

# Week 8: Flavorful expeditions / 8a

## Semana: Expediciones sabrosas

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### Books for Adults / Libros para Adultos

#### Audio

**DBC03727** [\*Season to taste: how I lost my sense of smell and found my way\*](#) by Molly Bimbaum

An aspiring chef who loses her ability to smell after being hit by a car, the author embarks on a grand quest--which takes her to leading scientists, a pioneering flavor lab in New Jersey, and perfume school in France--to restore her lost sense and rebuild her life.

**DB 61789** [\*Eat, pray, love: one woman's search for everything across Italy, India, and Indonesia\*](#) by Elizabeth Gilbert

Successful young author, recently divorced, seeks distraction and solace during a year of travel. She describes finding culinary pleasure in civilized Italy, ascetic meditation on an ashram in India, and a love affair in Bali. 2005.

**DB 118416** [\*Bone in the throat\*](#) by Anthony Bourdain

"A wildly funny, irreverent tale of murder, mayhem, and the mob. When up-and-coming chef Tommy Pagana settles for a less than glamorous stint at his uncle's restaurant in Manhattan's Little Italy, he unwittingly finds himself a partner in big-time crime. And when the mob decides to use the kitchen for a murder, nothing Tommy learned in cooking school has prepared him for what happens next. With the FBI on one side and his eccentric wise guy superiors on the other, Tommy has to struggle to do right by his conscience and avoid getting killed in the meantime... Stuffed with charming characters and peppered with Bourdain's wry humor, Bone in the Throat is one satisfying feast of a novel." -- Provided by publisher. -- Unrated. Commercial audiobook.

**DB 62557 [The omnivore's dilemma: a natural history of four meals](#) by Michael Pollan**

Author examines the industrial, organic, and hunter-gatherer stages of the modern human food chain, from field to table. Discusses the moral and psychological implications of supermarket shopping and fast-food consumption versus participating directly in obtaining meals from nature. Bestseller. 2006.

**DB 109561 [Salt, fat, acid, heat: mastering the elements of good cooking](#) by Samin Nosrat**

"In the tradition of |The Joy of Cooking| and |How to Cook Everything| comes |Salt, Fat, Acid, Heat|, an ambitious new approach to cooking by a major new culinary voice. Chef and writer Samin Nosrat has taught everyone from professional chefs to middle school kids to author Michael Pollan to cook using her revolutionary, yet simple, philosophy. Master the use of just four elements-Salt, which enhances flavor; Fat, which delivers flavor and generates texture; Acid, which balances flavor; and Heat, which ultimately determines the texture of food-and anything you cook will be delicious. By explaining the hows and whys of good cooking, |Salt, Fat, Acid, Heat| will teach and inspire a new generation of cooks how to confidently make better decisions in the kitchen and cook delicious meals with any ingredients, anywhere, at any time. Echoing Samin's own journey from culinary novice to award-winning chef, |Salt, Fat Acid, Heat| immediately bridges the gap between home and professional kitchens. With charming narrative, illustrated walkthroughs, and a lighthearted approach to kitchen science, Samin demystifies the four elements of good cooking for everyone. Refer to the canon of 100 essential recipes-and dozens of variations-to put the lessons into practice and make bright, balanced vinaigrettes, perfectly caramelized roast vegetables, tender braised meats, and light, flaky pastry doughs. Featuring 150 illustrations and infographics that reveal an atlas to the world of flavor by renowned illustrator Wendy MacNaughton, |Salt, Fat, Acid, Heat| will be your compass in the kitchen. Destined to be a classic, it just might be the last cookbook you'll ever need. With a foreword by Michael Pollan." -- Provided by publisher. -- Commercial audiobook.

**DB 96150 [American dreamer](#) by Adriana Herrera**

For Nesto Vasquez, moving his Afro-Caribbean food truck from New York City to the wilds of upstate New York is a huge gamble. He doesn't need distractions. Librarian Jude Fuller has a good life, but he's lonely until he works up the nerve to flirt with Nesto. Unrated. Commercial audiobook. 2019.

**DB 45793 [The butter did it: a gastronomic tale of love and murder](#) by Phyllis C. Richman**

Forty-two-year-old three-star chef Laurence Levain has finished his signature dish for the CityTastes gala the following evening and is walking home when he is joined by a companion. Shortly thereafter at his home, Levain dies of what is assumed to be a heart attack. But longtime friend, former lover, and restaurant critic Chas Wheatley suspects murder. Some strong language.

**DB 116953 [Land of milk and honey](#) by C. Pam Zhang**

"A smog has spread. Food crops are rapidly disappearing. A chef escapes her dying career in a dreary city to take a job at a decadent mountaintop colony seemingly free of the world's troubles. There, the sky is clear again. Rare ingredients abound. Her enigmatic employer and his visionary daughter have built a lush new life for the global elite, one that reawakens the chef to the pleasures of taste, touch, and her own body. In this atmosphere of hidden wonders and cool, seductive violence, the chef's boundaries undergo a thrilling erosion. Soon she is pushed to the center of a startling attempt to reshape the world far beyond the plate." -- Provided by publisher. -- Unrated. Commercial audiobook.

**DB 116867 [National dish: around the world in search of food, history, and the meaning of home](#) by Anya von Bremzen**

"We all have an idea in our heads about what French food is-or Italian, or Japanese, or Mexican, or . . . But where did those ideas come from? Who decides what makes a national food canon? Recipient of three James Beard awards, Anya von Bremzen has written definitive cookbooks on Russian, Spanish, and Latin American cuisines, as well as her internationally acclaimed memoir Mastering the Art of Soviet Cooking. Now in National Dish, she sets out to investigate the truth behind the eternal cliché-"we are what we eat"-traveling to six storied food capitals, going high and low, from

world-famous chefs to scholars to strangers in bars, in search of how cuisine became connected to place and identity. Paris is where the whole idea of food as national heritage was first invented, and so it is where Anya must begin. With an inquisitive eye and unmistakable wit, she ponders the codification of French food and the current tension between locavorism and globalization. From France, she's off to Naples, to probe the myth and reality of pizza, pasta, and Italian-ness. Next up, Tokyo, where Anya and her partner Barry explore ramen, rice, and the distance between Japan's future and its past. From there they move to Seville, to search for the community-based essence of Spain's tapas traditions, and then Oaxaca, where debates over postcolonial cultural integration find expression in maize and mole. In Istanbul, a traditional Ottoman potluck becomes a lens on how a former multicultural empire defines its food heritage. Finally, they land back in their beloved home in Queens, for a dinner centered on Ukrainian borsch, a meal that has never felt more loaded, or more precious and poignant. A unique and magical cook's tour of the world, *National Dish* brings us to a deep appreciation of how the country makes the food, and the food the country." -- Provided by publisher. -- Unrated. Commercial audiobook.

**DB 107700** [\*The secret history of food: strange but true stories about the origins of everything we eat\*](#) by Matt Siegel

Former English professor Siegel examines the lesser-known history of foods such including olive oil, vanilla, ice cream, and tomatoes. Siegel draws on sources including medieval food-related manuscripts, ancient Chinese scrolls, and obscure culinary journals to recount both myths and realities around the foods. Strong language. Commercial audiobook. 2021.

DBG18595 [\*Cocinar a ciegas\*](#) por Escuela de Hostelería de Leioa

Éste es un trabajo que muestra una forma diferente de cocinar, adaptada especialmente al colectivo de ciegos y deficientes visuales. Es un recetario funcional, con esos platos que, a diario, se ponen en práctica en cualquier casa de nuestro entorno, con ciertos deslices hacia algunas recetas de día de fiesta. Podemos encontrar desde la clásica ensaladilla rusa, diferentes ensaladas templadas, cocidos y arroces, pescados, guisados de carne y aves, y postres a base de leche, y tartas de manzana, pera o melocotón. Y para terminar, algunas recetas dulces como las trufas de chocolate. Y todas

ellas, elaboradas de forma fácil, segura y accesible: usando el microondas. Spanish language. Unrated. Marrakesh title.

**DB 46986 [Afrodita: cuentos, recetas y otros afrodisiacos](#) por Isabel Allende; recetas, Panchita Llona**

El amor erótico y la comida se entrelazan en estas reminiscencias de la famosa autora chilena. Sugiriendo que los apetitos por la comida y el sexo son las grandes fuerzas impulsoras de la historia, Allende reflexiona sobre la relación entre ambos en diferentes culturas y a lo largo del tiempo. Incluye recetas de platos con reputación afrodisíaca.

**DB 37694 [Como agua para chocolate: novela de entregas mensuales con recetas, amores, y remedios caseros](#) por Laura Esquivel**

Tita es una cocinera mágica que sazona sus recetas con sus emociones. Cuando su madre prohíbe su casamiento, Tita responde a su suerte preparando platos que tienen un extraordinario efecto en toda la familia. Descripciones de índole sexual.

**DB 110703 [Gastronomía e imperio: la cocina en la historia del mundo](#) por Rachel Laudan; traducción de Ix-Nic Iruegas, Ignacio Padilla**

"Gastronomía e imperio cuenta la historia del auge y la caída de las grandes cocinas del mundo, desde el dominio de la cocción de granos hace unos veinte mil años hasta nuestros días. Laudan investiga la aparente confusión de docenas de cocinas y logra revelar la simplicidad subyacente de su árbol genealógico, a tiempo que muestra cómo los cambios sísmicos periódicos en la "filosofía culinaria" -ideas sobre salud, economía, política, sociedad y los dioses- impulsaron la creación de nuevas cocinas, algunas de las cuales llegaron a dominar el mundo. Gastronomía e imperio muestra además cómo comerciantes, misioneros y militares llevaron sus cocinas a través de montañas, océanos, desiertos y fronteras políticas, y desafía los mitos agrarios, románticos y nacionalistas que subyacen en el movimiento alimentario contemporáneo." -- Goodreads. -- Traducido de la edición en inglés de 1996. Contiene algunas descripciones de violencia y de índole sexual.

**DB 114123 [Gastrosofía: una historia de la filosofía a través de la gastronomía](#) por Eduardo Infante, Cristina Macía**

Un menú pitagórico vegano, un menú kantiano servido a la hora en punto, una comida medieval con fondo de 'Carmina Burana' o un Banquete digno

del mejor Sócrates. Un ameno recorrido por lo que pensaron sobre la comida –y lo que comieron o bebieron– algunos de los filósofos más ilustres.

**DB 103749 [Sor Juana en la cocina](#) por Mónica Lavín, Ana Benítez Muro**

Una colección de 38 recetas, escritas originalmente por Sor Juana Inés de la Cruz para documentar la comida que se servía en el convento de San Jerónimo en los años 1600. Cada receta original va acompañada de una adaptación actual, y la introducción aporta el contexto histórico y cultural.

**DB 105233 [Despachos del fin del mundo](#) por Alberto Fuguet**

Una colección de escritos sobre la vida chilena contemporánea, incluyendo el impacto de la pandemia de COVID-19 y la experiencia del eclipse solar de 2020 visible desde Sudamérica. Contiene lenguaje ofensivo y algunas descripciones de índole sexual.

## Braille

**BR 18155 *The sugar queen* by Sarah Addison Allen**

Living with her domineering mother, twenty-seven-year-old Josey keeps a secret stash of candy and travel magazines and has been in love with Adam the mailman for three years. When she discovers waitress Della Lee inexplicably hiding in her bedroom closet, Josie's life takes a magical turn. Some strong language. 2008.

**BR 19099 *The windup girl* by Paolo Bacigalupi**

In a post-oil world where calories are currency, agriculture manager Anderson Lake searches a politically unstable Thailand for new food sources. He meets Emiko, a bioengineered "windup" girl, who works in a Bangkok brothel. Some violence, some strong language, and some descriptions of sex. 2009.

**BR 10344 *The cat who said cheese* by Lilian Jackson Braun**

It is autumn in Pickax City, and Qwill, along with other residents, is preparing for the Great Food Explo--a festival of all kinds of happenings related to food. There is also a mysterious female guest at the New Pickax Hotel whose presence is causing quite a stir. But things really get hectic when a bomb explodes in the hotel and the intended victim seems to be the mystery guest. As usual Siamese cats Koko and Yum Yum help solve the crime. Bestseller.

**BRC01415 *Dark tort* by Diane M. Davidson**

A gastronomic adventure. Caterer Goldy Schulz discovers the body of her twenty-year-old friend, paralegal Dusty Routt. Dusty's mother mistrusts the police, so Goldy investigates. Clues lead to an artist's will, a dishonest bishop, and a jealous wife. Includes recipes. Some violence and some strong language. Bestseller.

**BR 14672 *A thousand days in Venice* by Marlena de Blasi**

Journalist, restaurant critic, and chef shares her tale of leaving her home, her grown children, and her job to marry a Venetian she barely knew. Describes how they built a life together with Italian food their only common language. Part romance, part food guide. Includes her recipes. 2002.

## Books for Youths / Libros Juveniles

### Audio

**DB 113093 [\*The first helping: Lunch Lady, books 1-2\*](#) by Jarrett Krosoczka**

"Serving justice...and lunch! Hector, Terrence, and Dee have always wondered about their school lunch lady. What does she do when she isn't dishing out the daily special? Where does she live? Does she have a lot of cats at home? Little do they know, Lunch Lady doesn't just serve sloppy joes-she serves justice! Whatever danger lies ahead, it's no match for LUNCH LADY in these two exciting adventures packed into one audiobook! Get ready for the return of this exciting series, by the author of Hey, Kiddo. This audiobook adaptation of the graphic novels Lunch Lady and the Cyborg Substitute and Lunch Lady and the League of Librarians includes an author's note." -- Provided by publisher. -- Commercial audiobook. For grades 3-6.

**DB 50751 [\*Cloudy with a chance of meatballs\*](#) by Judi Barrett**

Life is delicious in the town of Chewandswallow, where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers--until the weather takes a turn for the worse. For grades K-3. 1978.

**DBC08506 [\*Pickles to Pittsburgh \[the sequel to Cloudy with a chance of meatballs\]\*](#) by Judi Barrett**

Dozing off while contemplating Grandpa's unusual vacation, Kate dreams

about Chewandswallow, where it snows popcorn and rains sandwiches, and the fate of falling food intrigues her. Sequel to the best-selling book *Cloudy With a Chance of Meatballs*. For grades K-3. 1997.

**DB 100817 [Peanut butter and jelly: Narwhal and Jelly](#) by Ben Clanton**  
Zany escapades featuring a cheerful narwhal and a cynical jellyfish. In one adventure Narwhal learns all about the delights of peanut butter cookies from Jelly. Commercial audiobook. For grades K-3. 2018.  
Also available as BRG04245.

**DB 89903 [The chocopocalypse](#) by Chris Callaghan**  
When news breaks of an ancient prophecy that predicts the world will run out of chocolate in six days, it is up to Jelly and her Gran to prevent the chocopocalypse. For grades 3-6. 2016.

**DB 66161 [Sly the Sleuth and the food mysteries](#) by Donna Jo Napoli**  
Sly's friends need her detective skills to solve three cases involving food. What is wrong with Mrs. Olsen's cookies? Why is Sly's friend Princess behaving strangely at the girls' cooking club? Why are Jack's oranges disappearing? For grades 2-4. 2007.

**DB 50325 [Burger wuss](#) by M. T. Anderson**  
Anthony, nice guy and doormat, seeks revenge after he sees his girlfriend, Diana, kissing cool guy Turner at a party. Anthony takes a job at the fast food restaurant where Turner is a supervisor and concocts a scheme involving rivalry with their competitor, Burger Queen. For senior high readers. 1999.

**DB 119181 [With or without you](#) by Eric Smith**  
"Everyone knows Jordan Plazas and Cindy Ortiz hate each other. According to many viral videos of their public shouting matches, the Plazas and Ortiz families have a well-known food truck rivalry. Jordan and Cindy have spent all of high school making cheesesteaks and slinging insults at each other across their shared Philadelphia street. But the truth? They're in love, and it's all just an act for the tourists. When the fake feud lands them a reality television show pilot, Jordan and Cindy find themselves having to lie on a much bigger scale. Trapped between pursuing their dreams or their love, can they find a way to have their cheesesteak and eat it too?" -- Provided by publisher. -- Unrated. Commercial audiobook. For senior high and older



readers.

**DB 97216 [A taste of the world what people eat and how they celebrate around the globe](#) by Beth Walrond**

Explores cuisine from around the world. Discusses how the environment and cultural practices in different places can shape the way we eat. For grades 2-4. 2019.

**DB 97584 [The poison eaters: fighting danger and fraud in our food and drugs](#) by Gail Jarrow**

Examines the history of how food was made safer after first examining the gross and dangerous methods employed by factories in how they processed and packaged what the public consumed. Discusses the additives used such as borax in sausage and formaldehyde in milk. For grades 5-8. 2019.

**DB 111920 [Paletero man](#) by Lucky Diaz**

"Follow Paletero José's call and rush along with our narrator as he passes through his vibrant and busy neighborhood in search of the Paletero Man. But when he arrives, our narrator's pockets are empty! What happened to his dinero? It will take the help of the entire community to get the tasty treat now." -- Goodreads. -- For Preschool-grade 2.

**DB 53000 [Cuentos con sazón](#) / cuentos y grabados en linóleo de Lulu Delacre; traducido por Susana Pasternac**

La familia de Carmen celebra la fiesta del año nuevo, y la Tía Josefina le presenta a Carmen un regalo que es un libro en blanco. En este libro Camen escribe las historias de cada uno de los huéspedes que cuentan acerca de sus vidas anteriores en sus tierras natales de América Latina. Carmen también escribe las recetas favoritas de familia. Para grados 4 a 7.

## **Braille**

**BR 10801 [The science chef: 100 fun food experiments and recipes for kids](#) by Joan D'Amico and Karen Eich Drummond**

Explains how cooking uses chemistry to mix and heat ingredients to make something new, like bread from flour, yeast, and water. Experiments show why popcorn pops and toast turns brown. Includes recipes for pizza, muffins, mashed potatoes, and fudge brownies. For grades 4-7 and older readers.

**BR 20088 Potatoes on rooftops: farming in the city by Hadley Dyer**

Explores the many ways that people grow food in urban environments, from rooftop gardens to school and community plots. Covers various topics such as pests, space, light, pollution solutions, composting, harvesting water, and more. For grades 3-6 and older readers. 2012.

**BR 18841 *Just Grace and the snack attack* by Charise Mericle Harper**

Just Grace and her class are forced to study food from around the world after troublemaker Owen jokes about someone's lunch. Just Grace picks potato chips for her topic but gets jealous when her dad helps her friend Mimi research his favorite food--hot dogs. For grades 2-4. 2009.