

MAINLY RECIPES

Nevin Halıcı: *Nevin Halıcı's Turkish Cookbook*: Dorling Kindersley, London 1989: 176 pp, introductory essay, recipe, glossary, index and bibliography, colour photographs, £14.95.

This book begins to unlock Nevin Halıcı's store of Turkish food recipes which have previously only been available in Turkish publications. Its prime value is that it includes many provincial recipes which have not appeared in previous books in English.

A substantial introductory essay covers the history of Turkish food and peripheral subjects such as table manners, religious observances and a brief review of regional differences. More than 180 recipes follow introducing us for instance to yufka made from batter rather than dough, several bulgur recipes hinting at the connection with Arab cuisine, and a range of recipes involving meat and fruit.

Disappointments are an all too brief and inconsistent glossary, and captionless photographs. On both these points the opportunity to supply more useful information seems to have been missed. Do not let these quibbles stop you from adding this book to your collection; and let us hope that the author will supply fore of her researches for future consumption – the subject of Turkish food is too large to be encompassed by existing publications.

P.J.F.I.

Anne Willan: *Reader's Digest Complete Guide to Cookery*: Dorling, Kindersley, London, 1989: 528 pp, colour photographs, glossary, index, bibliography, £19.95.

In an elegant foreword, Jane Grigson writes: 'We tend to hunt for recipes, when we should be learning techniques and adapting them to the best ingredients on sale each day . . . Recipes should only be used as reminders and suggestions. shopping and technique are the bases for good eating.'

The *Complete Guide* is the antithesis to the *Reader's Digest* itself. No condensed matter here; not a light-weight read for the plane, weighing as it does 2 kg 350. So, not for the faint-wristed, nor for the faint-hearted either (viz the pathetic game birds, p 191, or blood being poured into the sauce, p 59).

But this encyclopaedic tome, lightened by many helpful colour photographs, should enable anyone willing to spend a substantial amount of time studying it a comprehensive idea of virtually every aspect of cooking, choice of food and so on. Indeed it covers just about anything one might need to know for a life-time of cooking. Anne Willan has lived and cooked in the US, Britain and France, and is thus particularly well equipped to