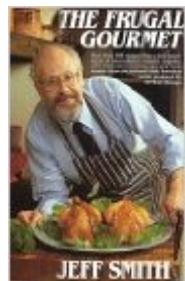


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# The Frugal Gourmet



## **Synopsis**

Titles include The Frugal Gourmet Cooks American, The Frugal Gourmet Cooks Three Ancient Cuisines and The Frugal Gourmet Cooks with Wine. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

For those familiar with Jeff Smith, The Frugal Gourmet, this book should be on your cookbook shelf and used often ! For those not familiar with him, get this book and you will get much of the feel of the TV show. Although we have not seen the TV show in quite some time, and believe it is no longer shown in the United States, it was one of the best cooking shows ever done. This book was the first in the series and out of the three we own, it's our favorite. There are sections on the spices and special tools he uses and the recipes are easy to follow and delicious. We especially like the Pan-fried chicken strips and Barbecue Shrimp, which we just had for dinner and inspired this review. If you doubt me, imagine a pound and a half of shrimp baked in a sauce containing bacon, margarine, dijon mustard, chili powder, garlic, thyme, basil, oregano, freshly ground black pepper, tabasco sauce, and crab boil. Served over plain white rice to soak up that sauce... Mmm Mmm...makes me want to go and make another batch right now ! O.K., you don't like shrimp, how about chicken? Boneless, skinless chicken breast cut into pieces, sauteed in olive oil, green onions, garlic, marsala wine and lemon juice with freshly ground black pepper to top it off. You'll swear there's salt in it, but there isn't. There's lots more in there, so get the book !!!

With his very thorough research, Jeff Smith shared his studies and his knowledge very generously to readers. This is a very fascinating book. It is not a recipe book, not a history book, not a travel book and not a book on his thoughts about cooking, it is all four elements presented in a well illustrated and well organized book. His writing and quips brought me many smiles and giggles, so it is also entertaining as well as being a study into the cooking histories of China, Rome and Greece. I read many books and usually donate most to second hand stores. I don't have lots of space for keeping things. Some of my books, I had to pay for in installments because they were rare and expensive. This one will stay with me. It costed me only fifty cents and bought me a wealth of information. I'll share a bit of information, to the Chinese cooking "is not a part of living, it is living". Greeks were instrumental in developing the frying pan. The very early Romans lived primarily on grains. If you like cooking, history, and memoirs, you'll adore this wonderful book by Jeff Smith and I recommend it highly.

I have very few cookbooks that I call my favorites and this one is always on the top of the pile. We have moved to China from California and I have found it even more useful here. We go to the free market here to do all our food shopping and the information in this delightful cook book makes our adventures even more enjoyable. If ever a cook book could make someone want to be creative in a kitchen, this is it. What can I say. I love it.

I've been cooking since I was a kid. This was one of the first cookbooks I got for myself as a young adult away from home. Some of the information is outdated, but it remains a good primer for entry level cooks. It's also an interesting timepiece from the time of transition in the U.S. (late 70s early 80s), which, as I like to think of it, was from garlic salt to fresh garlic, if you know what I mean. Took what Julia Child and Alice Waters were contributing and gave us a frugal, direct everyday version of it. A side note: Jeff Smith passed away last year. Despite the truth or not of the allegations from the men regarding incidents 20 yrs prior as teenagers, Jeff Smith did help contribute a great deal to the overall appreciation of food and its preparation in everyday life.

Whenever I entertain my Greek relatives, they are amazed by my flair in their native cooking. Jeff's recipes are easy to follow and make Greek cooking simple.

This book by Jeff Smith has to be my favorite one that he has written. This book focuses on recipes from China, Greece, and Rome. The recies in this book are flavorful, and very enjoyable. My

favorite recipe in here is strangely enough Garlic, Eggs, and Pasta. There is a wide range in recipes, both in flavors and ingredients. Jeff Smith does an excellent job of paring history as well as anecdotes with all of his recipes. This should be a must add for anyone who enjoys historical cooking.

This is the very best cookbook that The Frug (Jeff Smith) ever published. I've used it for years and the recipes are as solid today as they were when this fine work was published. I place it in the Top 20 of ALL cookbooks that I know of, (and I've owned hundreds -- I recently gave away about 70 because the top of my fridge could no longer bear the load!) I cook every day, usually from scratch, but prospective buyers should know that ANYONE can make the many fine recipes found in here. Oh, yes, I know that The Frug got into a little trouble late on in his life, and with his career on PBS, but that never affected the quality of his culinary brilliance. Here's an idea. Just about every library around has this cookbook. Check it out, try a few recipes, and then decide if you want it. I'll bet you end up buying it!

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