



The Oldways Table: Essays and Recipes from the Culinary Think Tank

K. Dun Gifford, Sara Baer-Sinnot

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Oldways was founded to challenge the pervasive rise of junk foods, fad diets, and genetically modified agriculture, and to advocate a return to healthy, traditional old ways of eating. Since 1990, its education programs have promoted the timehonored preparations and dietary principles that have nourished people around the world for centuries. THE OLDWAYS TABLE tells the story of how this food think tank became a respected force in the international food world, and compiles fifteen years of its groundbreaking work into a far-reaching compendium. Founder and president K. Dun Gifford and executive vice-president Sara Baer-Sinnot explain the Oldways food philosophy and present exemplary contributions from the organization's diverse supporters, including noteworthy chefs, food writers, nutritionists, sustainability experts, and industry specialists. Among the book's ninety essays, Deborah Madison rhapsodizes about the many virtues of shopping at local farmers' markets, Bill Niman explains the value of choosing pasture-raised pork, and Lynne Rossetto Kasper explores the region of Emilia-Romagna, the heart of Italy's artisanal foods. It also presents more than one hundred recipes, including Paula Wolfert's Cracked Green Olive and Walnut Salad, Zarela Martinez's Corn Masa-Green Plantain Tortillas, and Lidia Bastianich's Shrimp and Swiss Chard Soup with Arborio Rice—all flavorful examples of how to bring the healthy old ways of eating and drinking to today's dinner table. An eclectic work to be sampled or savored, THE OLDWAYS TABLE is a treatise on healthy eating, a treasury of classic recipes, and an informed tribute to the world's most enduring food traditions.

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