



Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market, with 88 Recipes

Tama Matsuoka Wong , Eddy Leroux , Daniel Boulud (Foreword)

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Forage for wild food and discover delicious edible plants growing everywhere—including your backyard—and how best to prepare them to highlight their unique flavors, with this seasonally organized field guide and cookbook.

While others have identified in the past which wild plants are edible, Tama Matsuoka Wong, the forager for Daniel, the flagship restaurant of renowned chef Daniel Boulud, and Eddy Leroux, its chef de cuisine, go two steps further, setting the bar much higher. First, they have carefully selected only the wild plants that are worth seeking out for their fabulous flavors. Second, after much taste-testing, they have figured out the best way to prepare each ingredient—a key in getting to know these exciting new foods. In *Foraged Flavor*, they reveal their seventy-one favorite plants, which are easy to identify and can be harvested sustainably across the country (including at farmers' markets for those without access to nearby fields and forests). Tama helps readers uncover bright lemony oxalis growing in patches of their lawn or creeping jenny, with its unmistakable leaves and delicate green-pea flavor. Eddy then gives simple recipes to showcase the foraged finds, including Cardamine Cress with Fennel and Orange Vinaigrette; Braised Beef, Dandelion Leaves, and Clear Noodles; and Purslane Eggplant Caponata.

With twenty-five botanical illustrations, fifty color photographs of the plants, and tons of field- and kitchen-tested know-how, *Foraged Flavor* will be an indispensable guide for cooking enthusiasts.

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From Reader Review Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market, with 88 Recipes for online ebook

Jemkagily says

Recipes for foraged plants do me absolutely no good without a clear illustration of which plant we are talking about. My edition actually had an erratum card in it showing that they had printed the wrong line drawing for POISON IVY.

Shari says

Pictures from different seasons and recipes too. Unusual enough that I wouldn't use.

Suzie says

Met Tama and we had lunch together. She is inspiring as is this book that places weeds in a whole new category of desirable eats. She did a TED Manhattan talk recently (available on YouTube) This book has been nominated for the James Beard Award.

Gretta Walhovd says

I love that this book focuses on a small list of easy-to-identify and very common plants in North America to forage. I found many of these in my own yard, volunteering! Other foraging books are often exhaustive lists of less-available plants and can intimidate those without a botany degree.

Abilouise says

I really enjoyed this book. The photos are useful, the descriptions are helpful, the recipes seem good and the traffic light system she uses to help you figure out when you're responsibly foraging invasive species vs. disturbing the dang ecosystem is nice.

Amy says

Could have been improved with color photographs accompanying each plant example.

Nick Woodall says

I loved this book! Very unique. It is about a woman who worked on Wall Street and ultimately became a full-time food forager for a restaurant in NYC. She gives plant details, cooking instructions, recipes. Lots of fun. I actually have located several of the plants on my farm and can't wait to cook them or serve them in a salad!

Jane H says

Gorgeous book inspiring creativity with readily available edibles. Yum! I had no idea we could eat the daylilies about to flower in my yard, and the kids are going wild for pineapple weed!

Khristiey says

really enjoyed this one. practical advice, easy recipes. I'm amazed at how many plants in my yard are actually edible. too bad i discovered this book in the fall, could've had a much more interesting dinner table if i had read this book when it was first published. a definite must for the adventurous cook. adding a copy to the library as soon as i can.

Jan Deelstra says

This is a book for the kitchen shelf. It's also the book I would like most to memorize for the fantastic info about just about every plant I've ever heard of. A fabulous find.

Kate says

Best photos and descriptions I've seen in a book of this kind to date. Not that I've read a lot of these but way easier to ID edibles from this book than from the others I've tried.
