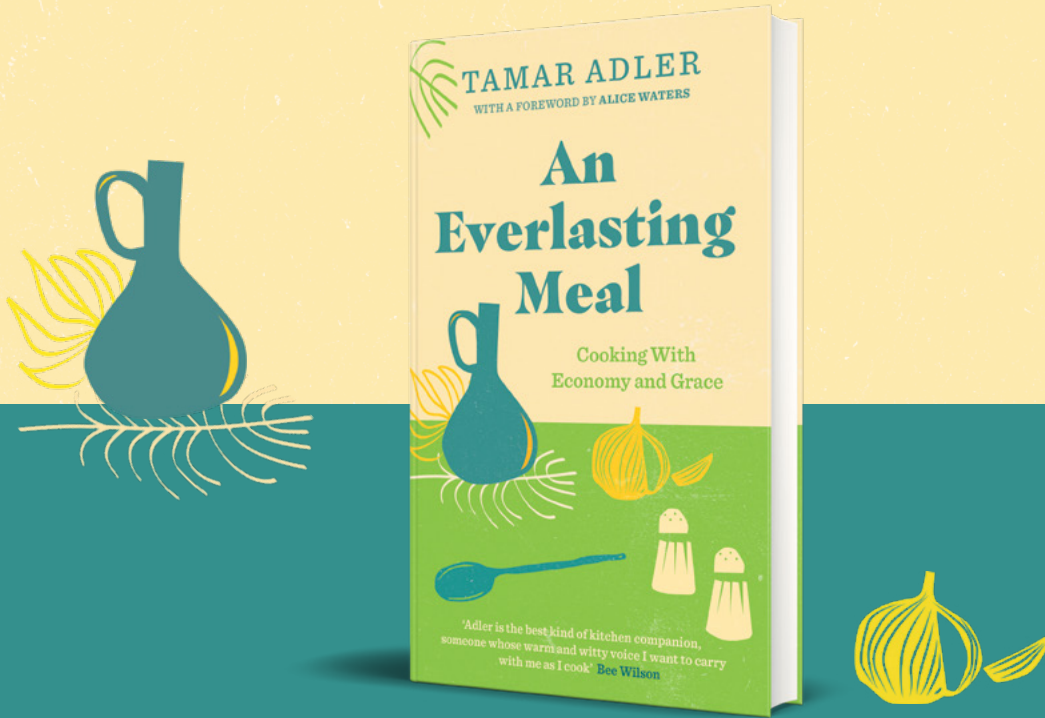


An Everlasting Meal

Cooking with Economy and Grace - foreword by Alice Waters

By Tamar Adler

Published by Swift Books, 20th October, £14.99 hbk



'An Everlasting Meal is a beautifully intimate, approaching cooking as a narrative that begins not with a list of ingredients or a tutorial on cutting an onion, but with a way of thinking... Tamar is one of the greatest writers I know – her prose is exquisitely crafted, beautiful and clear-eyed and open, in the thoughtful spirit of M.F.K Fisher. This is a book to sink into and read deeply'

Alice Waters, Chef, and owner of Chez Panisse

'Adler is the best kind of kitchen companion, someone whose warm and witty voice I want to carry with me as I cook'

Bee Wilson

'Tamar Adler has written the best book on "cooking with economy and grace" that I have read since MFK Fisher'

Michael Pollan

'Tamar Adler is more than a wonderful food writer – she is a wonderful writer... a profound book'

Sheila Heti

In *An Everlasting Meal*, Tamar Adler has written a book that 'reads less like a cookbook than like a recipe for a delicious life'

New York Magazine

In this meditation on cooking and eating (published for the first time in the UK as a beautiful gift hardback), Tamar Adler weaves philosophy and instruction into approachable lessons on feeding ourselves well. *An Everlasting Meal* demonstrates the implicit frugality in cooking. In essays on forgotten skills such as boiling, suggestions for what to do when cooking seems like a chore, and strategies for preparing, storing, and transforming ingredients for a week's worth of satisfying, delicious meals, Tamar reminds us of the practical pleasures of eating.

She explains what cooks in the world's great kitchens know: that the best meals rely on the ends of the meals that came before them. With that in mind, she shows how we often throw away the bones, skins, and peels we need to make our food both more affordable and better. She also reminds readers that almost all kitchen mistakes can be remedied. Summoning respectable meals from the humblest ingredients, Tamar breathes life into the belief that we can start cooking from wherever we are, with whatever we have.

An empowering, indispensable work *An Everlasting Meal* is an elegant testimony to the value of cooking.

About the author:

Tamar Adler is a contributing editor to *Vogue*. Her writing has appeared in the *New York Times Magazine*, the *New York Times Book Review*, the *New Yorker.com*, and other publications. Adler has won a James Beard Award and an IACP Award, and is the author of *An Everlasting Meal* and *Something Old, Something New*. Her third book, *The Everlasting Meal Cookbook*, will be published in March 2023. She lives in Hudson, New York.

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