

popular cookbooks

Prince Wen Hui's Cook: Chinese Dietary Therapy, by Bob Flaws, Honora Wolf, January 1985 - Diet is one of the eight limbs of Chinese medicine, and may be used as a preventive measure as well as a therapy. The numerous and inviting recipes are easy to prepare and there is an interesting section on making your own medicinal cordials and liqueurs.

Mario Batali Simple Italian Food: Recipes from My Two Villages, by Mario Batali, September 1998 – Batali/Molto Mario re-envisioned classic home cooking with enticing results.

Around the Roman Table: Food and Feasting in Ancient Rome, by Patrick Faas, Shaun Whiteside (Translator), April 2005 - A portrait of Roman society from the vantage point of the dining table, kitchen, and market stalls. The book offers both Roman eating customs and 150 recipes for the modern cook.

The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity, by Zhuo Zhao, George Ellis, November 1998 - This collection not only offers more than 300 authentic Chinese recipes for curing specific ailments, promoting happiness and vitality, but also explains the theories behind traditional Chinese beliefs about health and diet and reconciles these with contemporary Western medical knowledge.