

tyler  
florence

**eat**  
**THIS BOOK**

COOKING WITH  
GLOBAL FRESH FLAVORS



PHOTOGRAPHS BY PETRINA TINSLAY

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**THIS BOOK**

Tyler Florence

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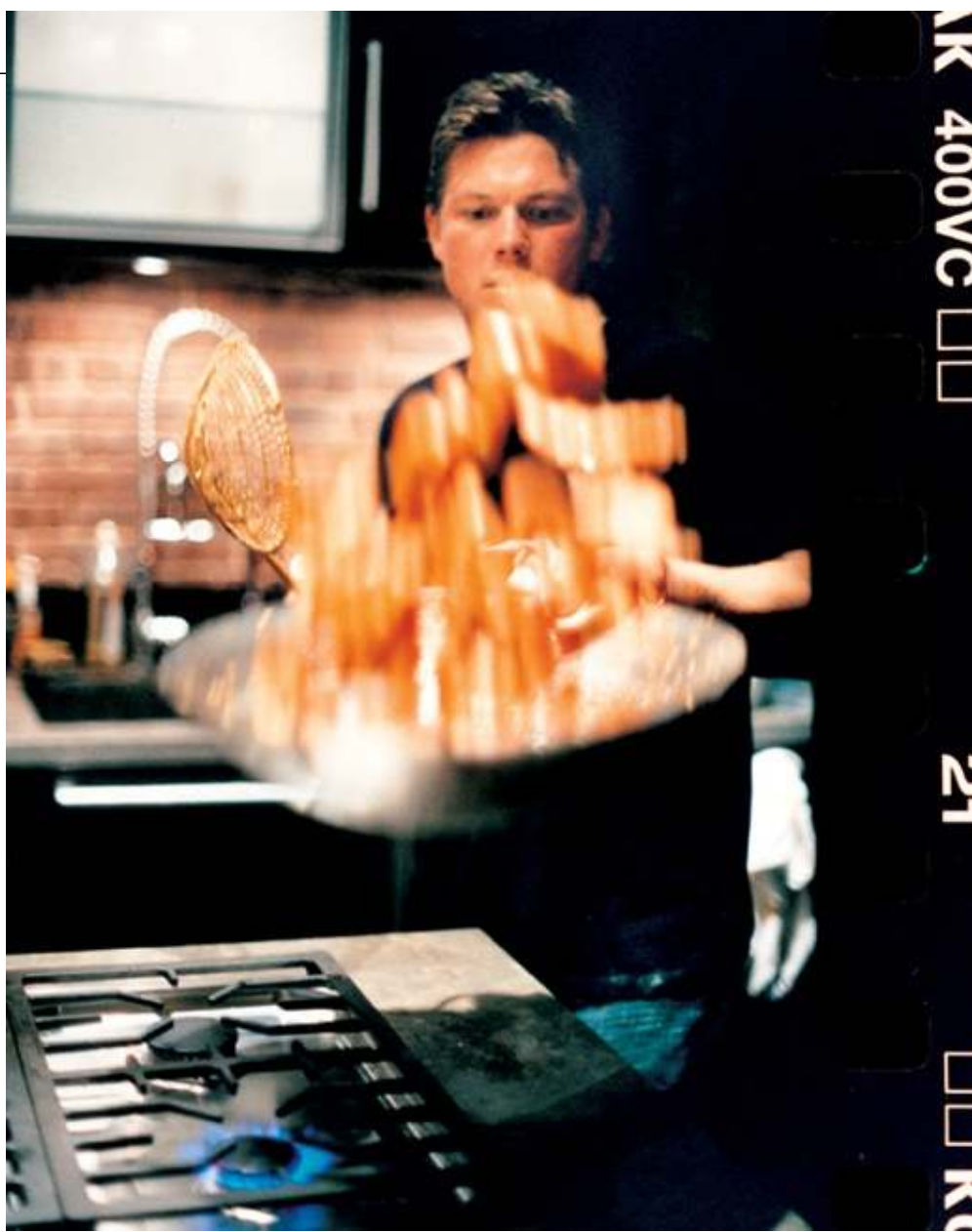
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This book is dedicated to my father,  
who survived cancer this year.  
Dad, you're a fighter.



- INTRODUCTION
- EATING (THE BASICS):  
The Art of Flavor Components
- DEVOURING
- NOSHING
- CONSUMING
- TASTING
- SAVORING
- LICKING THE PLATE CLEAN
- ACKNOWLEDGMENTS
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**PICTURE THIS...** I'm in a car on the way to a shoot for my Food Network show, *Food 911* with David, one of my producers. I told him I was having a hard time coming up with a title for my new book. The deadline was looming and all I had were uninspired working titles.

He asked me what the cookbook was really about and I said very definitively (but not really with confidence), "It's about global fresh flavors. It's about **INCREDIBLY DOABLE RECIPES** that you can make at home, but it's also about global understanding through food, it's about **THE FLAVORS OF DIFFERENT CULTURES**. It's Tuscan farmhouse food, dishes from Chinatown, Indian curries, flavors from the Mediterranean, that you can make right here."

That same day there had been a story on the front page of the *New York Times* how the EU (European Union) was putting an import ban on American GM (genetically modified) foods like corn and wheat. Right next to that there was a story about the war in Iraq. Staring out the window, I felt that in the big picture a new cookbook was not the most important thing in the world. Yet food does transcend geographical and ideological boundaries in a way few things can.

What can I say, I'm just a chef, or maybe a frustrated politician, but I know one thing for sure: I love this country but believe we need more globalism and less globalization. I love Chinese food, Thai food, Italian, Greek, Latin American food, and French food. I love this country and I believe **THROUGH FOOD THERE IS TRUE UNDERSTANDING** of culture, religion, and history.

*Eat This Book* is a well-stamped **PASSPORT OF COOKING EXPERIENCES** that I've picked up from traveling, and shooting cooking shows, and over the last two years I've been practically everywhere. You can taste it throughout the book: bold Spanish flavors from Barcelona, the brilliant pan-Asian cooking styles of Australia, and the sun-kissed Mediterranean coast of France.

The chapters are all about **THE ART OF LIVING AND EATING WELL**, with recipes written as if you and I were having a conversation. The recipes are manageable, and after you try a few you'll look like a superhero in the kitchen. The book speaks to everyday situations like having people over for an impromptu get-together, weekend cooking projects, and quick savory dinners. It's the kind of book that should live by the stove, dog-eared and dripping with oil. Whether you're hanging out at the beach or wrapped up in a thick sweater, I hope *Eat This Book* becomes **A COOKING RESOURCE YOU WILL USE ALL YEAR ROUND**. The recipes here are the roots of authentic cooking, not smoke and mirrors. I've been around the block a few times and I know these recipes work; they won't let you down.

But most of all, I hope you enjoy the book and this taste of the American global palate I've pulled together here. I've had the opportunity to travel, taste, and feel a lot over the last two years shooting shows for *Food 911*; my suitcase is shredded and I have seen a lot of amazing food. You don't actually have to eat this book but I do hope you tear through it with the same furious appetite that I have for life.





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## THE BASICS | THE ART OF FLAVOR COMPONENTS

This first chapter offers you a new **FOUNDATION OF FLAVOR** that will make you look like a pro in the kitchen. It's full of great ideas and recipes to help you **SET UP A PANTRY** you can actually cook from. By combining a respect for the **CLASSIC** foundations like stocks and mayonnaises with **INNOVATIVE** takes on spices and herbs you get new flavor components that will turn your pantry upside down and make your cooking taste amazing. Try **QUICK THROW-TOGETHERS** like fresh-milled spices that will give a leg of lamb or even simple roast chicken unbelievable flavor; foolproof stocks for the perfect risotto; and chopped-herb sauces for everything and anything.



# EATING

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## HERB MAYONNAISES AND AÏOLIS

BASIC MAYONNAISE

ARUGULA MAYONNAISE WITH ORANGE AND ALMOND

ROASTED GARLIC AÏOLI WITH ANCHOVY AND CAPERS

MAYONNAISE WITH A FISTFUL OF HERBS

CURRY MAYONNAISE WITH ORANGE, FRESH MINT, AND PEANUTS

SWEET RED PEPPER AÏOLI WITH FENNEL AND PAPRIKA

LEMON-CAPER MAYONNAISE

ROMESCO SAUCE

## FRESH CHOPPED-HERB SAUCES

PARSLEY, RAISIN, CAPER, AND PINE NUT SAUCE

PARSLEY, GREEN APPLE, AND CURRY SAUCE

PARSLEY, PIMIENTO, AND GREEN OLIVE SAUCE

GRAPEFRUIT, TARRAGON, AND GREEN OLIVE SAUCE

CILANTRO, FRESH GINGER, DRIED SHRIMP, AND CHILI SAUCE

BASIL, OLIVE, TOMATO, AND FENNEL SAUCE

MINT, CHILE, LIME, AND ONION SAUCE

POMEGRANATE, WALNUT, CELERY LEAF, AND PARSLEY SAUCE

FIG, BLACK OLIVE, CILANTRO, AND LEMON SAUCE

## FRESH-MILLED SPICES

NORTH AFRICAN SPICE MIX

CURRY POWDER

TURKISH SPICE MIX

ANCHO CHILI POWDER

PORCINI POWDER

GRAPEFRUIT AND NORI POWDER

## VINAIGRETTES

CLASSIC FRENCH VINAIGRETTE

CITRUS-CHILE VINAIGRETTE

GINGER-SOY VINAIGRETTE

SWEET CHILI SAUCE WITH LIME

# STOCKS

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FISH STOCK

CLAM BROTH WITH BACON AND FRESH THYME

RICH CHICKEN STOCK

CHINESE CHICKEN STOCK

ROASTED VEAL STOCK WITH RED WINE





*Basic Mayonnaise*

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# Herb Mayonnaises and Aioli

**I'M A MAYONNAISE JUNKIE; I KNEW THAT THE FRENCH REALLY HAD SOMETHING GOING ON WHEN I TASTED FRITES WITH AÏOLI (FRENCH FRIES WITH MAYONNAISE) FOR THE FIRST TIME AS A STUDENT TRAVELING THROUGH EUROPE. SIMPLE, CREAMY, OUTSTANDING FRESH MAYONNAISE—SINCE THEN** I've been hooked. Mayonnaises and aioli are, for the most part, the same thing. A few egg yolks, lemon juice, and good-quality oil are the foundation for both. Classic aioli contains a fair amount of roasted garlic, which gives it a savory depth, whereas classic mayo has a bright lemon flavor. Other than that, you can go crazy with it: Lamb chops with romesco sauce, seared scallops with lemon-caper mayonnaise, and on it goes; mayo is a great flavor sidekick and really easy to make.

I usually make mayonnaise by hand. A whisk, a bowl, and that's it—nothing to clean up. But to make these variations, make the mayonnaise in the food processor to buzz it all together.



# Basic Mayonnaise

Makes about 2 cups

4 large egg yolks | 1 teaspoon dry mustard | Kosher salt and freshly ground black pepper | 1½ cups canola oil | 3 tablespoons extra-virgin olive oil | 2 tablespoons fresh lemon juice

In a nonreactive bowl or in the bowl of a food processor, combine the egg yolks, mustard and salt and pepper. Whisk or pulse in the machine just enough to break up the yolks.

If you're making this by hand, put the bowl on a damp towel to keep it from moving around. Then drizzle in the oils, whisking constantly, to form an emulsion. If the emulsion breaks (the mayonnaise will begin to look curdled and the oil will pool) don't freak—it's easy to fix. Stop drizzling and whisk until it comes together again. Then whisk in the lemon juice and 1 tablespoon of water.

If you're using the machine, pour in the oil in a thin stream, with the machine running. (The mayonnaise is unlikely to break in a processor.) Then process in the lemon juice and 1 tablespoon of water.

Taste for salt and pepper. This mayonnaise and all the variations will last for a good week, in a sealed container in the fridge.

# Arugula Mayonnaise with Orange and Almond Makes about 3 cups

1 recipe [Basic Mayonnaise](#), made in the food processor and left in the work bowl | 1 bunch of arugula, stemmed and coarsely chopped (about 1 cup chopped) | Grated zest of 1 orange | ¼ cup slivered almonds | Kosher salt and freshly ground black pepper

Take your freshly made mayonnaise, toss in the arugula, orange zest, and almonds and process to blend. Taste for salt and pepper.

# Roasted Garlic Aioli with Anchovy and Capers

Makes about 2 cups

2 heads of garlic | Extra-virgin olive oil | 3 sprigs of fresh thyme | 1 recipe [Basic Mayonnaise](#),  
made in the food processor and left in the work bowl | 3 anchovy fillets | 1 tablespoon capers,  
drained | 2 tablespoons chopped fresh flat-leaf parsley | Kosher salt and freshly ground black  
pepper

Preheat the oven to 400° F. Set the garlic on a square of aluminum foil and drizzle with oil. Add the thyme, fold the foil over the garlic, and seal. Roast until the garlic is tender, about 30 minutes. Squeeze the roasted garlic cloves out of their skins into the bowl of the food processor with your freshly made mayonnaise. Add the anchovies, capers, and parsley and process to combine. Taste for salt and pepper.

# Mayonnaise with a Fistful of Herbs

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Makes about 2 cups

½ cup each loosely packed fresh flat-leaf parsley, tarragon, chives, basil, mint, and cilantro leaves (about 6 tablespoons chopped) | 2 tablespoons sour cream | 1 recipe [Basic Mayonnaise](#), made in the food processor and left in the work bowl | Kosher salt and freshly ground black pepper

Throw the herbs and sour cream into the food processor with the freshly made mayonnaise and process to blend. Taste for salt and pepper.



*Arugula Mayonnaise with Orange and Almond, Roasted Garlic Aioli with Anchovy and Capers, Mayonnaise with a Fistful of Herbs*

# Curry Mayonnaise with Orange, Fresh Mint, and Peanuts

Makes about 2 cups

1 teaspoon [Curry Powder](#) | Grated zest of 1 orange | 2 tablespoons chopped fresh mint | 2  
teaspoons red chile paste, such as sambal | ¼ cup chopped roasted, unsalted peanuts | 1  
recipe [Basic Mayonnaise](#), made in the food processor and left in the work bowl | Kosher salt

Add the curry powder, orange zest, mint, chile paste, and peanuts to the food processor with the freshly made mayonnaise and process to blend. Taste for salt.

# Sweet Red Pepper Aioli with Fennel and Paprika

Makes about 2½

cups

Extra-virgin olive oil | 1 medium fennel bulb, trimmed and sliced (about 2 cups) | 4 garlic cloves, chopped | 1 [roasted red bell pepper, stemmed, seeded, and coarsely chopped](#) | 1 teaspoon sweet paprika | Pinch of saffron | 1 recipe [Basic Mayonnaise](#), made in the food processor and left in the work bowl | Kosher salt and freshly ground black pepper

Put a sauté pan over medium-high heat and coat it with a 2-count of oil. When the oil is hot, add the fennel and the garlic and cook, stirring, until softened and lightly browned about 10 minutes. Add the red pepper, paprika, and saffron and cook for 2 more minutes. Let that cool a little. Then dump the cooled vegetable mixture into the processor with your freshly made mayonnaise and process to blend. Taste for salt and pepper.





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