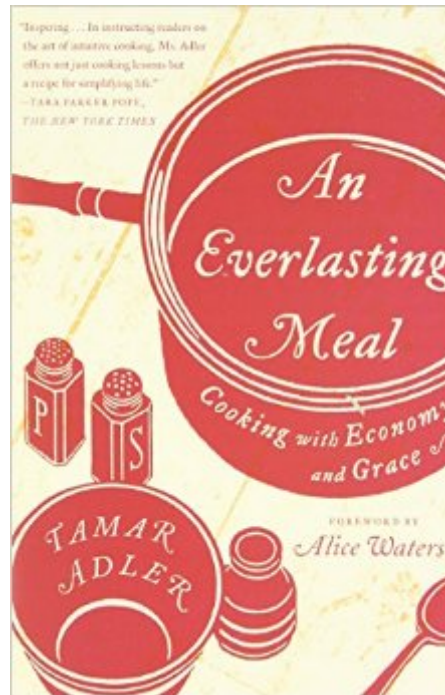


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# An Everlasting Meal: Cooking With Economy And Grace



## Synopsis

In *An Everlasting Meal*, Tamar Adler has written a book that reads less like a cookbook than like a recipe for a delicious life • (New York magazine). In this meditation on cooking and eating, Tamar Adler weaves philosophy and instruction into approachable lessons on feeding ourselves well. *An Everlasting Meal* demonstrates the implicit frugality in cooking. In essays on forgotten skills such as boiling, suggestions for what to do when cooking seems like a chore, and strategies for preparing, storing, and transforming ingredients for a week's worth of satisfying, delicious meals, Tamar reminds us of the practical pleasures of eating. She explains what cooks in the world's great kitchens know: that the best meals rely on the ends of the meals that came before them. With that in mind, she shows how we often throw away the bones, skins, and peels we need to make our food both more affordable and better. She also reminds readers that almost all kitchen mistakes can be remedied. Summoning respectable meals from the humblest ingredients, Tamar breathes life into the belief that we can start cooking from wherever we are, with whatever we have. An empowering, indispensable work, *An Everlasting Meal* is an elegant testimony to the value of cooking.

## Book Information

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## Customer Reviews

I read a lot but don't often write reviews for books, much less cookbooks. However, I really must write a review for *An Everlasting Meal* because it literally changed my life (in a week!). I am the child of the typical baby-boomer working mother who was too busy to cook, yet too poor to buy anything good -- my childhood was all economy, no grace. After marrying, I became a self-taught cook, learning from those Food Network shows and glossy paged celebrity chef cookbooks. While I am

grateful for the techniques I have learned, I have felt the past few years my cooking has suffered from all grace and no economy. This has led to the problem of cooking burnout, and spoiled (lovely, organic) groceries, and way too much Thai takeout. With 3 growing kids, less time to grocery shop, and huge food bills, I needed a change of thinking AND doing. This book has provided that! Tonight I had a few (lovely, organic) chicken breasts in the fridge that were getting perilously close to the date. As it is the end of the weekend, I haven't shopped in days and I don't have the ingredients to make any of my glossy paged cookbook recipes. There was some stuff in the fridge, yet I would have thought "nothing to make". Thanks to Tamar Adler, I pulled out my trusty pot, boiled some very salty water and starting by boiling the chicken (who does that???) with a handful of Tuscan spice blend. Then I sauteed a diced onion with some leftover mushrooms (that also would have gone bad), chopped celery ends my kids didn't eat from their Ants on a Log, then made a little roux. I created a sauce with a couple of cups of the broth from the chicken breasts and a cup of milk and random cheese bits. Then I tossed some random leftover cooked veggies and the diced chicken breasts in my lovely mushroom sauce.

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