

Janette Marshall: *All for One*: Penguin, London, 1990: 137 pp, index, £3.50.

The message of this book is one of encouragement to the person who often or occasionally eats alone. It can be a temptation not to look after oneself properly in these circumstances, and mistakenly to take too many short-cuts too often. Here you will find psychological and dietary advice and lots of relatively easy recipes. The author's stated aim is to help you to enjoy your food more, make better choices, and to feel better. 'Taking time over meals . . . means that you chew food thoroughly . . . But the main reason for relaxing over meals is that you avoid stress.'

J.M.D.

IN A NEW GUISE/BRIEF NOTES

First, a big welcome for the first UK edition of Paula Wolfert's classic work on Moroccan cookery, long familiar in the USA under the title *Couscous and Other Good Food from Morocco*, now available as *Good Food from Morocco* from John Murray, £15.95.

The same author's *The Cooking of South-West France* has now appeared as a paperback in the Papermac series (£8.99); as have Marcella Hazan's *The Second Classic Italian Cookbook*, and Martha Rose Shulman's *Chez Martha Rose* (each also at £8.99).

Penguin offer Richard Olney's *Simple French Food* at £8.99, and Leslie Forbes' *A Table in Tuscany* at £7.99. Piatkus have Sri Owen's *Indonesian and Thai Cookery* and *Party Eats* by Yan-Kit So and Paul Bloomfield, each at £6.95.

Two books on game cookery. Patricia Lousada's *Game Cookery* (John Murray, 1989, £15.95) is a straightforward collection of recipes, including some fish (Salade Niçoise gets in because of the tuna, which might have been caught by a game fisherman!) and with a brief note on 'Unusual Game' at the end. Philippa Scott's *Gourmet Game – Recipes and Anecdotes from Around the World* (Barrie & Jenkins, £14.95) does indeed range round the world and has handsome colour illustrations by Francesca Pelizzoli.

John Murray published last year, at £14.95, Lesley Blanch's *From Wilder Shores – The Tables of My Travels*. These travels included in particular the Balkan region, parts of the Arab world, and Persia and Afghanistan, but there are bits about French diplomatic dinners, Count Rumford, and so on. Some will relish, others will shrink from, the (increasingly rare as we approach the 21st century) *grande dame* approach ('In Paris I sometimes dined with the Windsors . . .'); everyone is likely to enjoy the few but choice colour illustrations.