

GOING BANANAS

The
Complete
Banana
Cookbook

Elane Feldman

Going Bananas The Complete Banana Cookbook

Library of Congress



Going Bananas The Complete Banana Cookbook:

Going Bananas Elane Feldman,1978 **Top 100 Food Plants** Ernest Small,2009 This beautifully illustrated book reviews scientific and technological information about the world s major food plants and their culinary uses An introductory chapter discusses nutritional and other fundamental scientific aspects of plant foods The 100 main chapters deal with a particular species or group of species All categories of food plants are covered including cereals oilseeds fruits nuts vegetables legumes herbs spices beverage plants and sources of industrial food extracts Information is provided on scientific and common names appearance history economic and social importance food uses including practical information on storage and preparation as well as notable curiosities There are more than 3000 literature citations in the book and the text is complemented by over 250 exquisitely drawn illustrations Given the current alarming rise in food costs and increasing risk of hunger in many regions specialists in diverse fields will find this reference work to be especially useful As well those familiar with Dr Small s books or those with an interest in gardening cooking and human health in relation to diet will want to own a copy of this book Publisher s web site **Bananas** Virginia Jenkins,2014-01-14 Before 1880 most Americans had never seen a banana By 1910 bananas were so common that streets were littered with their peels Today Americans eat on average nearly seventy five per year More than a staple of the American diet bananas have gained a secure place in the nation s culture and folklore They have been recommended as the secret to longevity the perfect food for infants and the cure for warts headaches and stage fright Essential to the cereal bowl and the pratfall they remain a mainstay of jokes songs and wordplay even after a century of rapid change Covering every aspect of the banana in American culture from its beginnings as luxury food to its reputation in the 1910s as the poor man s fruit to its role today as a healthy easy to carry snack **Bananas** provides an insightful look at a fruit with appeal Paperbound Books in Print ,1982 *Go Bananas!* Susan Quick,2000 Banana lovers rejoice Here is a feast of mouth watering recipes for your favorite fruit from breakfast to main dishes to desserts Crisp fried plantain chips dipped in fiery pepper sauce Sea bass fillets grilled in aromatic banana leaves Caramelized banana cream pie Healthful smoothies hearty vegetarian meals cool banana cocktails and yes the ultimate banana bread studded with chunks of dark chocolate Packaged in its own distinctive wrapper the yellow banana is as good for you as it is good to eat And its relatives are equally nutritious and delicious plantains baby bananas peach fleshed red bananas and exotic manzanos tasting of apples and strawberries Filled with fascinating banana lore *Go Bananas* offers 150 imaginative recipes for the banana and its cousins You re certain to go bananas over this banan za of a cookbook

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Reviewing **Going Bananas The Complete Banana Cookbook**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Going Bananas The Complete Banana Cookbook**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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