

A Grain Of Rice

A clever, cheerful, hard-working farmer's son wins the hand of a Chinese princess by outwitting her father the Emperor, who treasures his daughter more than all the rice in China. Copyright © Libri GmbH. All rights reserved.

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What's your predicament: breakfast on a harried school morning? The Mom 100's got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn't get any better than pizza for breakfast. Kids making noise about the same old lunch? The Mom 100's got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. “Fork-in-the-

Road” variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don’t). “What the Kids Can Do” sidebars suggest ways for kids to help make each dish.

Anyone interested in GMOs, social justice, or world hunger will find Golden Rice a compelling, sad, and maddening true-life science tale.

Rice is a staple food for half of the world's population mostly in Asia. Productivity of rice has largely been improved since the Green Revolution in 1960s. Further improvement of rice yield is necessary to keep pace with population growth, which is a challenging task for breeders. This book, *Rice - Germplasm, Genetics and Improvement*, as its name implies, comprehensively reviews current knowledge in germplasm exploration, genetic basis of complex traits, and molecular breeding strategies in rice. In the germplasm part, we highlight the application of wild rice in rice breeding. In the genetics part, most of the complex traits related with yield, disease, quality have been covered. In the improvement part, Chinese experiences in hybrid rice breeding have been summarized together with many molecular breeding practices scattering in different chapters. *Rice Chemistry and Technology, Fourth Edition*, is a new, fully revised update on the very popular previous edition published by the AACC International Press. The book covers rice growth, development, breeding, grain structure, phylogenetics, rice starch, proteins and lipids. Additional sections cover rice as a food product, health aspects, and quality analysis from a cooking and sensory science perspective. Final chapters discuss advances in the technology of rice, with extensive coverage of post-harvest technology, biotechnology and genomic research for rice grain quality. With a new, internationally recognized editor, this new edition will be of interest to academics researching all aspects of rice, from breeding, to usage. The book is essential reading for those tasked with the development of new products. Identifies the nutrition and health benefits of rice
Covers the growing and harvesting of rice crops
Includes the use of rice and byproducts beyond food staple
Explains rice chemistries, including sections on starch, protein and lipids
Contains contributions from a world leading editorial team who bring together experts from across the field
Contains six new chapters focusing on rice quality

You don't need to be a chef, you don't need special ingredients, you don't even need a big kitchen. Discover every day deliciousness with *The Smitten Kitchen Cook Book*. There is a half-galley kitchen in New York with just a single counter, a tiny stove, pans stacked high in the corner - yet it has conjured up stews and slaws, salsas and pestos, tatin and cheesecakes. All to-die-for. This is Deb Perelman's kitchen. Deb is an ordinary home cook who believes food should be a pleasure and deliciousness a guarantee. So she founded www.smittenkitchen.com, her award-winning blog, where she concocts, tweaks and obsessively tests the best imaginable recipes for the everyday cook. These are recipes you'll bookmark, share, and make your own, whether it is Courgette Ribbons with Almond Pesto for a summer lunch, Everyday Margherita Pizza for

the family, Seared Halibut with Gazpacho Salsa for a weekend dinner, or Tiny But Intense Chocolate Cake for a special treat. 'I'm a longtime fan of the blog and this is a wonderful cookbook' Rachel Khoo, Little Paris Kitchen

A Washington Post bestselling cookbook Become the favorite family chef with 100 tested, perfected, and family approved recipes. The healthy cookbook for every meal of the day: Once upon a time, Jenn Segal went to culinary school and worked in fancy restaurants. One marriage and two kids later she created Once Upon a Chef, the popular blog that applies her tried and true chef skills with delicious, fresh, and approachable ingredients for family friendly meals. With the authority of a professional chef and the practicality of a busy working mom, Jenn shares 100 recipes that will up your kitchen game while surprising you with their ease. • Helpful tips on topics such as how to season correctly with salt, how to balance flavors, and how to make the most of leftovers. • Great recipes for easy weeknight family dinners kids will love, indulgent desserts, fun cocktails, exciting appetizers, and more. • Jenn Segal is the founder of Once Upon a Chef, the popular blog showcasing easy, family friendly recipes from a chef's point of view. Her recipes have been featured on numerous websites, magazines, and television programs. Fans of Chrissy Teigen, Skinnytaste, Pioneer Woman, Oh She Glows, Magnolia Table, and Smitten Kitchen will love Once Upon a Chef, the Cookbook. With 100 tested, perfected, and family approved recipes with helpful tips and tricks to improve your cooking. • Breakfast favorites like Maple, Coconut & Blueberry Granola and Savory Ham & Cheese Waffles • Simple soups, salads and sandwiches for ideal lunches like the Fiery Roasted Tomato Soup paired with Smoked Gouda & Pesto Grilled Cheese Sandwiches • Entrées the whole family will love like Buttermilk Fried Chicken Tenders • Tasty treats for those casual get togethers like Buttery Cajun Popcorn and Sweet, Salty & Spicy Pecans • Go to sweets such as Toffee Almond Sandies and a Classic Chocolate Lover's Birthday Cake

A biography of the modest Frenchman who, after being blinded at the age of three, went on to develop a system of raised dots on paper that enabled blind people to read and write.

Fuchsia Dunlop trained as a chef at China's leading cooking school and is internationally renowned for her delicious recipes and brilliant writing about Chinese food. Every Grain of Rice is inspired by the healthy and vibrant home cooking of southern China, in which meat and fish are enjoyed in moderation, but vegetables play the starring role. Try your hand at blanched choy sum with sizzling oil, Hangzhou broad beans with ham, pock-marked old woman's beancurd or steamed chicken with shiitake mushrooms, or, if you've ever in need of a quick fix, Fuchsia's emergency late-night noodles. Many of the recipes require few ingredients and are startlingly easy to make. The book includes a comprehensive introduction to the key seasonings and techniques of the Chinese kitchen, as well as the 'magic ingredients' that can transform modest vegetarian ingredients into wonderful delicacies. With stunning photography and clear instructions, this is an essential volume for beginners and connoisseurs alike.

Christine Hippert examines buying food on credit in corner stores in Cabarete, an

international tourism destination in the Dominican Republic and a hub for migrant laborers. The voices in this book highlight people's experiences with food, debt, and survival to reveal emerging social changes related to race, gender, class, and citizenship.

Fuchsia Dunlop trained as a chef at China's leading cooking school and is internationally renowned for her delicious recipes and brilliant writing about Chinese food. Every Grain of Rice is inspired by the healthy and vibrant home cooking of southern China, in which meat and fish are enjoyed in moderation, but vegetables play the starring role. Try your hand at blanched choy sam with sizzling oil, Hangzhou broad beans with ham, pock-marked old woman's beancurd or steamed chicken with shiitake mushrooms, or, if you've ever in need of a quick fix, Fuchsia's emergency late-night noodles. Many of the recipes require few ingredients and are startlingly easy to make. The book includes a comprehensive introduction to the key seasonings and techniques of the Chinese kitchen, as well as the 'magic ingredients' that can transform modest vegetarian ingredients into wonderful delicacies. With stunning photography and clear instructions, this is an essential volume for beginners and connoisseurs alike.

High genetic diversity of rice has been economically profitable for mankind; the crop provides food calories to half of the human race on earth. Because of adaptation to diversified and unstable ecological conditions, the plant has an asynchronous flowering system in the panicle. International Rice Research Institute has panicles with numerous branching phenotypes and lengths varying from 10 to 43 cm. Because of heterogeneous architecture, grain filling depends on the position of the spikelet within a panicle. Spikelets on apical branches fertilize early and fill faster compared to their basal counterparts. Hence, individual grain weights of panicle vary widely. The discrepancy in grain filling between spikelets changes with panicle architecture, but the relationship of variation in individual grain weight with panicle architecture has not been studied. Spikelet number has increased highly in the newly developed rice cultivars, but it has no benefit accrued on grain filling and yield.

The philippine rice situation through the years. The introduction, difusion and adoption of the new rice technology. Agricultural extension services and the rice farmer. The changing filipino rice farmer. Employment and income distribution aspects of the new rice technology. The philippine land reform program and the new rice technology. Credit, cooperatives and other organizational components of rice production.

Features nearly one hundred authentic recipes, with tips on cooking equipment and techniques, reducing fat, and replacing hard-to-find ingredients

As human populations grow and resources are depleted, agriculture will need to use land, water, and other resources more efficiently and without sacrificing long-term sustainability. Darwinian Agriculture presents an entirely new approach to these challenges, one that draws on the principles of evolution and natural selection. R. Ford Denison shows how both biotechnology and traditional plant breeding can use Darwinian insights to identify promising routes for crop genetic improvement and avoid costly dead ends. Denison explains why plant traits that have been genetically optimized by individual selection--such as photosynthesis and drought tolerance--are bad candidates for genetic improvement. Traits like plant height and leaf angle, which determine the collective performance of plant communities, offer more room for improvement. Agriculturalists can also benefit from more sophisticated comparisons

among natural communities and from the study of wild species in the landscapes where they evolved. Darwinian Agriculture reveals why it is sometimes better to slow or even reverse evolutionary trends when they are inconsistent with our present goals, and how we can glean new ideas from natural selection's marvelous innovations in wild species. Rice is one of the most versatile and delicious foods in the world. From risottos to nasi goreng, pilaf to pies, puddings to snack bars, this extraordinary grain is an essential ingredient in so many classic dishes. Posh Rice offers over 70 brand new recipe ideas for rice, with sections on soups & snacks (pakoras, béchamel fritters, sticky rice summer rolls), salads & bowls (sesame, avocado and salmon rice bowl, chicken burrito bowls, Persian rice salad), main courses (bibimbap, risi e bisi, lamb Hyderabadi biryani, seafood paella, Hong Kong claypot rice), side dishes (coconut and cashew rice, mudajahhra) and desserts and sweets (Belgian rice tart, Balinese black rice pudding, summer berry rice cream). With tips on storecupboard essentials and a guide to types of rice, and with a photograph of every single recipe, Posh Rice gives you a wealth of fast and tasty meal solutions.

Rice is a staple crop in many coastal and non-coastal areas of the globe and requires a large production area. With the increasing trends in population, it is pivotal to increase the production of this important crop for sustainability. The introduction of high-yielding rice cultivars through molecular breeding is one of the possibilities that can ensure sustainability. Additionally, development of new biotic and abiotic stress-resistant cultivars with higher nutritional value can revolutionize the rice industry.

This volume explores the latest advances in high-throughput phenotyping to screen milling quality, cooking and nutritional quality in breeding material, and simplifying grain quality screening in germplasm. The chapters in this book cover topics such as seed development stages; panicle architectural traits to understand yield components; starch structure and protein properties; and genome editing technologies to reveal grain quality and nutritional traits. Written in the highly successful *Methods in Molecular Biology* series format, chapters include introductions to their respective topics, lists of the necessary materials and reagents, step-by-step, readily reproducible laboratory protocols, and tips on troubleshooting and avoiding known pitfalls. Cutting-edge and thorough, *Rice Grain Quality: Methods and Protocols* is a valuable resource for all researchers interested in expanding their knowledge in this evolving field.

Evelyn Lau's new book of poems, *A Grain of Rice*, picks up on some of the themes she covered in her last wonderful book, *Living Under Plastic*. Once again she honours people, in particular family, and the past; the presence and importance of nature in urban spaces; the influence of other writers on her life and in her career as a writer. *A Grain of Rice* includes a passionate suite of poems that pay tribute to John Updike's life and work (he is the writer who has most influenced her writing career). Many of the poems in *A Grain of Rice*, her sixth book of poetry, are haunted by the deaths of friends and family. They

explore cultural history, stories in the news, travel and place ?especially the relationship between home and our nomadic inclinations. In many respects the book is a meditation on loss. Grief and aging, family history, an attention to place. poems on local urban social issues; poems that seek and find their inspiration in Asian culture and literature ?all form a tapestry of faces that simultaneously defy and embrace the inevitable and celebrate the transformational.

Introduction; Materials and methods; Results and discussion; Asia; North, Central, and South America; South America; Europe; Africa; *Oryza glaberrima* and other wild rices; General disucssion and conclusions; Institutions and organizations supplying rice samples; Sources of 1990 grain quality information in national programs; Cross reference index of variety names; Acronyms of rice varieties/lines.

Rice is a unique and highly significant crop, thought to help feed nearly half the planet on a daily basis. An understanding of its properties and their significance is essential for the provision of high quality products. This is all the more true today as international trade in rice trade has been increasing rapidly in recent years. This important book reviews variability in rice characteristics and their effects on rice quality. After an introduction on rice quality that also explores paradoxes associated with the crop, the book goes on to examine rice physical properties and milling quality. This leads to a discussion of the effects that the degree of milling has on rice quality. The ageing of rice and its cooking and eating quality are investigated in the following chapters before an analysis of the effect of parboiling on rice quality. Later chapters consider the product-making and nutritional quality of rice and investigate speciality rices and rice breeding for desirable quality. The book concludes with an extensive chapter on rice quality analysis and an appendix containing selected rice quality test procedures. With its distinguished author Rice quality: a guide to rice properties and analysis proves an invaluable resource for professionals in the rice industry and researchers and post-graduate students interested in rice. Examines the physical properties of rice, such as grain appearance and density and friction Investigates the ageing of rice and its cooking and eating quality The product making and nutritional aspects of rice are also considered

A Grain of RiceSkylark

Learn to grow, harvest, store, grind, and cook nine popular whole grains. Sara Pitzer provides complete instructions for growing your own wheat, corn, barley, millet, oats, rice, rye, spelt, and quinoa, as well as recipes for using these grains in tasty dishes. Cultivating these crops is surprisingly easy, and it takes less space than you might imagine — with just 1,000 square feet of growing space in your backyard, you can grow enough wheat to supply ingredients for 50 loaves of delicious fresh bread.

Rice is life, for most people living in Asia. Rice has shaped the cultures, diets, and economies of thousands of millions of people. Growing, selling, and eating rice are integral to the culture of many countries. Products of the rice plant are used for a number of different purposes, such

as fuel, thatching, industrial starch, and artwork. Rice is the staple food of more than half of the world's population - more than 3.5 billion people depend on rice for more than 20% of their daily calories. Asia accounts for 90% of global rice consumption, exceeding 100 kg per capita annually in many countries. Keeping in view the importance of rice, the United Nations declared 2004 as the International Year of Rice. Food security, which is the condition of having enough food to provide adequate nutrition for a healthy life, is a critical issue. Sustainable rice production is important for food self-sufficiency and food security in changing climates.

Sustainable rice production practices are those which (1) increase rice productivity and its quality, (2) improve soil fertility and health, (3) increase water use efficiency and conservation, and (4) increase diversification of rice fields, growers' income, and climate resilience.

"This book focuses on new and original research ideas and findings in three broad areas: computing, analytics, and networking and their potential applications in the various domains of engineering - an emerging, interdisciplinary area in which a wide range of theories and methodologies are being investigated and developed to tackle complex and challenging real-world problems. The book also features keynote presentations and papers from the International Conference on Computing Analytics and Networking (ICCAN 2019), which offers an open forum for scientists, researchers and technocrats in academia and industry from around the globe to present and share state-of-the-art concepts, prototypes, and innovative research ideas in diverse fields. Providing inspiration for postgraduate students and young researchers working in the field of computer science & engineering, the book also discusses hardware technologies and future communication technologies, making it useful for those in the field of electronics." -- Prové de l'editor.

In recent years, significant advancements have been made in the management of nutritional deficiency using genome engineering—enriching the nutritional properties of agricultural and horticultural crop plants such as wheat, rice, potatoes, grapes, and bananas. To meet the demands of the rapidly growing world population, researchers are developing a range of new genome engineering tools and strategies, from increasing the nutraceuticals in cereals and fruits, to decreasing the anti-nutrients in crop plants to improve the bioavailability of minerals and vitamins. Genome Engineering for Crop Improvement provides an up-to-date view of the use of genome editing for crop bio-fortification, improved bioavailability of minerals and nutrients, and enhanced hypo-allergenicity and hypo-immunogenicity. This volume examines a diversity of important topics including mineral and nutrient localization, metabolic engineering of carotenoids and flavonoids, genome engineering of zero calorie potatoes and allergen-free grains, engineering for stress resistance in crop plants, and more. Helping readers deepen their knowledge of the application of genome engineering in crop improvement, this book: Presents genetic engineering methods for developing edible oil crops, mineral translocation in grains, increased flavonoids in tomatoes, and cereals with enriched iron bioavailability Describes current genome engineering methods and the distribution of nutritional and mineral composition in important crop plants Offers perspectives on emerging technologies and the future of genome engineering in agriculture Genome Engineering for Crop Improvement is an essential resource for academics, scientists, researchers, agriculturalists, and students of plant molecular biology, system biology, plant biotechnology, and functional genomics.

A reward of one grain of rice doubles day by day into millions of grains of rice when a selfish raja is outwitted by a clever village girl.

Wheat and Rice in Disease Prevention and Health reviews the wide range of studies focusing on the health benefits and disease prevention associated with the consumption of wheat and rice, the two most widely consumed whole grains. This book provides researchers, clinicians, and students with a comprehensive, definitive, and up-to-date compendium on the diverse basic and translational aspects of whole grain consumption and its protective effects across human health and disease. It serves as both a resource for current researchers as well as a

guide to assist those in related disciplines to enter the realm of whole grain and nutrition research. Overall, studies have shown that a decrease in the amount of whole grains in the modern diet is related to a corresponding increase in health problems that are attributed to this all-too-common dietary imbalance. The resulting health issues associated with an over-processed diet, which provides inadequate levels of nutrients from whole grains, may include obesity, diabetes, high blood lipids, chronic inflammatory states, and an excess of oxidative stress. Strength and endurance may also suffer as a result of these nutrient deficiencies, followed by declines in energy and immunity. Saves researchers and clinicians time in quickly accessing the latest details on a broad range of nutritional and epidemiological issues Provides a common language for nutritionists, nutrition researchers, epidemiologists, and dietitians to discuss how the action of wheat and rice protect against disease and modify human health Preclinical, clinical, and population studies help nutritionists, dieticians, and clinicians map out key areas for research and further clinical recommendations

Winner of the André Simon Award 1993 Named one of OFM's 50 Best Cookbooks of All Time The Rice Book became an instant classic when it was published almost thirty years ago, and to this day remains the definitive book on the subject. Rice is the staple food for more than half the world, and the creativity with which people approach this humble grain knows no bounds. From renowned food writer Sri Owen's extensive travels and years of research come recipes for biryanis, risottos, pilafs and paellas from Indonesia, Thailand, Japan, Korea, Russia, Iran, Afghanistan, Spain, Italy, Brazil and beyond. In a gorgeous new livery, with a new foreword by Bee Wilson and a fully updated introduction on the nutrition, history and culture surrounding rice, more than 140 delicious, foolproof recipes and beautiful illustrations throughout, this is an essential book for every kitchen and every cook.

The fantastic new book from the No 1 bestselling author is full of delicious easy recipes and can-do advice for being the best you can be! Derval O'Rourke believes that the secret to being your healthiest happiest self is to eat well and keep moving. Derval discovered the importance of nutrition as an elite athlete. After a poor performance in the 2004 Olympics she learned about food, fell in love with cooking - and then won a world title in her sport, hurdling. She believes eating well made all the difference to her form. Now that Derval is retired from athletics and is a busy young mum, her focus is on fitting exercise and healthy, pleasurable eating into a hectic schedule. The Fit Foodie is full of simple, delicious and totally doable recipes - Laid-Back Lamb Tagine, Mediterranean Salmon and Spaghetti, Butternut and Bean Stew, Almond, Hazelnut and Pine Nut Bread and a stunning Chocolate Fondant Cake. Derval also shares smart and inspiring advice on how to get organised so that good food and exercise are a seamless part of your life. 'I am so impressed with the taste of Derval's dishes. They are really fabulous and I can see how healthy and energy-giving they are.' Rachel Allen on Food for the Fast Lane 'A good buy for anyone who wants to eat well without too many rules' Sunday Business Post on Food for the Fast Lane 'It's easy - that's the brilliant thing about it - and it's all healthy' Ray D'arcy

Hailed by "The New York Times Book Review" as "eye-opening, " this alternative history of the last 600 years begins as the Black Death kills nearly everyone in Europe, and China, India, and the nations of Islam now control the world.

Infinitely customizable, cheap to make, and downright delicious, it's no wonder fried rice is one of the world's most popular comfort foods. These 50 delicious recipes draw inspiration from all over the globe, and they'll expand your fried rice repertoire well beyond the usual Chinese takeout staple. In addition to standards like spicy-funky Indonesian Fried Rice and classic Chinese Fried Rice with BBQ Pork, you'll find inventive takes on worldly flavors. Think Fried Cauliflower Rice with Turkey Kofta, Mint, and Feta from the Middle East, and Huevos Rancheros Fried Rice from Latin America. These satisfying dishes reveal just how versatile fried rice can be, and most use pantry staples or whatever you have in the fridge. Others, such

Read Book A Grain Of Rice

as Duck Confit Fried Rice with Fennel, Mustard Greens, and Pickled Raisins, elevate the humble dish into entertaining-worthy territory, proving there's no limit to this globe-trotting grain.

Grandfather tells how, when he was a child, he coped with fear during a journey alone through a dark wood to get hot coals to heat the family cabin.

Discusses the nutritional benefits of brown rice, and shares recipes for soups, vegetable dishes, risottos, casseroles, salads, and desserts that feature it

Rice provides staple food for more than 50% of the world's population and is an important crop in the world. With the new technologies such as high-throughput genome sequencing and integrated "-omics" methods applied in rice researches, great advancements have been made.

This book was aimed to show a glance of new advancements in the international rice researches. The first section of the book introduced rice cultivation and production. As core sections of the book, the second and third sections introduced physiological and genetic mechanisms on grain quality and biotic and abiotic stress resistance as well as breeding. In the last section, we introduced new technologies such as chromatin immunoprecipitation, integrated "-omics" methods, and bistatic interferometry technology in rice research.

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

A story about a young refugee's courage and inner strength as she escapes from Vietnam during the war.

In this layered collage of memory within memory, Hale recreates for readers her kaleidoscopic experience of a decades-long journey to acceptance and insight. Writer, prodigal daughter, single parent, Buddhist disciple, and, late in midlife, a newlywed, she is transformed through an unconventional relationship with a female spiritual teacher and an odd ritual of repeated tattooing with her two young adult children. "Christine Hale's evocation of the bewildering complexities of life as a mother, daughter, wife (and ex-wife), and student of Buddhism is both a poem and a letter to those she has worked so long and hard to understand. On a journey that takes her through emotional and actual hurricanes, love and cruelty, urgent losses, and painful gains, she climbs to sometimes unnervingly high altitudes as she experiences "the joy and the sorrow of samsara." In beautiful, clear language, Hale explores the wounds life gives us, the wounds we give ourselves, and the long process of healing." -Sarah Stone, author of *The True Sources of the Nile* Christine Hale is the author of a novel, *Basil's Dream* (Livingston Press 2009); National Book Award finalist Joan Silber says, "Basil's Dream...seems to prove fiction can go where other forms can't." Ms. Hale's creative nonfiction has appeared in *Arts & Letters*, *Spry*, *Still*, *Hippocampus*, and *Prime Number*, among other journals. A fellow of MacDowell, Ucross, Hedgebrook, and the Virginia Center for the Creative Arts, she earned her MFA from Warren Wilson College. She teaches in the Antioch University-Los Angeles Low-

