchoune, and in the studio of Julia’s iconic TV shows, as well as the kitchens of renowned chef Jacques Pepin and many others.

PAMELA HEYNE is an architect and author living in Maryland. JIM SCHERER was staff photographer for Julia Child and Company and the photographer for many cookbooks. He lives in Boston.
The Cooking with Kids Cookbook

LYNN WALTERS & JANE STACEY; WITH GABRIELLE GONZALES; FOREWORD BY CHERYL ALTERS JAMISON & DEBORAH MADISON

For over twenty years the nonprofit organization Cooking with Kids has educated thousands of children to make healthy eating choices through hands-on learning with fresh, affordable foods from diverse cultures. Written for families to use together, this cookbook includes Cooking with Kids’ most enthusiastically kid-tested dishes, along with tips for engaging children in the kitchen and in the garden. Kids can even pick up a pencil or a crayon and do fun and educational activities right inside the book. Featuring more than sixty-five recipes—among them South American Lapingachos, Minestrone, and Coconut Rice Balls—the authors dish up tasty, nutritious meals and snacks that teach children how to help plan, prepare, and cook meals. This book will show parents and caregivers that kids will enjoy a broad array of foods when they chop, measure, mix, and—of course—eat with pleasure.
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These essays on food and philosophy were written over several decades. Not only philosophers and historians but individuals who have an ongoing interest in food should relish them. The essays cover wide-ranging topics that include genetically modified organisms, chocolate and its world, food as art, the pornography of food, and the five flavors of Chinese cuisine. In addition, there are several chapters that deal with the refinement of erudite (professional) cuisine from popular (regional) cuisine in the seventeenth and eighteenth centuries in Europe. One chapter stands alone as an analysis of the Native American cultural foundations of maize. The book opens with an essay on the philosophy of food history that addresses three fundamental problems: the duplication of sensations and taste, the understanding of recipes from other historical periods, and the sorts of judgments that are included or excluded in a historical narrative. The book ends with an exposition of R. G. Collingwood’s anthropology of eating and dining, which completes the discussion with an analysis of the magical symbolism of those cultural activities.

SPENCER K. WERTZ is emeritus professor of philosophy at Texas Christian University, Fort Worth. He has taught wine appreciation classes and served many years on a Dallas-Fort Worth wine panel. For a decade he headed a barbecue team that traveled across Texas and New Mexico. He lives in Santa Fe, New Mexico.

Lone Star Eats
A Gathering of Recipes from Great Texas Cookbooks
Edited by Terry Thompson-Andersen

It’s no wonder that Texans love to eat: the Lone Star State is not only the nation’s second-largest producer of agricultural products but also one of the richest in culinary diversity.

In compiling Lone Star Eats, Terry Thompson-Andersen has pored over a vast collection of Texas cookbooks and chosen the best examples of the way Texans eat today. More than 500 favorite recipes make up this collection, from down-home comfort foods with rural roots to sophisticated dishes of urban inspiration.

Drawing from more than 65 different cookbooks, published by some of the state’s leading chefs and by community organizations such as junior leagues and church auxiliaries, Thompson-Andersen has selected traditional favorites as well as new classics to illustrate the mouth-watering array of good eats that characterize Texas cooking.

Terry Thompson-Andersen is a professional chef, cookbook author, culinary instructor, and restaurant consultant. She has written five cookbooks, including Texas on the Plate, Cajun-Creole Cooking, Eating Southern Style, and The Texas Hill Country: A Food and Wine Lover’s Paradise. She is a charter member of the International Association of Culinary Professionals (IACP) and the Southern Foodways Alliance. She lives in Fredericksburg, Texas.

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Cooking.
[Texas A&M]
Eating Korean in America
Gastronomic Ethnography of Authenticity
SONIA RYANG

Ryang explores the world of Korean food in four American locations, visiting restaurants and grocery stores and observing Korean food as it is prepared and served. She analyzes the history and evolution of each dish, how it arrived and what it became, but above all, she tastes and experiences her food—four items to be specific—naengmyeon cold noodle soup; jeon pancakes; galbi barbecued beef; and bibimbap, rice with mixed vegetable.

The accounts of the cities and their distinctive take on Korean food are at once entertaining and insightful, yet deeply moving. Ryang challenges the reader to stop and think about the food we eat every day in close connection to colonial histories, ethnic displacements, and global capitalism.

JULY 2016  [HAWAII]

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Food in Asia and Pacific
Kentucky Bourbon Country
The Essential Travel Guide
SECOND EDITION
Susan Reigler
Photographs by Pam Spaulding and Carol Peachee

Like wine lovers who dream of traveling to Bordeaux or beer enthusiasts with visions of the breweries of Belgium, bourbon lovers plan their pilgrimages to Kentucky’s bourbon country. And what a country it is! Some of the most famous distilleries are tucked away in the scenic Bluegrass region stretching between Louisville, Bardstown, and Lexington. Locals and tourists alike seek out the world’s finest whiskeys in Kentucky as interest in America’s only native spirit continues to grow.

In Kentucky Bourbon Country, Susan Reigler offers essential information and practical advice to anyone considering a trip to the state’s distilleries or to the restaurants and bars on the Urban Bourbon Trail. Featuring two hundred full-color photographs and a bourbon glossary, the book is organized by region and provides valuable details about the Bluegrass—including attractions near each distillery and notes on restaurants, lodging, shopping, and seasonal events in Kentucky’s beautiful historic towns. Whether you’re interested in visiting the place where your favorite bourbon is made or hoping to discover exciting new varieties, this handy and practical guide is the key to enjoying the best of bourbon.

Susan Reigler, award-winning former restaurant critic and travel writer for the Louisville Courier-Journal, is the author of The Complete Guide to Kentucky State Parks and coauthor of The Kentucky Bourbon Cocktail Book. She lives in Louisville, Kentucky.

Pam Spaulding, a veteran photographer and photojournalist, is the photographer of The Complete Guide to Kentucky State Parks and The Kentucky Bourbon Cocktail Book. She lives in Louisville, Kentucky.

Carol Peachee, a fine art photographer and cofounder of the Kentucky Women’s Photography Network, is the author of The Birth of Bourbon: A Photographic Tour of Early Distilleries. She lives in Lexington, Kentucky.

ALSO OF INTEREST

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Susan Reigler
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More Kentucky Bourbon Cocktails

Joy Perrine and Susan Reigler
Photographs by Jessica Ebeltar

Ninety-five percent of the world’s bourbon whiskey is produced in Kentucky, and the drink is as distinctive to the state as Thoroughbred horses and Bluegrass music. As America’s native spirit enjoys booming popularity worldwide, award-winning bartender Joy Perrine and celebrated restaurant critic and drinks writer Susan Reigler return to offer new recipes that will delight both the cocktail novice and the seasoned connoisseur.

Following up on their best-selling The Kentucky Bourbon Cocktail Book, the duo returns with more reasons to appreciate bourbon whiskey. This mouthwatering volume features more than fifty delicious new concoctions—including variations on classics such as the Old Fashioned and the Manhattan—and even adds a splash of Kentucky flavor to mojitos, sangria, lemonade, and coffee. It also serves up recipes from leading bartenders, prizewinning drinks from cocktail competitions, and a bourbon-inspired buffet featuring edibles that will be a feast for aficionados. The useful bourbon glossary and bibliography will appeal to professional or at-home bartenders eager to experiment, invent, and savor their own recipes.

Joy Perrine is the bar manager emerita at Equus Restaurant and Jack’s Lounge in Louisville. She was named Best Bartender in Louisville by Louisville Magazine and has won numerous awards for her cocktails. She lives in Louisville, Kentucky.

Susan Reigler is an award-winning former restaurant critic and drinks writer for the Louisville Courier-Journal. A certified Executive Bourbon Steward, she is the author of Kentucky Bourbon Country: The Essential Travel Guide and coauthor of The Bourbon Tasting Notebook. She lives in Louisville, Kentucky.

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“Perrine and Reigler’s use of specialized and craft products answers the need for information regarding craft drink creation. Perrine and Reigler have doubled down on this must-have bourbon cocktail book, sharing their own recipes and those of award-winning bartenders”—Albert W. A. Schmid, author of The Manhattan Cocktail: A Modern Guide to the Whiskey Classic.

“This book is more than a collection of bourbon recipes essential to those who mix cocktails at bars and restaurants or consume it at home at parties and during the cocktail hour. It contains a useful glossary relating to bourbon as well as a selected bibliography that will feed the interest of aficionados.”—Richard Taylor, former poet laureate of Kentucky and author of Sue Mundy: A Novel of the Civil War.

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