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# Carla's Comfort Foods: Favorite Dishes From Around The World



## Synopsis

Featuring 130 recipes with new variations on soulful favorites, this cookbook covers the culinary globe on an ingenious, delicious mission: to capture the international flavors of comfort. For Carla Hall, co-host of ABC's *Chopped*, food is a wonderful way to forge connections with and between people. In her delicious new cookbook, *Chopped*, she finds inspiration by going around the world in search of the universal home-cooked flavors of comfort. Spinning standbys into distinctive new recipes, she combines the beloved flavors of home with the most delectable, enticing spices and tastes of international cuisine. Carla starts with your essential recipe for perfect all-American burgers; from there, you can choose to do them up Persian-style with Cucumber Yogurt Sauce, lime, and fragrant spices; or give them a Vietnamese twist with pickled veggies, scallions, ginger, and cilantro; or take your burgers to Morocco with gutsy spices, chiles, and feta cheese. Full of Carla's entertaining stories, the book shows how seasoning can transform any simple recipe. A comprehensive spice and flavor guide lets you chart your own course in the kitchen by turning your favorite go-to dish into a culinary trip around the world. In recipes that reflect her own vivacious personality, Carla takes you from Southern Chicken with Milk Gravy to West African Spicy-Sweet Chicken Stew; from German Double-Mustard Potato Salad to Moroccan Spice-Rubbed Beef Roast to Indian Chile, Pea, and Coconut Chutney; and from Southern Peach Cobbler to Greek Baklava. We all need an aromatic bowl of chicken soup from time to time; with *Chopped*, you can perk it up Italian-style with fresh basil and oregano; or have a taste of India with cilantro, curry, cumin, and turmeric; for a Caribbean treat, make it fragrant with lime, thyme, and cayenne pepper. From Nashville to Naples to Nigeria, nothing gathers friends and family around the table like the flavors of home. Now you can hug your friends and family with Carla's incredibly flavorful takes on creamy soups and noodles, fragrant stews and dumplings, and mouthwatering pastries, pies, and tarts. Join Carla for a delicious journey!

## Book Information

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## Customer Reviews

Comfort food is usually full of butter and heavy cream so it is not surprising that is the case with these recipes. I tested two dishes -- the Baked Corn Pudding and the Salted Peanut Chocolate Pudding Tarts. I used frozen super-sweet corn in the Baked Corn Pudding rather than fresh because it is not yet in season, but the result was still sinfully good. And, the Salted Peanut Chocolate Pudding Tarts turned out perfectly and are every bit as decadent as they sound. There are a number of other recipes among the 112 included in the book that I look forward to preparing. Chapters include Soups and Salads, Vegetables, Pickles and Preserves, Grains and Starches, Seafood, Chicken, Meat, Vegetarian Entrees and Desserts. There is a lot to like about the book, but I also have some problems. First the good - the index is thorough which allows a recipe to be quickly located by name or main ingredient saving the user significant time. There is a very succinct International Spice Chart that lists, by country, the aromatics, herbs, spices and miscellaneous items the cook should have on-hand to prepare that style of dish. It is a shorthand pantry list to ensure basics are in the kitchen to reduce frustration and wasted time. Most of the items are things found in the majority of kitchens and if not are, with few exceptions, easy to find. The intent is clearly to make the recipes accessible. It is great the comfort food is presented from various nations rather than just regions within the U.S. That alone invites exploration, something Carla Hall has always conveyed with her cooking style, so this feels quite genuine.

I Love Carla on the Chew. She is fun and has tons of personality. It is a wonder she not only likes to express herself with her fun outfits, but through her food as well. She gives food a personality. That might sound strange, but it's true. The personality is expressed through different spices and ingredients blending together to create a fusion of flavors. Sometimes we may not think to combine certain spices & ingredients like experienced chefs do. Yet, it works, and often really surprisingly good. The photos of the food look inviting, too. I almost passed on getting this book because I saw not so good reviews on another site. However, I decided to literally not judge the book by its cover, or in this case reviews. I decided that I liked Carla from the Chew, as I do the other chefs. I thought

I'm going to buy the book anyway because I like Carla. I like what she makes on the Chew most of the time. I am capable of making my own decisions. I got the book yesterday from , and I enjoyed it. Personally, I loved it, enjoyed it, and would try a lot of these recipes. Sure, there are some maybe I would not make, or might even tweak it, but that is ok. When we buy other cookbooks, we do not often use all the recipes. Just like when we buy a CD, we may skip a couple songs while we like the rest of the album. That is what is fun with cooking because you can be creative by adding, or taking out certain ingredients if you really do not like the. The recipes merely gives us ideas. You can follow it, or get creative. She says many times in the book she likes to relate to people through food because who does not love food. That is true. Today, we are always in a hurry, and some of us might resort to fast food. Yet, why not eat like people did back in the day.

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