

<<http://readcereal.com>>, although it can be bought retail at a few select outlets (Foyles in London or Daylesford Organic for the richer of you). This magazine has now produced its fourth issue, each more elegant and spare (yet lavish) than the last. The editor is Rosa Park and the contributing editor is Richard Aslan. As with *The Foodie Bugle*, it is a sign that the potential of print has yet to be exhausted. It is beautifully produced, beautifully illustrated and beautifully designed. This volume covers a range of locations and subjects, again, like the *Bugle*, food, craft and nature predominate. There are some wonderful photographs, and some of the articles have to work hard to match them for inspiration. Like the dangerous magazines they leave in aeroplanes to entice you to travel to destinations never before considered, *Cereal* will certainly have you making wild plans to go to Denmark to drink flat whites in the smallest (and chic-est) café in Europe, or to order beautiful ceramics from the man who makes all of Noma's crockery. With a few interesting recipes thrown in for good measure and a gripping article on the ritual of making Matcha (as well as a review of the tip-top tea purveyor, Lahloo) *Cereal* provides a lot more to chew over than its frequently soggy and disappointing namesake.

LETITIA CLARK

Ole G. Mouritsen: *Seaweeds, Edible, Available & Sustainable*: University of Chicago Press, 2013: 272 pp., hardback, £24.50.

Ole G. Mouritsen is a scientist and professor of biophysics at the University of Southern Denmark. Be impressed, but rest assured this book is not one that will be pushed to the back of a highbrow academic library shelf; it is a delightfully easy read and is illustrated with superb photographs. Mouritsen charts the history of seaweed and Brits will enjoy mention of the fact that Dr Kathleen Mary Drew Baker (1901–57) discovered a property of porphyra (more familiar to us as laver or nori), which enabled it to be cultivated. Indeed the Japanese hold Kathleen Drew Baker in high regard, referring to her as the 'Mother of the Sea.' There is a heavy focus on the cultivation of seaweed in Japan: as home of nori and sushi this is to be expected. The Japanese, however, might not have known without reading this book that harvesting carrageen (a red seaweed) in Zanzibar enables mothers there to support their families. 'Seaweeds are marine algae,' heads many a page as Mouritsen seeks to direct the reader's understanding of the colloquial term 'seaweed'. There are chapters on seaweed folklore, its technical uses (from

gunpowder, soda and early glass-making to biofuels) and its use in medicine, health care and cosmetics. My favourite chapter was obviously going to be 'Seaweeds in the kitchen' and the cooks among you will be pleased to learn that it is a long and comprehensive one, covering no less than: Seaweeds in the Home Kitchen; as Seasonings; in Soups; in Salads And Sauces; in Omelettes and in Fish and Vegetable Dishes; and Sushi; in Bread, Pasta and Savoury Tarts; in Desserts and Cakes; in Drinks; in Snacks; in Gastronomy. There has to be something for everyone in this collection. The recipes are clearly written and the ingredient lists not extensive. You could simply take your tried and tested guacamole recipe and add 5 tbsps of dried sea lettuce or dulse, or even try the same with mayonnaise. Come to think of it, I have such a recipe in my *Forager's Kitchen*. My own book is not academic but in neither that nor this one under discussion do the recipes require a science degree. A professor who is an accomplished cook is a rarity, but one who has the foresight to write for an international readership while keeping measurements accessible, must be nigh on unique. I love Mouritsen's book. In this kitchen it certainly won't be collecting dust, metaphorical or otherwise, but it might get enhanced by splashes from slimy wet seaweed and other ingredients. It's on my list of 'don't lend to anyone unless they are your best friend' editions. Highly recommended. I paid for this book, although Ole Mouritsen has ping-ed an email from Denmark to the Outer Hebrides: 'It is a great experience to get into contact with people with whom you share a passion ('of cooking with weird things').' I have to adore an author who bothers to quote me in an email.

FI BIRD

Lynda Moreau, ed.: *The Confederate Cookbook: Family Favorites from the Sons of Confederate Veterans*: Los Angeles, Pelican Publishing Company, 2000: 382 pp., hardback, £15.83.

If the old cliché that an 'army marches upon its stomach' has any validity whatsoever, then this truly appalling book explains why the South lost the war, not least because the majority of its recipes require the presence of a well-stocked modern Walmart. Unfortunately Walmart was incorporated more than a century after the Appomattox surrender so what the troops actually fed on does not form part of this book. Authenticity, then, has gone with the wind, taking General Robert E. Lee, 'colored washrooms' and all the rest of the Old South with it, leaving only the creaking dream of a