



The Flavour Thesaurus

By Niki Segnit

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The Flavour Thesaurus By Niki Segnit

Ever wondered why one flavour works with another? Or lacked inspiration for what to do with a bundle of beetroot? The Flavour Thesaurus is the first book to examine what goes with what, pair by pair. The book is divided into flavour themes including Meaty, Cheesy, Woodland and Floral Fruity. Within these sections it follows the form of Roget's Thesaurus, listing 99 popular ingredients alphabetically, and for each one suggesting flavour matchings that range from the classic to the bizarre. You can expect to find traditional pairings such as pork & apple, lamb & apricot, and cucumber & dill; contemporary favourites like chocolate & chilli, and goat's cheese & beetroot; and interesting but unlikely-sounding couples including black pudding & chocolate, lemon & beef, blueberry & mushroom, and watermelon & oyster. There are nearly a thousand entries in all, with 200 recipes and suggestions embedded in the text. Beautifully packaged, The Flavour Thesaurus is not only a highly useful, and covetable, reference book for cooking - it might keep you up at night reading.

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Editorial Review

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The art of combining one food with another to create flavor harmonies has challenged earnest cooks for centuries. A good deal of science underlies this attempt to codify the senses' reactions, but in the last analysis, flavors either taste good together or they don't. Segnit, who has made a career creating and marketing new products, has set down what she's discovered over the decades about which flavors harmonize with one another. She readily acknowledges the general success of such traditional pairings as lamb and mint, asparagus and mushrooms, garlic and basil, cucumber and dill, and bacon and eggs. But she goes on to explore more obscure and unusual combinations including watermelon and chili, horseradish and beets, Parmesan and pineapple, oysters and chicken, and even bacon and chocolate. Any aspiring culinary student will find this an invaluable reference work, and home cooks may find equal inspiration in Segnit's creative ruminations. --Mark Knoblauch

Review

'A deceptively simple little masterpiece' Sunday Times 'An exquisite guide to combining flavours' Observer 'An original and inspiring resource' Heston Blumenthal 'It has intrigued, inspired, amused and occasionally infuriated me all year, and will for years to come' Nigel Slater, Observer Books of the Year

About the Author

Niki Segnit was inspired to write The Flavour Thesaurus when she noticed how dependent she was on recipes. Her background is in marketing, specialising in food and drink, and she has worked with many famous brands of confectionery, snacks, baby foods, condiments, dairy products, hard liquors and soft drinks. She writes a column for The Times and lives in central London with her husband.

Users Review

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Ilene Venne:

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