



## Forgotten Skills of Cooking: The Time-Honored Ways are the Best - Over 700 Recipes Show You Why

By *Darina Allen*

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### Forgotten Skills of Cooking: The Time-Honored Ways are the Best - Over 700 Recipes Show You Why By Darina Allen

In this timely new book, Darina reconnects you with the cooking skills that missed a generation or two. The book is divided into chapters such as Dairy, Poultry and Eggs, Bread, and Preserving, and forgotten processes such as smoking mackerel, curing bacon, and making yogurt and butter are explained in the simplest terms. The delicious recipes show you how to use your homemade bounty to its best, and include ideas for using forgotten cuts of meat, baking bread and cakes, and even eating food from the wild. The Vegetables and Herbs chapter is stuffed with growing tips to satisfy even those with the smallest garden plot or window box, and there are plenty of suggestions for using gluts of vegetables. You'll even discover how to keep a few chickens in your backyard. With over 700 recipes, this is the definitive modern guide to traditional cooking skills.

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### Editorial Review

#### Review

Processed and convenience foods and shortcut cooking methods have become so entrenched in our culinary culture, it's easy to forget just how much we have forgotten about real cooking. But cooking instructor Darina Allen knows all too well. More and more of her students arrive having never cooked so much as an egg, or needing lessons in remedial onion chopping. She remembers one student who thought she'd ruined a bowl of heavy cream because she'd whipped it too much. She thought the clumps and clots in the bowl meant it was bad. "I said, 'Stop! Don't throw it out!' " says Allen, author of *Forgotten Skills of Cooking*. "I said, 'You've made butter!' She was completely fascinated." (Michele Kayal *Associated Press*, 7/3/2014)

#### From the Publisher

Winner of the Andre Simon Food Awards Best Food Book of 2009

#### From the Author

So many of our happiest childhood memories are connected to food. Picnics by the sea, afternoon tea with Granny, Mammy's lamb stew, or treacle pudding around the kitchen table. How many times have I heard, "I remember Aunt Margie used to make a wonderful apple pie. I wish I'd asked her for the recipe." So don't leave it until it's too late. Maybe even start a little booklet of favorite family recipes and add to it from time to time. It'll make a terrific and worthwhile present for your youngsters when they eventually leave home.

In the past 20-30 years, many people have concentrated on careers and a certain set of academic skills. The subliminal message coming through our educational system, and in many cases from parents as well, was that cooking and gardening were skills that one shouldn't be bothered with and would never need to know. But the path of life doesn't always run smoothly and so many confident young people who were riding the crest of a wave are suddenly forced to face the reality that they are virtually helpless in a changed situation. So part of the mission of this book is to urge parents and grandparents not to allow any more of our young people to leave home without the life skills they need, not only to survive, but also to enhance the quality of their lives. With oil supplies diminishing and energy prices rising, we are likely to need these skills even more in the future.

The other reason for writing this book was to provide a resource for the growing number of farmers and food producers with excellent raw materials who are interested in adding value to their produce. There is also a new generation whose interest in artisan food production has taken them to careers in small-scale cheese making, meat curing, or beer brewing. If we want to keep them alive, we need to support them too. I hope this book will be a valuable resource for them all.

### Users Review

#### From reader reviews:

#### Kevin Primeaux:

What do you concerning book? It is not important along with you? Or just adding material when you really need something to explain what the one you have problem? How about your time? Or are you busy person? If you don't have spare time to accomplish others business, it is gives you the sense of being bored faster. And you have spare time? What did you do? Every individual has many questions above. The doctor has to

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