

the ancient Mediterranean; the animals and plants that formed the raw material of ancient farming and gardening; food and daily life in the first century. The survey of ancient plants and their uses, by Kjell Lundquist, is outstanding among these supplementary chapters.

ANDREW DALBY

Orlando Gough: *Orlando Gough Recipe Journal: A Celebration of Extraordinary Home Cooks, No. 2: TOAST*, 2012, 100 pp., paperback, £11.95.

As understated and elegant as a Moleskin journal, this suavely presented recipe collection is by no means beauty without substance. The musician Orlando Gough's recipe journal is exactly that, recipes collected over his lifetime, separated into decades, with amusing recollections and artistic black and white photographs. His prose is wise and debonair; his recipes are precise, clear and reliable. The recipes are old favourites, Mum's marmalade, cullen skink and baked eggs all feature, bringing to mind one's own youth and the sort of nursery food we crave as we get older; then progressing through Elizabeth David to the wider repertoire of the British bien-pensant middle class. There is a wistful quality reminiscent of Nigel Slater, and the recipes are just as sensible and intuitive. All in all Toast has produced something as simple, classic and pleasing as a slice of its namesake. Just as Orlando's granny learns in a hat shop – about which we read in one recipe introduction – restraint is worth more than extravagance. Wisdom indeed.

LETTITIA CLARK

Catherine Brown: *Scottish Cookery*: Birlinn, 2013: 468 pp., pb, £12.99.

The arrival of this paperback version, with an updated buyer's guide, of Catherine Brown's substantial, readable, indeed classic work should be registered. Close inspection reveals many changes since the revised edition from the Mercat Press in 1999 (the very first issue was published by Richard Drew in 1985). There are some new recipes, some excisions and much refinement of the text. It is arguable that you will prefer the format as the paper is very mass-market, but the typography is spacious enough and nicely legible. Her combination of quotation, narrative and recipe is to be admired.