



## **Recipes and Cookbooks from Around the World**

These cookbooks contain recipes from all over the world, from France, China, South America, Spain, Italy, Mexico, and the Caribbean. To order any of these titles, contact the library by email, phone, mail, in person, or order through our [online catalog](#). Select titles can be [downloaded from BARD](#).

### **Le Cordon Bleu French Cookbook**

Read by Peter Gil

Reading time 8 hours, 23 minutes

One hundred classic recipes to celebrate the cooking school's centenary. Includes first courses, such as vichyssoise; main courses, such as duck breasts with pistachios; and desserts, such as chocolate and Cointreau gateau. A section on techniques provides the beginner with the basics for becoming a successful cook.

[Download from BARD: Le Cordon Bleu French Cookbook](#)

Also available on cassette RC042522

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### **Tapas: A Taste of Spain in America** by Jose Andres

Read by Frank Coffee

Reading time 6 hours 55 minutes.

Award-winning Spanish chef shares dozens of recipes for a traditional cuisine characterized by small portions that can serve either as appetizers or entrees. Dishes are organized by ingredients, such as olives, tomatoes, mushrooms, peppers, rice, cheese, eggs, seafood, chicken, and pork. Includes wine tips, serving suggestions, and modern variations. 2005.

[Download from BARD: Tapas: a Taste of Spain in America](#)

Also available on cassette RC062462

**Mexican Everyday** By Rick Bayless

Read by Lewis Grenville

Reading time 9 hours, 15 minutes

Host of PBS's Mexico--One Plate at a Time assembles recipes for some fifty main dishes along with side dishes for complete meals. Bayless discusses the guiding principles he follows when creating recipes: select the right one, pare back to its skeleton, streamline steps, and maximize use of kitchen equipment. 2005.

[Download from BARD: Mexican Everyday](#)

Also available on cassette RC062529

**Lunch in Paris: a Love Story with Recipes** By Elizabeth Bard

Read by Gabriella Cavallero

Reading time 9 hours, 25 minutes

Food-loving American author recounts falling in love with a Frenchman and French cuisine--from being seduced over fresh mint tea in a tiny Parisian apartment to her joy in taking meandering walks and dining in favorite bistros. Explains that food is a gateway to understanding French culture. Includes recipes. 2010.

[Download from BARD: Lunch in Paris: a Love Story with Recipes](#)

Also available on digital cartridge DB073427

**Cuisine à Latina: Fresh Tastes and a World of Flavors from Michy's Miami Kitchen** By Michelle Bernstein

Read by Theresa Conkin

Reading time 7 hours, 28 minutes

Chef-owner of restaurants in Miami, Key Largo, and Cancun offers dozens of recipes inspired by traditional Hispanic cuisine. Provides suggestions for appetizers, soups, salads, and main courses, including fried calamari with chile-coconut sauce; white gazpacho with almonds, grapes, and cucumbers; green papaya salad; empanadas; and arroz con pollo. 2008.

[Download from BARD: Cuisine à Latina: Fresh Tastes and a World...](#)

Also available on digital cartridge DB071326

**One Pot French** By Jean-Pierre Challet

Read by Gary Tipton

Reading time 4 hours, 7 minutes

Lyon-born chef adapts the concept of one-pot meals to French cuisine. Makes suggestions for appetizers, soups, sandwiches, potatoes, main courses, and desserts with recipes for basics such as crêpes and meals such as coq au vin (chicken in red wine). Includes anecdotes and helpful tips for each dish. 2008.

[Download from BARD: One Pot French](#)

Also available on digital cartridge DB070686

**Julia's Kitchen Wisdom: Essential Techniques and Recipes from a Lifetime of Cooking** By Julie Childs

Read by Theresa Conkin

Reading time 7 hours, 10 minutes

Mini aide-mémoire for general home cookery provides master recipes, each detailing a technique followed by variations to encourage improvisation. Content is arranged by broad categories--soups, salads and dressings, vegetables, meats, eggs, breads, and cakes. Includes tips and practical advice, e.g. reconstituting hollandaise sauce. 2000.

[Download from BARD: Julie's Kitchen Wisdom: Essential Techniques...](#)

Also available on digital cartridge DB071325

**The Pat Conroy Cookbook: Recipes of My Life** by Pat Conroy.

Read by Roy Avers

Reading time 9 hours 41 minutes.

Anecdotes and recipes from the author of *The Prince of Tides* (RC 25248).

Traces his passion for eating and cooking to his southern upbringing and his time in France and Italy. Reminiscing about favorite places, teachers, and meals, Conroy intermixes suggestions for dozens of dishes using high-quality, fresh ingredients. 2004. (Southern and French and Italian with bio stories)

[Download from BARD: The Pat Conroy Cookbook: Recipes...](#)

Also available on digital cartridge DB067321

**Giada's Family Dinners** By Giada De Laurentiis

Read by Barbara Caruso

Reading time 5 hours, 30 minutes

Host of television's *Everyday Italian* presents a collection of down-home dinner recipes that can be prepared for many or just a few. She includes soups and sandwiches; salads and sides; meals to grill; and family-style entrées, pasta, and desserts. Offers suggested menus for various family events. 2006.

[Download from BARD: Giada's Family Dinners](#)

Also available on cassette RC062449

**Beyond Rice and Beans the Caribbean Latino Guide to Eating Healthy with Diabetes = Más Allá del Arroz y las Habichuelas : la Guía Latino-Caribeña Para Comer Sano con Diabetes** By Lorena Drago

Read by Maria Piño

Reading time 10 hours, 27 minutes

Bilingual guide by the American Diabetes Association. Presents nutritional information, exchange lists, and sample meal plans for preparing Latino cuisine from the Caribbean. In English and Spanish. 2006.

[Download from BARD: Beyond Rice and Beans the Caribbean Latino...](#)

Also available on digital cartridge DB067996

**The New York Times 60 Minute Gourmet** By Pierre Franey

Read by Guy Sorel

Reading time 13 hours, 49 minutes

Offers simple, elegant, quickly prepared dishes, most of them as French as the author. Includes main dishes--meat, fish, poultry, eggs, pasta--and a recipe for a vegetable or starch to accompany them, along with occasional suggestions to complete the meal. Bestseller. 1979.

[Download from BARD: The New York times 60 Minute Gourmet](#)

Also available on cassette RC016329

**Recipes From My Home Kitchen Asian and American Comfort Food From the Winner of MasterChef Season 3** By Christine Ha

Read by Kerry Dukin

Reading time 5 hours, 51 minutes

Winner of TV's MasterChef recalls teaching herself to make treasured comfort foods as a teenager after her mother's death, losing her vision to neuromyelitis optica at age twenty-five, and relearning to cook. Recipes range from appetizers to desserts, chicken pot pie to ginger-coconut tuiles. 2013.

[Download from BARD: Recipes from My Home Kitchen Asian and...](#)

Also available on digital cartridge DB076676

[Download from BARD as Electronic Braille BR20085](#)

Also available in braille BR020085

**The Steamy Kitchen Cookbook: 101 Asian Recipes Simple Enough for Tonight's Dinner** By Jaden Hair

Read by Kerry Cundiff

Reading time 8 hours, 56 minutes

Expanding on her website steamykitchen.com, Chinese American food columnist offers a guide to quickly making a variety of Asian dishes. Discusses key ingredients; explains ways to prepare basic sauces, dips, and stocks; and provides recipes for everything from appetizers and entrees to sweets and libations. 2009.

[Download from BARD: The Steamy Kitchen Cookbook: 101 Asian...](#)

Also available on digital cartridge DB071971

**Olives and Oranges: Recipes and Flavor Secrets from Italy, Spain, Cyprus, and Beyond** by Sara Jenkins

Read by Kerry Dukin

Reading time 10 hours 6 minutes.

Mediterranean-inspired dishes that utilize basic flavor combinations to make the most of on-hand ingredients. Includes suggestions for salads, soups, pasta, risotto, polenta, meat and fish, sweets, and cordials. Provides general cooking times, tips on shopping and storing, and suggestions for altering recipes to suit one's needs. 2008.

[Download from BARD: Olives and Oranges: Recipes and Flavor...](#)

Also available on digital cartridge DB068949

**Rosa's New Mexican Table** By Roberto Santibañez

Read by Gary Tipton

Reading time 10 hours, 57 minutes

A variety of dishes from the chef of the New York restaurant Rosa Mexicano. Provides information on ingredients, equipment, and cooking techniques often used in Mexican cuisine. Includes recipes for chicken flautas, tortilla soup, red rice, refried beans, crab enchiladas, and poblanos stuffed with spinach and goat cheese. 2007.

[Download from BARD: Rosa's New Mexican Table](#)

Also available on digital cartridge DB066625

**Stir Frying to the Sky's Edge: the Ultimate Guide to Mastery, with Authentic Recipes and Stories** By Grace Young

Read by Carol Dines

Reading time 12 hours, 58 minutes

Discusses the techniques and traditions of Chinese stir-fry cooking, from selecting and seasoning a wok to finding the best cooking oil. Explains the importance of marinades and describes methods for slicing meat and preparing Asian vegetables. Includes both time-honored recipes and cross-cultural innovations featuring a variety of ingredients. 2010.

[Download from BARD: Stir Frying to the Sky's Edge: the Ultimate Guide...](#)

Also available on digital cartridge DB073662