

Greek Pavlova

Dance on Its Own Terms Melanie Bales 2013-06-13 Dance on its Own Terms: Histories and Methodologies anthologizes a wide range of subjects examined from dance-centered methodologies: modes of research that are emergent, based in relevant systems of movement analysis, use primary sources, and rely on critical, informed observation of movement. The anthology fills a gap in current scholarship by emphasizing dance history and core disciplinary knowledge rather than theories imported from disciplines outside dance. Individual chapters serve as case studies that are further organized into three categories of significant dance activity: performance and reconstruction, pedagogy and choreographic process, and notational and other written forms that analyze and document dance. The breadth of the content reflects the richness and vibrancy of the dance field; each deeply informed examination serves as a window opening onto the larger world of dance. Conceptually, each chapter also raises concerns and questions that point to broadly inclusive methodological applications. Engaging and insightful, Dance on its Own Terms represents a major contribution to research on dance.

Pavlova Walford Hyden 1934

Dictionary of World Biography Barry Jones 2022-11-30 Jones, Barry Owen (1932-). Australian politician, writer and lawyer, born in Geelong. Educated at Melbourne High School and Melbourne University, he was a public servant, high school teacher, television and radio performer, university lecturer and lawyer before serving as a Labor MP in the Victorian Parliament 1972-77 and the Australian House of Representatives 1977-98. He took a leading role in reviving the Australian film industry and abolishing the death penalty in Australia, and was the first politician to raise public awareness of global warming, the 'post-industrial' society, the IT revolution, biotechnology, the rise of 'the Third Age' and the need to preserve Antarctica as a wilderness. In the *Hawke Government, he was Minister for Science 1983-90, Prices and Consumer Affairs 1987, Small Business 1987-90 and Customs 1988-90. He became a member of the Executive Board of UNESCO, Paris 1991-95 and National President of the Australian Labor Party 1992-2000, 2005-06. He was Deputy Chairman of the Constitutional Convention 1998. His books include Decades of Decision 1860- (1965), Joseph II (1968) and Age of Apocalypse (1975), and he edited The Penalty Is Death (1968, revised and expanded 2022). Sleepers, Wake! Technology and the Future of Work was published by Oxford University Press in 1982, became a bestseller and has been translated into Chinese, Japanese, Korean, Swedish and braille. The fourth edition was published in 1995. Knowledge Courage Leadership: Insights & Reflections, a collection of speeches and essays, appeared in 2016. He received a DSc in 1988 for his services to science and a DLitt in 1993 for his work on information theory. Elected FTSE (1992), FAHA (1993), FAA (1996) and FASSA (2003), he is the only person to have become a Fellow of four of Australia's five learned Academies. Awarded an AO in 1993, named as one of Australia's 100 'living national treasures' in 1997, he was elected a Visiting Fellow Commoner of Trinity College, Cambridge in 1999. His autobiography, A Thinking Reed, was published in 2006 and The Shock of Recognition, about music and literature, in 2016. In 2014 he received an AC for services 'as a leading intellectual in Australian public life'. What Is to Be Done was published by Scribe in 2020.

Greek Pavlova Photini V. Needham 2004

The Farm Cooking School Ian Knauer 2017-12-05 When you visit The Farm Cooking School you'll not only leave with a full stomach, but having learned something new. The Farm Cooking School is packed with many of the same lessons you'd learn in person at the school, taught through more than 100 delicious recipes. You'll learn how to make the flakiest pie crust for peerless summer pies, use fresh farm eggs for sweet, airy pavlova, and highlight what's growing now with scratch-made pizzas and pastas. Smoking, salt-roasting, pickling, and preserving are all part of the fun. Yet it's the way Ian and Shelley employ these techniques that make their classes, and this book, so much fun. Brine nasturtium buds for creative "capers", or try the hot-smoked oysters with a dollop of harissa butter and you'll agree! The Farm Cooking School is a cookbook for anyone who wants to learn to cook in tune with nature. Celebrate the seasons as

you grow comfortable with the practiced techniques of our forebears. Join us at the school!

Meringue Girls Alex Hoffler 2014-06-17 Discover the next big thing in desserts: "These recipes are what dreams are made of." —Jamie Oliver In this essential guide to delicious and pretty (not to mention low-fat and gluten-free) meringues, more than sixty creative recipes are paired with inspiring photographs by renowned food photographer David Loftus. A basic meringue mixture is spun into tasty and colorful confections, from simple kisses to lemon tarts topped with glamorously bronzed peaks. A chapter on using up leftover egg yolks in luscious sauces and curds rounds out this compelling cookbook. From weekend dabblers to experts obsessed with technical perfection, bakers of every skill level will be sweet on Meringue Girls.

Rachel Ama's Vegan Eats Rachel Ama 2019-06-20 'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself' RUBY TANDOH OBSERVER RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy - and fun - in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure - whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg - Rachel's genius cookbook is for you.

Seriously Delish Jessica Merchant 2014 The blogger behind the incredibly popular cooking site How Sweet Eats offers her first collection of playful, inventive and delicious recipes, including Amaretto-Butternut Squash Soup With Cinnamon Toast Croutons and Mini Crab Cakes With Sweet Corn and Blueberry Salsa. 50,000 first printing.

Elsa's Wholesome Life Ellie Bullen 2017-07-25 Ellie Bullen's hugely popular blog Elsa's Wholesome Life is a veritable explosion of colour, sunshine, coastal living and delicious plant-based recipes. Her first cookbook features more than 100 of her go-to dishes, from nutritious granolas and powerhouse smoothies to flavour-packed salads and soups, hearty curries and burgers, and drop-dead delicious sweets. A qualified dietitian and nutritionist, Ellie explains everything you need to know about adopting a plant-based diet, including how to: - get enough iron, vitamin B12 and calcium - achieve the right balance of carbs, proteins and good fats - shop smarter and get more organised in the kitchen - enjoy a lifestyle that is better for you and the environment Ellie's food is fresh, flavoursome, nutrient-dense and - above all - fun. If you ever needed a reason to eat less from a box and more from the earth, this is it! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Nigella Bites Nigella Lawson 2013-02-05 "I am neither a chef nor a performer: this is the food I cook, the food I eat." - Nigella Lawson Nigella Bites accompanies a forthcoming 10-part television series - a culinary and visual feast of recipes from the best and most glamorous young home-cook in Britain and a great cookery writer. Nigella Lawson's passion for food and her refreshingly down-to-earth practicality breathe life into this beautiful cookbook, illustrated with full-colour photographs and recipes from her forthcoming television series. Like the series, Nigella Bites is a celebration of food, perfect for modern cooks, with recipes to suit many tastes, timetables and moods, and all characteristic of Nigella's ethos: uncomplicated, original, fresh, and perfect for the way we live today. They're easy to produce after a busy day at the office, fun to linger over at weekends or to make with the kids, delectable to read about, dreamy to look at and

delicious to eat. In 10 chapters, each based on a different theme and episode of the television series – including All-Day Breakfasts, TV Dinners, Party Girl food, Rainy Day fare, Trashy food, Slow-Cook Weekends and Templefood – Nigella Lawson gives us her marvellous recipes, along with her thoughts on modern life and cooking, offering encouragement and wise advice. Nigella wants her readers to enjoy the pleasures of eating and cooking. With her, how could anyone resist?

Greek Pavlova Photini Vandoru Needham 2004-01-01

The Palgrave Macmillan Dictionary of Women's Biography J. Uglow 2005-03-08 The Palgrave Macmillan Dictionary of Women's Biography contains details of the lives of over 2100 women from all periods, cultures and walks of life - from queens to TV chefs, engineers to stand up comics, pilots to poisoners. With subsections for further reading, comprehensive subject index and a bibliographical survey, this dictionary of women's biography is an invaluable reference source.

Sweet Yotam Ottolenghi 2017-10-03 NEW YORK TIMES BESTSELLER • A collection of over 110 recipes for sweets, baked goods, and confections from superstar chef Yotam Ottolenghi, thoroughly tested and updated. Yotam Ottolenghi is widely beloved in the food world for his beautiful, inspirational, and award-winning cookbooks, as well as his London delis and fine dining restaurant. And while he's known for his savory and vegetarian dishes, he actually started out his cooking career as a pastry chef. Sweet is entirely filled with delicious baked goods, desserts, and confections starring Ottolenghi's signature flavor profiles and ingredients including fig, rose petal, saffron, orange blossom, star anise, pistachio, almond, cardamom, and cinnamon. A baker's dream, Sweet features simple treats such as Chocolate, Banana, and Pecan cookies and Rosemary Olive Oil Orange Cake, alongside recipes for showstopping confections such as Cinnamon Pavlova with Praline Cream and Fresh Figs and Flourless Chocolate Layer Cake with Coffee, Walnut, and Rosewater. • Finalist for the 2018 James Beard Foundation Book Awards for "Baking and Desserts" and "Photography" categories • Finalist for the 2018 International Association of Culinary Professionals (IACP) Cookbook Award for "Baking" category

Simply Nigella Nigella Lawson 2015-11-03 "Part of the balance of life lies in understanding that different days require different ways of eating . . ." Whatever the occasion, food-in the making and the eating-should always be pleasurable. Simply Nigella taps into the rhythms of our cooking lives, with recipes that are uncomplicated, relaxed, and yet always satisfying. From quick and calm workday dinners (Miso Salmon; Cauliflower & Cashew Nut Curry) to stress-free ideas when feeding a crowd (Chicken Traybake with Bitter Orange & Fennel) to the instant joy of bowlfood for cozy nights on the sofa (Thai Noodles with Cinnamon and Shrimp), here is food guaranteed to make everyone feel good. Whether you need to create some breathing space at the end of a long week (Asian-Flavored Short Ribs), indulge in a sweet treat (Lemon Pavlova; Chocolate Chip Cookie Dough Pots) or wake up to a strength-giving breakfast (Toasty Olive Oil Granola), Nigella's new cookbook is filled with recipes destined to become firm favorites. Simply Nigella is the perfect antidote to our busy lives: a calm and glad celebration of food to soothe and uplift.

Fodor's Greek Islands Fodor's 2011-06-21 Get inspired and plan your next trip with Fodor's ebook travel guide to the Greek Islands and the Best of Athens. Intelligent Planning: Discover all of the essential, up-to-date travel insights you expect in a Fodor's guide, including Fodor's Choice dining and lodging, top experiences and attractions, and detailed planning advice. Easy Navigation for E-Readers: Whether you're reading this ebook from start to finish or jumping from chapter to chapter as you develop your itinerary, Fodor's makes it easy to find the information you need with a single touch. In addition to a traditional main table of contents for the ebook, each chapter opens with its own table of contents, making it easy to browse. Full-Color Photos and Maps: It's hard not to fall in love with the Greek Islands as you flip through a vivid full-color photo album. Explore the layout of city centers and popular neighborhoods with easy-to-read full-color maps. Plus get an overview of Greek geography with the convenient atlas at the end of the ebook. What's Covered? Get to Know the Greek Islands: When Athenians want a break, they often make a quick crossing to the idyllic islands of the Saronic Gulf. Car-free Hydra is a relaxing retreat with stone houses set above a gorgeously festive harbor. Aegina is noted for its medieval Old Town and magnificent Temple of Aphaia. Spetses has a time-burnished town hiding treasures like Bouboulina's House. To the northeast, the Northern Sporades delivers quintessential Greek-island pleasures: villages spilling down hillsides like giant sugar cubes, Byzantine monasteries, and ageless paths, where the tinkle of goat bells may be the only

sound for miles. Off the west coast of the Greek mainland lies Corfu, a temperate multihued island with emerald mountains and turquoise waters. The island has an equally colorful history, reflecting the commingling of Corinthians, Romans, Goths, Normans, and Venetians, among others. The Cyclades are the ultimate Mediterranean archipelago. Santorini is the most picturesque. Mykonos takes the prize for hedonism. Mountainous Folegandros, verdant Naxos, idyllic Sifnos, and church-studded Tinos all have distinct charms. Crete is Greece's southernmost and largest island. The island is home to some of Greece's tallest mountains, its deepest gorge, many of its best beaches, and a wealth of Venetian and Byzantine wonders. The Dodecanese (Twelve Islands) are the easternmost holdings of Greece and are set around the shores of Turkey and Asia Minor. Each of the green and gold Northern Aegean Islands is distinct: Chios retains an eerie beauty amid its fortified villages and Byzantine monasteries, Lesbos is a forgetaway favored by artists and writers, and lush, mountainous Samos whispers of antiquity. Most travelers to the Greek Islands make at least a stopover in Athens. Greece's capital is a city of tried and true pleasures: the endless parade of cafés, the charming Plaka district, and most of all, the glorious remnants of one of the greatest civilizations the West has produced. Note: This ebook edition is adapted from Fodor's Greek Islands, 2nd Edition but differs in some content. Additionally, the ebook edition includes photographs and maps that will appear on black-and-white devices but are optimized for devices that support full-color images

Cook Up a Feast Mary Berry 2010-07-19 Cook Up a Feast provides you with 150 foolproof recipes perfect for every special occasion, with easy to follow step-by-step instructions from delicious party bites to gorgeous desserts. Mary Berry and Lucy Young's straightforward advice will guarantee stress-free entertaining every time, from how to plan a party, to menu planners that will help you choose the best dishes for feasts or themed parties. There is plenty of great advice to help you prepare ahead - cooking for friends will always be a pleasure, and can help you bring to life the party you've dreamed of.

Everyone Can Bake Dominique Ansel 2020-04-14 Named one of the best cookbooks of the season by The New York Times, Chowhound, Eater, Food & Wine, Forbes, and more. Acclaimed pastry chef Dominique Ansel shares his simple, foolproof recipes for tarts, cakes, jams, buttercreams, and more "building blocks" of desserts for home cooks to master and mix as they please. Dominique Ansel is the creator of beautiful, innovative, and delicious desserts, from the Frozen S'More to the Cronut®, the croissant-doughnut hybrid that took the world by storm. He has been called the world's best pastry chef. But this wasn't always the case. Raised in a large, working-class family in rural France, Ansel could not afford college and instead began work as a baker's apprentice at age sixteen. There, he learned the basics—how to make tender chocolate cakes, silky custards, buttery shortbread, and more. Ansel shares these essential, go-to recipes for the first time. With easy-to-follow instructions and kitchen tips, home cooks can master the building-blocks of desserts. These crucial components can be mixed in a variety of ways, and Ansel will show you how: his vanilla tart shell can be rolled out and stamped into cookies; shaped and filled with lemon curd; or even crumbled into a topping for ice cream. This cookbook will inspire beginners and experienced home cooks alike to bake as imaginatively as Ansel himself.

My Greek Table Diane Kochilas 2018-12-24 Celebrity chef and award-winning cookbook author Diane Kochilas presents a companion to her Public Television cooking-travel series with this lavishly photographed volume of classic and contemporary cuisine in My Greek Table: Authentic Flavors and Modern Home Cooking from My Kitchen to Yours. Inspired by her travels and family gatherings, the recipes and stories Diane Kochilas shares in My Greek Table celebrate the variety of food and the culture of Greece. Her Mediterranean meals, crafted from natural ingredients and prepared in the region's traditional styles—as well as innovative updates to classic favorites—cover a diverse range of appetizers, main courses, and desserts to create raucously happy feasts, just like the ones Diane enjoys with her family when they sit down at her table. Perfect for home cooks, these recipes are easy-to-make so you can add Greece's delicious dishes to your culinary repertoire. With simple-to-follow instructions for salads, meze, vegetables, soup, grains, savory pies, meat, fish, and sweets, you'll soon be serving iconic fare and new twists on time-honored recipes on your own Greek table for family and friends, including: — Kale, Apple, and Feta Salad — Baklava Oatmeal — Avocado-Tahini Spread — Baked Chicken Keftedes — Retro Feta-Stuffed Grilled Calamari — Portobello Mushroom Gyro — Quinoa Spanakorizo — Quick Pastitsio Ravioli — Aegean Island

Stuffed Lamb — My Big Fat Greek Mess—a dessert of meringues, Greek sweets, toasted almonds and tangy yogurt Illustrated throughout with color photographs featuring both the food and the country, My Greek Table is a cultural delicacy for cooks and foodies alike.

Cooking with Flowers Miche Bacher 2013-04-02 Here are more than 100 recipes that will bring beautiful flower-filled dishes to your kitchen table! This easy-to-use cookbook is brimming with scrumptious botanical treats, from sweet violet cupcakes, pansy petal pancakes, daylily cheesecake, and rosemary flower margaritas to savory sunflower chickpea salad, chive blossom vinaigrette, herb flower pesto, and mango orchid sticky rice. Alongside every recipe are tips and tricks for finding, cleaning, and preparing edible blossoms. You'll also learn how to infuse vinegars, vodkas, sugars, frostings, jellies and jams, ice creams, and more with the color and flavor of your favorite flowers. Fresh from the farmers' market or plucked from your very own garden, a world of delectable flowers awaits!

Zoë Bakes Cakes Zoë François 2021-03-16 IACP AWARD FINALIST • The expert baker and bestselling author behind the Magnolia Network original series Zoë Bakes explores her favorite dessert—cakes!—with more than 85 recipes to create flavorful and beautiful layers, loafs, Bundts, and more. “Zoë’s relentless curiosity has made her an artist in the truest sense of the word.”—Joanna Gaines, co-founder of Magnolia NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT Cake is the ultimate symbol of the celebration, used to mark birthdays, weddings, or even just a Tuesday night. In Zoë Bakes Cakes, bestselling author and expert baker Zoë François demystifies the craft of cakes through more than eighty-five simple and straightforward recipes. Discover treats such as Coconut-Candy Bar Cake, Apple Cake with Honey-Bourbon Glaze, and decadent Chocolate Devil’s Food Cake. With step-by-step photo guides that break down baking fundamentals—like creaming butter and sugar—and Zoë’s expert knowledge to guide you, anyone can make these delightful creations. Featuring everything from Bundt cakes and loaves to a beautifully layered wedding confection, Zoë shows you how to celebrate any occasion, big or small, with delicious homemade cake.

Happy Hens and Fresh Eggs Signe Langford 2015-10-31 Today’s renaissance of the backyard flock is driven by a growing desire for healthy organic ingredients, food security and animal welfare—and while hunger might be “the best sauce,” a dash of self-sufficiency is remarkably satisfying too. As communities from Victoria to St. John’s amend urban bylaws to allow backyard flocks, more and more Canadians are enjoying the pleasures and rewards of keeping hens in the garden. In addition to tending her family’s flock as a child, Signe Langford has kept chickens in her urban Toronto yard for almost a decade. Her book is stuffed full of practical advice on keeping the garden both gorgeous and productive and hens happy and healthy. In addition to answering questions about coop construction, year-round egg production and whether or not a rooster is really needed, she covers the best breeds for backyards—from the Canadian winter-tough Chantecler to peewee bantams to blue-egg producing Ameraucana. A self-admitted “biomass addict,” Langford explains how hens are the happiest garden helpers anyone could ever have. Give them kitchen scraps and let them visit the compost pile: they’ll enrich and aerate the soil, all while eating as many bugs as they can get their beaks on. Langford also shares what plants should be scratched and what to sow to support the flock—from edible flowers and foliage to a hens’ herbal healing bed. In the kitchen, Langford tells why coddling can be a good thing when it comes to eggs; how to salt-cure yolks and how to dash off a classic French omelette baveuse. From Blue Cheese and Caramelized Onion Tart to Vanilla Coeur a la Crème with Blueberry Compote, Langford includes dozens of simple and elegant recipes from her own kitchen, as well as from celebrated contributors like Vikram Vij, Laura Calder, Ted Reader and John Higgins. Illustrated with beautiful photographs, illustrations and garden plans, Happy Hens & Fresh Eggs is sure to become a favourite of avid and aspiring backyard farmers alike.

Adelaide Central Market Fiona Roberts 2018-11-27 Adelaide Central Market: Stories, people and recipes tells the tale of Adelaide's greatest treasure. These pages capture the memories of traders of yesteryear and the familiar faces who make the Adelaide Central Market such a lively place today. Here you'll find delicious seasonal-driven recipes from stallholders' families, producers and chefs around the state. Adelaide Central Market has been feeding our city, body and soul, for 150 years. This book of fabulous stories, recipes and images tells its tale, from humble beginnings to a world-renowned cultural and culinary cornucopia.

Once Upon a Chef: Weeknight/Weekend Jennifer Segal 2021-09-14 NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of Once Upon a Chef. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of The Skinnytaste Cookbook Jennifer Segal, author of the blog and bestselling cookbook Once Upon a Chef, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

Dessert Person Claire Saffitz 2020-10-20 NEW YORK TIMES BESTSELLER • In her first cookbook, Bon Appétit and YouTube star of the show Gourmet Makes offers wisdom, problem-solving strategies, and more than 100 meticulously tested, creative, and inspiring recipes. IACP AWARD WINNER • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • Bon Appétit • NPR • The Atlanta Journal-Constitution • Salon • Epicurious “There are no ‘just cooks’ out there, only bakers who haven’t yet been converted. I am a dessert person, and we are all dessert people.”—Claire Saffitz Claire Saffitz is a baking hero for a new generation. In Dessert Person, fans will find Claire’s signature spin on sweet and savory recipes like Babkallah (a babka-Challah mashup), Apple and Concord Grape Crumble Pie, Strawberry-Cornmeal Layer Cake, Crispy Mushroom Galette, and Malted Forever Brownies. She outlines the problems and solutions for each recipe—like what to do if your pie dough for Sour Cherry Pie cracks (patch it with dough or a quiche flour paste!)—as well as practical do’s and don’ts, skill level, prep and bake time, step-by-step photography, and foundational know-how. With her trademark warmth and superpower ability to explain anything baking related, Claire is ready to make everyone a dessert person.

First We Eat Eva Kosmas Flores 2018-03-20 The acclaimed cookbook author shares creative new dishes that bring Mediterranean inspiration to the seasonal ingredients of the Pacific Northwest. Eva Kosmas Flores finds inspiration in her Greek heritage and the bountiful produce of her garden in Oregon. She uses both to craft her seasonal and approachable recipes, each paired with a mouthwatering image. Showcasing her unforgettable, atmospheric photography style, First We Eat is a gorgeous reference on seasonal cooking that celebrates the beauty of the Pacific Northwest, Mediterranean influences, effortless and stylish presentations, and simple preparations, all designed to share with friends and family.

Pastry Love Joanne Chang 2019 A must-have baking bible from the James Beard award-winning baker and owner of the beloved Flour bakeries in Boston. Chang is best known for her bakery and sticky buns, but this is her most personal and comprehensive book yet.

The Glucose Goddess Method Jessie Inchauspe 2023-05-02 INSTANT NEW YORK TIMES BESTSELLER From the #1 internationally bestselling author of Glucose Revolution, a four-week, four-step program for living a healthier, happier life with balanced blood sugar including over 100 recipes, an interactive workbook, and the guidance to make the “new science of nutrition...practical for everyone” (Robert H. Lustig, MD, MSL, New York Times bestselling author of Fat Chance). Do you suffer from cravings, chronic fatigue, or sugar addiction? Do you sometimes wake up in the morning feeling unable to face the day? Most of the population is stuck on a glucose roller coaster. In her first book, the instant #1 internationally bestselling Glucose Revolution, Jessie Inchauspe offered a revolutionary framework for healing through science-backed nutrition hacks. Now, in The Glucose Goddess Method, she shares the “best practical guide for managing glucose to maximize health and longevity” (David Sinclair, PhD, New York Times bestselling author of Lifespan) with this four-week program to incorporating the principles of how to avoid glucose spikes into your everyday life. Complete with 100 recipes and an interactive workbook, you are guided through four simple, science-proven ways to steady your blood sugar, gaining boundless energy, curbing your cravings, clearing your skin, slowing your ageing process, and sleeping better than you ever have before. You will create positive new habits for life. The best part? You won’t be counting calories and can still eat all the foods you love.

Joy of Kosher Jamie Geller 2013-10-29 I was "the bride who knew nothing" . . . And now I love sharing the joy of kosher cooking with people like me: Busy parents who want to make real food for real families in a snap, and people who want to entertain without slaving in the kitchen, knowing their dishes will always elicit oohs and aahs. Our Sabbath and holiday meals are warm, fun, and flowing with food, family, and tons of guests. Do the math: two weekly Shabbos meals + 26 holiday banquets = 130 feasts per year, not to mention feeding my hungry family every other day of the week. That plus a full-time job should qualify me as some kind of expert in fast, fresh family dinners! Here in Joy of Kosher I share more than 100 of my absolute best recipes and give each a creative twist: Dress It Up—add some bling for your party table—or Dress It Down and lure your picky eaters to meals they'll beg for again and again. That's more than 200 recipes! A few of my faves: Crystal Clear Chicken Soup with Julienned Vegetables and Angel Hair (Dress It Down: Chicken Noodle Alphabet Soup) Garlic Honey Brisket (Dress It Down: Honey Brisket Pita Pockets) Miso-Glazed Salmon (Dress It Up: Avocado-Stuffed Miso-Glazed Salmon) Butternut Squash Mac 'n' Cheese (Dress It Down: Mac 'n' Cheese Muffin Cups) Goopy Chocolate Cherry Cake (Dress It Up: Red Wine Chocolate Cherry Heart Cake) And talk about challah! I give you ten yummy variations, including Sun-Dried Tomato, Garlic, and Herb Braided Challah; Blueberry Apple Challah Rolls; Sea-Salted Soft Challah Pretzel Rolls; and Goopy Pecan Challah Sticky Buns. All that, plus gorgeous photos, wine pairings, time-savers, and my guide to sane, no-jitters holiday menus. I hope you love this book as much as I loved writing it for you!

Essays on Karolina Pavlova Susanne Fusso 2001 The essays in this collection range widely not only over Karolina Pavlova's oeuvre but also in their analytical stances. The volume includes close poetic and prosodic analysis, literary history, gender studies, intertextual comparison and biography.

Taverna Georgina Hayden 2019-04-04 AS SEEN ON CHANNEL 4'S THE GREAT COOKBOOK CHALLENGE 'A culinary masterpiece' Olia Hercules, author of Home Food Sun-kissed, simple, and delicious recipes bursting with the delights of the Mediterranean cooking from award-winning food writer, Georgina Hayden. Throughout TAVERNA you'll be treated to the full, delicious melting pot of Greek Cypriot food and flavours, including: Simple Mediterranean salads Classic ingredients like feta, a squeeze of lemon and fresh oregano Cinnamon-infused stews Orange-blossom scented pastries Georgina takes the best of traditional Cypriot cooking and makes it relevant to modern home cooks. From simple vegan fast-day dishes to feasts for the family, there is something delicious for every mood and moment. These delicious recipes relive sun-kissed Mediterranean holidays and simple taverna-style meals. 'Taverna... brings a touch of Cypriot sunshine into your kitchen' Good Housekeeping 'This spectacular book is filled with comforting, delicious recipes' Jamie Oliver

Bill's Basics Bill Granger 2018-02 "Bill's Basics, 100 classic recipes made simple. The New York Times credited him with re-inventing the scrambled egg. Now, Bill Granger, restaurateur, television chef and food writer, works his magic on 100 other classic dishes from across the globe. Bill draws on his fondest food memories, then simplifies techniques, minimises fussy ingredient lists and gives these dishes a modern twist that's in tune with our busy lives and passion for fresh, healthy flavours. From Thai beef salad to lamb tagine, coq au vin to chocolate brownies, Singapore noodles to jam tart, this is the cheat's guide to making the recipes every home cook wants to master."--

The Sprouted Kitchen Sara Forte 2012-08-28 Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce, whole grains, lean proteins, and natural sweeteners—with vivid flavors and seasonal simplicity at the forefront. Sara Forte is a food-loving, wellness-craving veggie enthusiast who relishes sharing a wholesome meal with friends and family. The Sprouted Kitchen features 100 of her most mouthwatering recipes. Richly illustrated by her photographer husband, Hugh Forte, this bright, vivid book celebrates the simple beauty of seasonal foods with original recipes—plus a few favorites from her popular Sprouted Kitchen food blog tossed in for good measure. The collection features tasty snacks on the go like Granola Protein Bars, gluten-free brunch options like Cornmeal Cakes with Cherry Compote, dinner party dishes like Seared Scallops on Black Quinoa with Pomegranate Gastrique, "meaty" vegetarian meals like Beer Bean- and Cotija-Stuffed Poblanos, and sweet treats like Cocoa Hazelnut Cupcakes. From breakfast to dinner, snack time to happy hour, The Sprouted Kitchen will help you sneak a bit of delicious indulgence in among the vegetables.

Hooking Students into Learning Patricia Hipwell 2018-07-20 Best selling author of the How to write what

you want to say series, Patricia Hipwell, has completed her magnum opus which will benefit all teachers from Year 4 - Year 12. This book has been written to provide teachers with ways of 'hooking' students into learning at the start of each and every lesson. It contains almost 300 ways of doing this. The book is designed to be used by teachers in all curriculum areas from Year 4 upwards. It contains a plethora of ideas that can be adapted to any curriculum area. In the book, the term relevant or subject-specific content is used a great deal. This is because skills are always best developed in the context of use with content that is relevant to current areas of study. There is little point, for example, in asking students to do an activity that develops their sentence-writing skills using information on Ancient Greece when they are currently studying the Black Death. The symbiotic relationship between content and skills means that teachers often have to develop their own resources, because this enables them to focus on the skills using relevant and current content. Various referred to as anticipatory sets, warm-ups, lesson starters or 'hooks', the activities in this book are excellent ways to 'switch students on' to their learning. In this book the activities will be referred to as lesson starters. Their purposes include: ● moving key facts and figures from short-term to long-term memory ● activating prior knowledge about a topic (where prior knowledge exists) ● awakening interest in the topic of the lesson ● checking for understanding ● improving a variety of skills ● developing learning strategies ● improving vocabulary ● developing collaborative learning strategies. Most of these activities are designed to take between five and ten minutes at the start of the lesson. Students may take longer until they become familiar with them, especially if the activities are different from current learning activities. Many of the activities will work best if students work in pairs or small groups. Some activities can generate noise and therefore be unsettling, so teachers will need to be mindful of this when choosing a particular activity. They may prefer to do the activity at the end rather than the start of a lesson. In this case, the purpose of the activity is to consolidate the learning of the lesson. The focus of many of the activities is to increase the amount of reading and writing we require students to do. Also, students need to develop their vocabulary in all areas of the curriculum and many of the activities have been developed with this in mind.

Rachel's Food for Living Rachel Allen 2010-02-25 Bestselling author and TV chef Rachel Allen is back with a celebration of favourite foods for making memories.

Dancing Mestizo Modernisms Jose Luis Reynoso 2023-11-21 This book analyzes how national and international dancers contributed to developing Mexico's cultural politics and notions of the nation at different historical moments. It emphasizes how dancers and other moving bodies resisted and reproduced racial and social hierarchies stemming from colonial Mexico (1521-1821). Relying on extensive archival research, choreography as an analytical methodology, and theories of race, dance, and performance studies, author Jose Reynoso examines how dance and other forms of embodiment participated in Mexico's formation after the Mexican War of Independence (1821-1876), the Porfirian dictatorship (1876-1911), and postrevolutionary Mexico (1919-1940). In so doing, the book analyzes how underlying colonial logics continued to influence relationships amongst dancers, other artists, government officials, critics, and audiences of different backgrounds as they refashioned their racial, social, cultural, and national identities. The book proposes and develops two main concepts that explore these mutually formative interactions among such diverse people: embodied mestizo modernisms and transnational nationalisms. 'Embodied mestizo modernisms' refers to combinations of indigenous, folkloric, ballet, and modern dance practices in works choreographed by national and international dancers with different racial and social backgrounds. The book contends that these mestizo modernist dance practices challenged assumptions about racial neutrality with which whiteness historically established its ostensible supremacy in constructing Mexico's 'transnational nationalisms'. This argument holds that notions of the nation-state and national identities are not produced exclusively by a nation's natives but also by historical transnational forces and (dancing) bodies whose influences shape local politics, economic interests, and artistic practices.

The Ancient Dancer in the Modern World Fiona Macintosh 2012-07-05 When the eighteenth-century choreographer Jean-Georges Noverre sought to develop what is now known as modern ballet, he turned to ancient pantomime as his source of inspiration; and when Isadora Duncan and her contemporaries looked for alternatives to the strictures of classical ballet, they looked to ancient Greek vases for models for what they termed 'natural' movement. This is the first book to examine systematically the long history of the

impact of ideas about ancient Greek and Roman dance on modern theatrical and choreographic practices. With contributions from eminent classical scholars, dance historians, theatre specialists, modern literary critics, and art historians, as well as from contemporary practitioners, it offers a very wide conspectus on an under-explored but central aspect of classical reception, dance and theatre history, and the history of ideas.

Secret Confession-Vol.2-in the Eastern Orthodox Church Alexander Ivanovich Almazov "Wealth without work Pleasure without conscience Science without humanity Knowledge without character Politics without principle Commerce without morality Worship without sacrifice." <https://vidjambov.blogspot.com/2023/01/book-inventory-vladimir-djambov-talmach.html> In Russian ecclesiastical practical literature there are no studies deliberately devoted to the question of the history of secret confession. True, in recent times we have received separate publications that are closely and even directly in contact with this subject; but all of them are due not to a deliberate undertaking, but to the call of incidental circumstances. Meanwhile, in the sphere of the history of church institutions in general, the history of secret confession, in any case, is a question full of deep interest. We think that the publication of the work now proposed is sufficiently justified by both. It is not our intention to present a comprehensive history of confession; bypassing its internal, dogmatic side, we deal only with the external side, i.e., we offer a historical review of the charter of confession and church-civil resolutions related to confession. Thus, the present work is actually a ritual-canonical study. The connection here of two points of view on the subject is motivated both by a complete presentation of the external side of the confession, and by the peculiarity of the sources for studying its history. Speaking of the latter, we understand the well-known fact that the canonical and liturgical monuments for the history of confession in the Orthodox Eastern Church from time immemorial and until very recently have always been in an inseparable, genetic connection. Setting our task as a review of the actual external historical fate of confession, we then deal with this subject mainly - on the basis of handwritten sources. This is equally applicable to both the ritual and the canonical element in our study. In accordance with such a predominant nature of the sources of the proposed work, the latter embraces in the history of confession the period proper from the tenth to the sixteenth century. - Nevertheless, bearing in mind that a clear idea of the subject of our study in the period from the X century. is possible only if it is presented for the previous time, and that in some particular questions relating to the external historical fate of confession, there must certainly be data delivered from the ancient period of the Church - we found it necessary to touch somewhat on the history of confession - and in the period before 10th century In view of this, to all our research we preface, in the sense of introductory, a brief outline of the external historical fate of confession before the 10th century; Similarly, in particular questions regarding confession discussed in the proposed work, we consider it necessary to communicate with information on them that remained from the time before the 10th century. On the other hand, bearing in mind the indisputable fact that handwritten sources in the practice of confession throughout the Orthodox East did not lose their significance even with the release of printed official church-practical publications on the subject of confession and did not lose until the very latest time - we found it necessary to present in our study the information supplied by the publications just mentioned - from the original ones to the modern ones. - In accordance with both, - this edition offers an experience of the history of secret confession, from the side outlined by us, for the entire time of its existence, and only the main preference is given to information delivered in this case by handwritten monuments. Exploring the ritual side of the subject, we took the latter in the widest possible volume. In accordance with this, in addition to the history of the charter of making confession proper, we found it obligatory for ourselves to present historical sketches and all those charters and ritual elements that are either only in close connection with confession, or owe its origin. In parallel with this, and in a canonical sense, we have set ourselves the task of investigating, as far as possible, the full cycle of questions related to this. Reviewing the subject of research within such limits prompted us to touch upon an abundance of private questions that are in contact with confession. All this led us to the publication of the work, which, in view of its volume, we are compelled to divide into two books, while publishing separate appendices to one and the other of them. - The first of these books is devoted to reviewing the general statute of confession; the second one introduces special statutes and individual elements of prayer related to confession, as well as

ecclesiastical and civil regulations regarding the object and subject of confession. The handwritten documents that served as sources for our work, with the exception of three or four, are neither in our country nor in Western literature: they have not yet been published 1 . In view of this, we had to get acquainted with them in Greek and Slavic-Russian originals. Taking into account the large number of such documents, and in particular their remarkable diversity, we were forced, in order to properly elucidate the subject we have touched upon, to get acquainted with the manuscripts as widely as possible. The latter was achieved to some extent by us, since we had the opportunity to study the handwritten codices related to our subject in the most important Russian libraries, in three Western European and three in Eastern Europe. - - In the present book, as is made clear in the preliminary remarks to Volume I, reviews are offered, on the one hand, of special statutes and separate prayer elements, and on the other, of ecclesiastical and civil decrees related to confession. In the first respect, we report here information about the charters of confession in exceptional cases, about special charters that only come into contact with confession, and, finally, about individual prayers, which were often included in the content of general confessional charters, but in general were placed separately in manuscript monuments, when designating them as prayers associated with confession. - In the second respect, our study introduces in this book the ecclesiastical-civil decrees, directed only to the object of confession, taken in relation to the latter in all positions that may be here.

Persiana Sabrina Ghayour 2014-05-06 BEST COOKBOOK OF THE YEAR - Observer Food Monthly Awards 2014 Persiana: the new must have cookbook. Sabrina Ghayour's debut cookbook Persiana is an instant classic.... The Golden Girl - Observer Food Monthly A celebration of the food and flavours from the regions near the Southern and Eastern shores of the Mediterranean Sea, with over 100 recipes for modern and accessible Middle Eastern dishes, including Lamb & Sour Cherry Meatballs; Chicken, Preserved Lemon & Olive Tagine; Blood Orange & Radicchio Salad; Persian Flatbread; and Spiced Carrot, Pistachio & Coconut Cake with Rosewater Cream.

The Everything Green Mediterranean Cookbook Peter Minaki 2021-11-23 Take the Mediterranean diet to the next level of health with these 200 plant-based, whole food recipes to get you feeling your healthiest. The Mediterranean diet centers around fresh vegetables and fruits, whole grains, olive oil, seafood and lean meats, and nuts and has been the most popular diet for reducing harmful inflammation, avoiding diseases, and losing weight. Already one of the best diets on the planet, there is a way to increase the benefits—by simply removing most or all meat and animal products. With these 200 vibrant and healthy recipes, The Everything Green Mediterranean Cookbook will guide you as you move towards a healthier lifestyle—one delicious meal at a time.

Attractive Performances F. G Naerebout 2023-07-17 This book is not another history of the dance in ancient Greece, but wants to lay the groundwork on which such a history should properly be build. The three preliminary studies offered here are, first, an extensive historiography of the subject which seeks to illuminate where we stand at present in reference to the large amount of work done on ancient Greek dance for the past 500 years. Secondly, an exercise in source criticism, embracing both texts and imagery, in order to establish the limits to which we can push any investigation, and thirdly, an attempt at model building to provide an explicit theoretical framework for future research. This is the first time that some of the approaches of the new dance scholarship which has arisen during the past few decades have been systematically applied to the dancing of the ancient world.

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