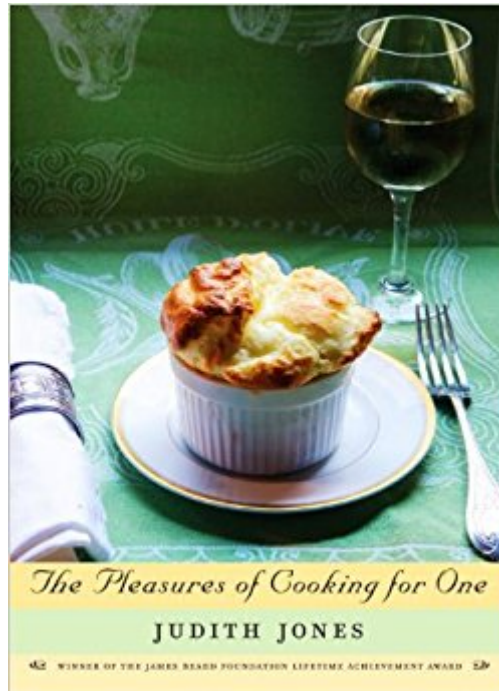




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The Pleasures Of Cooking For One



Synopsis

From the legendary editor of some of the world's greatest cooks—including Julia Child and James Beard—a passionate and practical book about the joys of cooking for one. Here, in convincing fashion, Judith Jones demonstrates that cooking for yourself presents unparalleled possibilities for both pleasure and experimentation: you can utilize whatever ingredients appeal, using farmers' markets and specialty shops to enrich your palate and improve your health; you can feel free to fail, since a meal for one doesn't have to be perfect; and you can use leftovers to innovate—in the course of a week, the remains of beef bourguignon might be reimagined as a ragout, pork tenderloin may become a stir-fry, a cup or two of wild rice produces both a refreshing pilaf and a rich pancake, and red snapper can be reinvented as a summery salad. It's a fulfilling and immensely economical process, one perfectly suited for our times—although, as Jones points out, cooking for one also means we can occasionally indulge ourselves in a favorite treat. Throughout, Jones is both our instructor and our mentor, suggesting basic recipes—such as tomato sauce, preserved lemons, pesto, and homemade stock—that all cooks should have on hand; teaching us how to improvise using an ingenious strategy of building meals through the week; and supplying us with a lifetime's worth of tips and shortcuts. From Child's advice for buying fresh meat to Beard's challenge to beginning crêpe-makers and Lidia Bastianich's tips for cooking perfectly sauced pasta, Jones's book presents a wealth of acquired knowledge from our finest cooks. *The Pleasures of Cooking for One* is a vibrant, wise celebration of food and enjoying our own company from one of our most treasured cooking experts.

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Customer Reviews

From *The Pleasures of Cooking for One: Boeuf Bourguignon* Make this rich stew on a leisurely weekend. You'll probably get a good three meals out of it, if you follow some of the suggestions below. When buying stew meat at a supermarket, you don't always know what you are getting, so ask the butcher. If it's a lean meat, it will need less time cooking (in fact, it will be ruined if you cook it too long), but the fattier cuts can benefit from at least another half hour.

--Judith Jones

Ingredients 2 ounces bacon, cut into small pieces, preferably a chunk cut into little dice About 1 1/4 pounds beef stew meat, cut into 1- to 1 1/2-inch pieces 1 tablespoon light olive oil 1 medium onion, diced 1/3 carrot, thick end, peeled and diced 2 teaspoons all-purpose flour Salt 1 cup red wine 1 cup beef broth Herb packet of 1/2 bay leaf; a fat garlic clove, smashed; a small handful of parsley stems; 1/4 teaspoon dried thyme; 4 or 5 peppercorns

For Vegetable Garnish 3 or 4 baby onions, or four 1-inch pieces of leek 3 or 4 baby carrots, or the thin ends of larger ones, peeled 2 or 3 small new potatoes

Directions Brown the bacon in a heavy pot, fairly deep but not too large. When it has released its fat and is lightly browned, remove it to a dish, leaving the fat in the pan. Pat the pieces of beef dry with a paper towel. Pour the oil into the pot, and when it is hot, brown half the pieces of beef on all sides. Remove to the plate with the bacon, and brown the remaining pieces. Now sauté the onion and the carrot until they are lightly browned. Return the meats to the pot, sprinkle on the flour and some salt, and pour the wine and beef stock in. Tuck the herb packet into the pot, and bring to a boil; then reduce the heat, cover, and cook at a lively simmer for about 1 hour or more, depending on the cut of the meat. Bite into a piece to determine if it is almost done (it will get another 20 minutes or so of cooking with the vegetables). When the time is right, add all the vegetables, cover, and cook at a lively simmer again for 20-25 minutes--pierce the veggies to see if they are tender. Serve yourself four or five chunks of meat, with all the vegetables, and a good French bread to mop up the sauce.

Second Round Use three or four pieces and some of the remaining sauce to make a quick Beef and Kidney Pie (page 34 of *The Pleasures of Cooking for One*) later in the week. The recipe follows Veal Kidneys in Mustard Sauce because you want to use the leftover kidneys to put this dish together.

Third Round Use what remains to make a meaty pasta sauce for one, breaking up the meat and adding three or four squeezed San Marzano plum tomatoes. Simmer the sauce as the pasta cooks.

(Judith Jones photo © Christopher Hirsheimer)

Longtime Knopf editor and executive Jones follows up her recent food memoir with this civilized, unfussy guide to cooking—and cooking well—for solitary diners, for those... who want to roll up [their] sleeves and enjoy, from day to day, one of the great satisfactions of life. Forming and revising cooking strategy is a cornerstone of her digressive, folksy approach, so she provides lists of equipment deemed essential, suggestions for dealing with packaging that coerces individuals into buying—and then wasting—more than necessary, and tips for storing spoilage-prone foods. Her other key to enjoying cooking while reducing the costs of eating is flexibility. She shares her personal credo about culinary language and exactness, and with many protein-based dishes includes ideas for variations and second and third rounds, as she refers to leftovers. She doesn't skip desserts, entertaining or self-indulgence, and best of all, her whole book benefits from the diverse and cumulative gleanings of work with many of the great cooks and cookbook writers (including Julia Child, of course) of the latter half of the 20th century. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

beautifully written with some wonderful recipes. also good for making 'leftovers' that are almost a new meal. inspirational and not too intimidating. nice size and one of the few i intend to hold on to.

Beautifully written. Amazing recipes! Perfect for those newly on their own and those looking to up the quality and variety of the foods they prepare for themselves. Quick recipes with great flavor and plenty of ways to use up all those leftovers you have when your eyes are bigger than your stomach, or when you just want to make a little extra for further experimenting a few days later.

Like the layout of the book. Ms. Jones had the main recipe followed by First Round and 2nd Round, using the planned overs. I really like that idea, saves me from having to plan on how to use them. Now I have even made some dishes I always wanted to try but did not know how to go about them in smaller servings. She had them already planned for me! I think this book is great. I found it pleasurable reading and planning on cooking from it. I don't even cook for one, normally for 2. But I have found it useful for the two of us. I have told my single friends about this book to get them interested in cooking good meals at home for themselves. This will be their first cookbook from me to get them started.

What I really enjoyed about this book was not only were the recipes fabulous and easy to follow, but the author interweaves her personal commentary throughout the book, making it feel as if she is having a conversation with you. It made the recipes more understandable as well as gave me more of a sense of pleasure when making them myself. What a great book with many ideas on how to stock your kitchen, use your freezer, and find a number of ways to reuse meals in unique ways. I am especially happy with it being available on my Kindle.

Checked this book out of the library first and then bought my own copy. Would make a great gift for a widow or widower. Lovely to read and I love the pictures--honest and practical, not glitzy and photoshopped. Her philosophy of food is just so appealing. It's like having a New York City grandmother talking to you about cooking. I don't much like to cook, but she makes me wish I did. I haven't tried any of the recipes, and I might never, I'm just happy to read it.

Judith Jones is truly "having a moment," which is a wonderful thing. This new book is sort of an offshoot of her earlier memoir, which had a short but terrific recipe section. It is a sublime book--thoughtfully designed, detailed but not pedantic, practical, accessible, utterly personal, and completely charming. I'm not sure there is another book out there like this one, which takes us shopping and then into the kitchen to make the most of both common items and ingredients or dishes it might never have occurred to us to try. I can't wait to try most all of them. Of course, a little simple math will ratchet up a recipe for 1-2 to a recipe for 3-4 and so on--so this is absolutely a book for all cooks. The author does, however, sympathize with the plight of the single shopper and eater--supermarkets usually work to package more than we can possibly eat at one sitting. Short of a perpetual dinner party, what is the solution? Stretch the goodies over two or three completely different meals (trust me, this is NOT the same thing as just having leftovers). The title says it all--cooking for one should be every bit as pleasurable as cooking for others--maybe better, as the gaffes become your little secrets (and they are no less tasty). I would add that although the book is beautifully printed on high-quality stock and will make a truly fine gift (I do not work for the publisher--honest), it's no coffee table book. The size is perfect--it'll fit on the counter easily, although you might want one of those stand-up plastic stands to keep it open (and protect it, if that's important to you). All in all, one of the most thoughtful and user-friendly cookbooks I've ever encountered. I read it cover-to-cover, like a novel. Next I'm going shopping.

I adore this book. Great on cooking techniques. Just for what you learn about how to size a cooking

dish to deal with smaller volumes (see the recipe on the souffle) is worth the price of the book. I've given it as gifts, and the recipients love it too.

Before finding this book (initially at my local library), I wanted to write a cookbook for other widows about cooking for one in a healthy and frugal way. Judith Jones has written a far better book than I envisioned--not surprising in that she was Julia Child's editor at Knopf. I cooked from the book within eight hours of acquiring it, and purchased it from before the week was out. I've now made more than ten meals from the recipes in this book and they are all absolutely wonderful. Her genius lies in knowing exactly how much trouble a cook will go to when cooking for one.

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