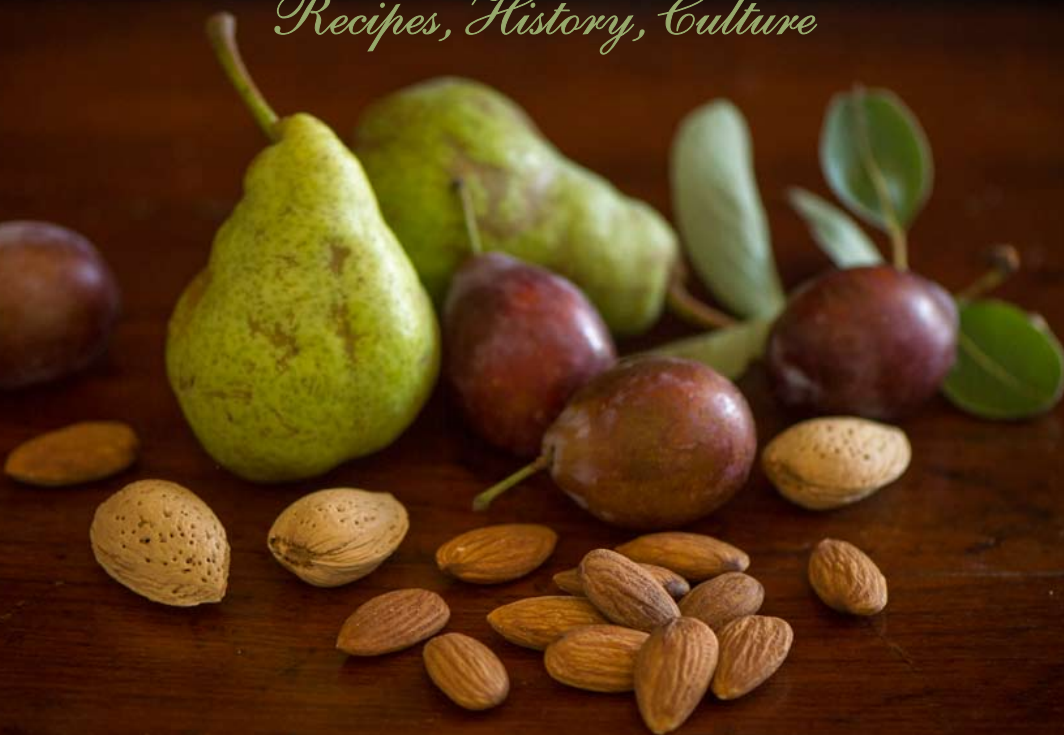




ALMONDS

Recipes, History, Culture



BARBARA BRYANT & BETSY FENTRESS • RECIPES BY LYNDA BALSLEV

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What people are saying about ALMONDS: RECIPES, HISTORY, CULTURE . . .

“Almonds are my daily pleasure at breakfast and one of the most versatile supporting ingredients to a sweet or savory preparation. This book is very comprehensive and the recipes are simple and creative and show that the almond is the star!”

—**Daniel Boulud**, chef, Restaurant Daniel; founder, DINEX Group; James Beard Award winner; author of eight cookbooks, including *Daniel: My French Cuisine*

“The book, both text and photos, is beautiful—a great addition to my cherished book collection.”

—**Yuval Zaliouk**, CEO, Almondina/YZ Enterprises, Inc.

“Barbara Bryant shares her knowledge and passion for almonds in such a contagious way through these mouth-watering recipes and informative essays, all inspired by cultures around the world. This book does a wonderful job of connecting us to the land and the people responsible for this amazing cornerstone of healthy eating.”

—**Michael Anthony**, executive chef/partner, Gramercy Tavern; James Beard award winner; author, *The Gramercy Tavern Cookbook*

“The book looks wonderful and will make a great addition to the Le Bernardin library! Congratulations!”

—**Eric Ripert**, chef, Le Bernardin; guest judge on Bravo’s “Top Chef” and host of PBS TV series “Avec Eric”; and author of four cookbooks: *Avec Eric*, *On the Line*, *A Return to Cooking*, and *Le Bernardin Cookbook—Four-Star Simplicity*

“I have to stop myself from putting almonds in too many dishes on our menus. This book has tempted me to almonds even more. From velvety gazpacho to chocolate-amaretto torte, almonds have the flavor and texture to make you go nuts over an array of dishes.”

—**Stephanie Izard**, executive chef/co-owner, Girl & the Goat and The Little Goat; James Beard Award winner; author of *Girl in the Kitchen*

“Almonds are an ancient food. They are not only delicious, they are extremely versatile, and are a clever food full of nutrients. I embrace and love them, as the authors of the book clearly do.”

—**Ursula Ferrigno**, chef, teacher, and author of *The New Family Bread Book**

“St. Louis foodies Barbara Bryant and Betsy Fentress have been at it again, blending food history and healthful facts with luscious recipes and gracious hospitality. Their new book—*Almonds: Recipes, History, Culture*—is an ode to one of nature’s finest treats.”

—**Mary Delach Leonard**, St. Louis Public Radio

“I ‘thought’ I knew quite a bit about almonds previously, but when *Almonds: Recipes, History, Culture* by Barbara Bryant and Betsy Fentress, courtesy of Arbon Publishing**, came my way, WHAT an almond journey I was in for! I enjoyed how the cookbook took me on a history lesson of almonds but also how the author Barbara shares her personal story of when she first fell in love with almonds.”

—**Joanne T. Ferguson**, food blogger, What’s on the List?

*LONDON CHEF

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Almonds: Recipes, History, Culture Discover the World of Almonds, the High Protein Superfood

St. Louis – March 2014. In *Almonds: Recipes, History, Culture* (Gibbs Smith, \$21.99, Hardcover, 160 pages, 100 Color Photographs, March 2014, ISBN 978-1-4236-3464-5) authors **Barbara Bryant** and **Betsy Fentress** detail the intriguing history of the almond, from its origins in Asia and Mesopotamia to its cultivation in Egypt, Italy, and eventually California, while food writer **Lynda Balslev** offers over 60 recipes featuring the cuisines of China, India, Lebanon, France, Italy, Mexico, the United States, and more.

Throughout the book celebrated food writers and chefs share ethnic customs and traditions and how they use almonds in their own kitchens. You’ll find almonds here in every form: green, blanched, ground, roasted, slivered, and sliced. This cookbook brings the world to your table with classic almond recipes as well as almond-inspired variations on beloved dishes.

The recipes range from starters and snacks, such as Burnt Sugar Almonds and Almond Chai with Dates and Honey, to salads and vegetable sides like Asian Citrus and Almond Slaw and Almond and Saffron Rice Pilaf, to heartier entrées including Crispy Oven-Fried Chicken and Pulled Pork with Red Mole. Almonds add depth and body to classic sauces such as pesto, tapenade, and romesco, and the delicate yet aromatic flavor of almonds is put to perhaps its ultimate use in glorious desserts like Chocolate Amaretto Torte and Almond Granita with Raspberries. Filled with over 100 color photographs and art reproductions from the world’s most famous museums, *Almonds: Recipes, History, Culture* is a beautiful book that combines an illustrated history with a fabulous collection of global recipes.

Barbara Bryant is president of Watermark Foundation. She is the coauthor of *The Bryant Family Vineyard Cookbook* (Andrews McMeel, 2009). Barbara is also the founder and president of Watermark, Ltd., the publishing producer of *The Bryant Family Vineyard Cookbook*. **Betsy Fentress** is a professional writer and editor and avid baker. She is the coauthor of *The Bryant Family Vineyard Cookbook*. Betsy is the vice-president of Watermark, Ltd. and lives in St. Louis. **Lynda Balslev** is an award-winning food writer and recipe developer based in the San Francisco Bay area. She is a regular contributor to NPR’s *Kitchen Window* and the author of the blog TasteFood—a compilation of more than 400 original recipes inspired by her cooking and travels.

Follow the almond movement at www.cookingwithalmonds.com, on Instagram: [cookwithalmonds](https://www.instagram.com/cookwithalmonds) and Twitter: [@cookwithalmonds](https://twitter.com/cookwithalmonds)

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QUICK FACTS ABOUT ALMONDS (the nut)

from **ALMONDS: RECIPES, HISTORY, CULTURE** (the book)

Direct references from *Almonds: Recipes, History, Culture* by Barbara Bryant & Betsy Fentress are followed by a page number



ALMONDS IN AGRICULTURE

Botanical roots:

- “Almond” is both the name of a tree, and the name of the cultivated—and edible—seed produced by the tree.
- In technical terms, almond trees are in the genus (that is, biological classification) called *Prunus*, which also includes plums, cherries, peaches, nectarines, and apricots. All of these flowering trees are distinguished by their white and pink blossoms in early spring.

Almond trees are completely dependent on bees for pollination:

- There are 800,000 acres of almond trees in California requiring 40 billion bees for the task of pollination.
- This translates to nearly 1.5 million hives needed for this three-week process.
- Pollination occurs in early spring over a 22-day period, beginning in late February, and bees are trucked in from as far away as Texas to get the job done. p. 17

ANCIENT ALMONDS

- **Almonds groves were found along the Silk Road** in ancient times and originated, in their wild form, in Southwestern Asia: Turkmenistan, Uzbekistan, Kyrgyzstan, Iran, Iraq, and Afghanistan. p. 19
- **Almonds pack well—just ask King Tut.** In 1922, famed British Egyptologist and archaeologist Howard Carter found almonds in a basket buried with King Tutankhamun. Along with wheat, coriander, dates and grapes, almonds were packed into baskets for the boy king to enjoy in the afterlife.
- Almonds also have been discovered in archeological digs around the Roman Colosseum. p. 20
- **Ancient poets celebrated almonds:** Almonds appear in classical literature dating back to the Greeks and Romans. p. 20
- **The earliest almonds, found on the shores of the Sea of Galilee,** date to the Bronze Age (3300 BC). p. 19
- **Almonds travelled to Europe via the Moors in the 9th century.**

ALMONDS IN THE BIBLE

- **In the book of Genesis:** After Jacob’s eleven sons try to kill their brother Joseph by throwing him in a well, they go to Egypt to buy grain and offer Joseph—whom they do not recognize—almonds as a gift! p. 19
- **In the book of Exodus:** The story of Moses features almond branches as miraculous signs of priestly anointing, and an almond branch became the design model for the menorah, “Three cups, shaped like almond blossoms, were on one branch, with a knob and a flower...” p. 19
- **In the book of Numbers:** Aaron’s rod blossoms and bears almonds.

ALMONDS IN ART & LITERATURE—AND MYSTERY NOVELS!

- **Leonardo’s edible sculptures:** Leonardo da Vinci used marzipan, made with almonds, for sculpting, but became frustrated because people in his studio kept eating his sculptures. p. 13
- For centuries, **painters—including Manet, Renoir, and van Gogh—have depicted almonds** in their paintings. p. 22
- **Almonds in mystery novels:** Classic mystery writers Ian Fleming and Agatha Christie used “the scent of almonds” on the breath of homicide victims to indicate that cyanide might be the murder “weapon.” p. 23
- **Christie used cyanide poisoning in four of her novels,** and even included it in one title: *Sparkling Cyanide*. p. 23 (Cyanide is made from bitter almonds, which are not grown commercially in the United States and whose marketing is controlled by the FDA. Cyanide is a by-product of bitter almonds. p. 23)

CALIFORNIA—ALMOND PARADISE

- **Franciscan Padres brought almonds to the United States** in the 1800s. They settled in California, where almonds found a hospitable climate. pp. 21, 2
- **The first almond orchards were planted in California in 1843.** There are now 25 varieties grown there, but the *nonpareil* variety is the best known. p. 25
- **California is the world’s largest supplier of almonds,** and home to over 6,000 almond growers.
- **Almonds are the #1 specialty export crop** from the state—exceeding even wine!

ALMONDS ARE A SUPER FOOD (pp. 32-33)

Packed with nutrition, almonds:

- **are high in vitamin E**—which found in its natural form (versus supplements) has shown promise in warding off age-related cognitive decline and poor memory performance.
- **contain magnesium,** which may help protect against diabetes.
- **have more bone-strengthening calcium** than any other nut.
- **are exploding in popularity** because of their taste, calorie count, and nutritional benefits.

GREAT FOR PEOPLE WITH FOOD SENSITIVITIES

- Almond **butter** is peanut-free and a delicious substitute for peanut butter.
- Almond **flour** is gluten-free and great for thickening sauces.
- Almond **milk** is lactose-free and substitutes nicely for cow’s milk over cereal or in a smoothie.
- Almond **oil** is a light cooking oil and has, like peanut oil, a high smoke point.

SPECIAL SIDEBARS:

- Green Almonds p. 18
- Almond Products for the Pantry p. 34-35
- Almond Extract Extras p. 139
- Amaretto and Amaretti p. 150

ALMONDS: RECIPES, HISTORY, CULTURE contains 60 recipes and over 100 color photographs, with sidebars from distinguished chefs and food writers.

Contributors include award-winning chefs ...

The Versatile Almond p. 115

Michael Anthony, Chef, Gramercy Tavern/New York, author of *Gramercy Tavern Cookbook*

Almonds in the Restaurant Pantry p. 54

Terrence Brennan

Chef, Artisanal Bistro/New York, author of *Artisanal Cooking: A Chef Shares His Passion for Handcrafting*

Almonds at Home and in Fine Dining p. 73

Gerard Craft

Chef, Niche/St. Louis, four-time finalist James Beard Award

Great Meals at Home

... and well-known cookbook authors and instructors of regional and ethnic cuisines:

Almond Nutrition p. 32

Cheryl Forberg

Nutritionist for NBC's *The Biggest Loser* and author of *The Biggest Loser* cookbooks

Almonds and Cheese p. 40

Janet Fletcher

Cooking instructor and author of *The Cheese Course*, *Cheese & Wine*, and *Cheese & Beer*

Almonds in Provence p. 49

Georgianne Brennan

Author, *The Food and Flavors of Haute Provence* and *Savoring France*

A Crown of Almonds in Lebanon p. 90

Maureen Abood

Author, *Rose Water and Orange Blossoms: Modern Musings on Lebanese Cuisine*

Almonds in Mexico p. 101

Susanna Trilling

Author, *Seasons of My Heart: A Culinary Journey Through Oaxaca, Mexico and My Search for the Seventh Mole*

Almonds in Spanish Cuisine p. 103

Joyce Goldstein

Author, *Tapas: Sensational Small Plates from Spain and Savoring Spain and Portugal*

Almonds in Indian Cuisine p. 104

Suneeta Vaswani

Cooking instructor and author of *Easy Indian Cooking* and *The Complete Book of Indian Cooking*

Almonds in Chinese Cooking p. 113

Farina Wong Kingsley

Author, *Meals in Minutes: Everyday Asian* and *Farina's Asian Pantry*

Almonds in Sicily p. 155

Pamela Sheldon Johns

Cooking instructor, author of 15 cookbooks, including *Cucina Povera: Tuscan Peasant Cooking*



ALMONDS IN PROVENCE


Almonds have long been cultivated in Provence and figure large in the pastry traditions of the region as well as in holiday traditions. *Casse-dents*, literally "teeth-breakers," hard biscuits similar to biscotti, are still made from scratch in traditional homes in Provence, even though the biscuits are available at nearly any village *pâtisserie*. Tasting more of nuts than sugar, *casse-dents* are served for dipping into sweet wine as an aperitif. A combination of bitter and sweet almonds flavors the *crème pâtisserie* that fills sweet pastries. Ground almonds are used to thicken sauces and tapenades, while toasted slivered almonds are sprinkled over the classic dish *truite aux amandes*.

Almonds are also an essential ingredient in the traditional thirteen desserts served on Christmas Eve in Provence. They are one of the *quatre mendiants*, or four beggars (walnuts or hazelnuts, raisins, dried figs, and almonds, which represent the four mendicant monastic orders: Dominicans, Augustinians, Franciscans, and Carmelites) and are served mixed together on a plate or scattered on the table. *Nougat aux noix*, made with almonds and honey, is another essential component of the meal. Although the acreage of the nut in Provence is declining, the traditional uses of almonds remain embedded in the culture of the region.

— GEORGIANNE BRENNAN, author of *The Food and Flavors of Haute Provence* and *Savoring France*



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*easily made vegetarian/vegan by substituting vegetable stock for chicken stock




 G Gluten product in recipe
GF Gluten-free recipe

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 G Gluten product in recipe
GF Gluten-free recipe

Asian Citrus and Almond Slaw

Sliced almonds are perfectly at home in crispy coleslaws. They add a delicate nutty note to the tangle of cabbage, peppers, and carrots. In this light Asian coleslaw, citrus juice and sesame oil replace mayonnaise, while ginger and chile add heat and bite.

DRESSING

- 1 clove garlic, minced
- 2 tablespoons rice wine vinegar
- 2 tablespoons fresh lime juice
- 2 tablespoons fresh orange juice
- 2 tablespoons Asian sesame oil
- 2 teaspoons finely grated fresh ginger with juice
- 1 teaspoon sugar
- 1 teaspoon salt, or to taste
- ½ teaspoon freshly ground black pepper
- Dash of hot sauce (optional)

SLAW

- 4 green onions, white and green parts, thinly sliced on the diagonal
- 1 small head Savoy or green cabbage, cored and shredded
- 1 large carrot, peeled and julienned
- 1 red jalapeño or Fresno chile, minced
- 4 ounces sugar snap peas, trimmed and thinly sliced on the diagonal
- ½ cup (20 g) chopped fresh cilantro
- ¼ cup (1 oz/30 g) sliced almonds

To make the dressing, whisk all the ingredients together in a small bowl.

Combine the green onions, cabbage, carrot, chile, and snap peas in a large bowl. Add the dressing. Toss to thoroughly coat. Let stand for 30 minutes, or cover and refrigerate for up to 2 hours. Before serving, stir in the cilantro and almonds.

SERVES 6 AS A SIDE DISH



Salted Almond Butter Cookies with Chocolate Chunks

Fresh, creamy butter flecked with fleur de sel is a luxurious European tradition, often enjoyed slathered on a fresh baguette. Sea salt loves sugar, balancing sweetness and prodding us to have another. In this recipe, flakes of fleur de sel are whipped into the cookie batter, where they remain intact, complementing the golden flavor of the almond butter and studding the dough with tiny, crunchy bursts of salt.

- 1³/₄ cups unbleached all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 cup (2 sticks) unsalted butter, softened
- 1 cup firmly packed dark brown sugar
- ¾ cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup unsalted creamy almond butter (see page 54)
- 1 teaspoon fleur de sel or flaky sea salt, plus extra for sprinkling
- 8 ounces dark chocolate (70 to 72 percent), coarsely chopped

Combine the flour, baking soda and salt in a medium bowl and stir with a whisk to blend. Cream the butter and sugars together in a stand mixer fitted with the paddle attachment on medium-high speed until light and fluffy. Scrape down the sides and bottom of the bowl. Beat in the egg and vanilla.

Add the almond butter and the 1 teaspoon fleur de sel and mix until smooth. Stir in the flour mixture until just combined. Fold in the chocolate. Cover the bowl with plastic wrap and refrigerate for at least 1 hour or up to 24 hours.

Preheat the oven to 375°F. Line a baking sheet with parchment paper. Drop the dough onto the baking sheet by rounded tablespoons 2 inches apart. Sprinkle with a few grains of fleur de sel. Bake until lightly golden brown, about 12 minutes. Remove from the oven and transfer the parchment, with cookies, to a wire rack to cool.

MAKES 36 TO 40 (2-INCH) COOKIES



Winter Kale and Quinoa Salad with Carrots and Raisins

This hearty winter side dish is brimming with good health and flavor. Earthy kale, red cabbage, and carrots are accompanied with protein-rich quinoa, toasted almonds, and sweet raisins. The result is a colorful, textured salad sparked with a citrus vinaigrette that promises to keep the doctor away. Before tossing the greens, it's essential to massage the kale leaves with lemon juice, oil, and salt just long enough to soften the sturdy leaves.

1 large bunch green curly kale,
tough veins removed and leaves
coarsely chopped
2 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
Pinch of salt

VINAIGRETTE

2 tablespoons balsamic vinegar
2 tablespoons minced shallots
½ teaspoon freshly ground
black pepper
½ teaspoon salt
¼ cup extra virgin olive oil

1 large carrot, peeled and shredded
1½ cups thinly sliced red cabbage
½ cup cooked quinoa
¼ cup (1 ounce) sliced almonds
¼ cup golden raisins

Place the kale in a large serving bowl. Add the lemon juice, oil, and salt. Massage the kale until it begins to soften, about 2 minutes. Set aside.

To make the vinaigrette: Whisk the vinegar, shallots, black pepper, and salt together in a small bowl. Slowly add the olive oil in a steady stream, whisking constantly to emulsify. Set aside.

Add the carrot, cabbage, quinoa, almonds, and raisins to the kale. Toss with half of the dressing, then add the remaining dressing to taste.

SERVES 4 TO 6 AS A FIRST COURSE



Almond-Crusted Pork Chops with Sweet-and-Sour Apricot Glaze

Apricot preserves, soy sauce, mustard, and fresh ginger come together in an East-meets-West sweet-and-sour sauce that serves as both a tenderizing marinade and a finishing sauce. Crushed almonds coat the pork, adhering to the sticky marinade and creating a crisp and nutty crust.

MARINADE

- 2 cloves garlic, minced
- ½ cup apricot preserves
- ¼ cup soy sauce
- 2 tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon finely grated peeled ginger with juice
- 1 teaspoon ground cumin
- 1 teaspoon ground cardamom
- 4 bone-in pork chops, 1 inch thick
- 1 cup (4 ounces) raw almonds, finely chopped
- 1 tablespoon extra virgin olive oil

To make the marinade, whisk all the ingredients together in a bowl. Transfer half of the marinade to a small bowl and reserve for the sauce.

Place the pork in a shallow dish. Pour the remaining marinade over the pork and turn to coat. Cover and refrigerate for at least 2 hours or up to 4 hours. Remove from refrigerator 30 minutes before cooking.

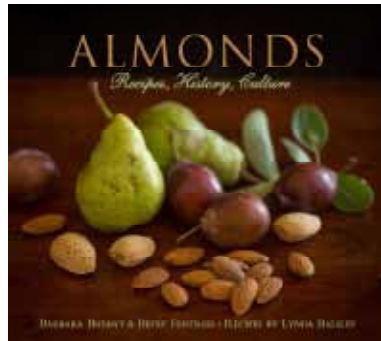
Preheat the oven to 375°F. Pour the almonds onto a rimmed baking sheet. Using tongs, transfer pork to the baking sheet. Discard the marinade. Turn the pork to coat it on all sides with the almonds.

Heat the oil in a large ovenproof skillet over medium-high heat. Add the pork in one layer and brown on all sides, about 5 minutes. Transfer the skillet to the oven and bake until the pork is firm to the touch and pale pink in the center, 10 to 12 minutes.

Transfer the pork to a warmed serving platter. Add the reserved marinade to the pan. Stir over medium heat to scrape up the browned bits on the bottom of the pan. Pour over the pork. Serve immediately.

SERVES 4





ALMONDS

Recipes, History, Culture



BARBARA BRYANT is founder and president of Watermark, Ltd., and the co-author of *The Bryant Family Vineyard Cookbook* (Andrews McMeel), which benefited the work of the Bowery Mission in New York City.

Barbara and her daughter Christina have been involved in the work of Partners in Health, as well as building a public library in Rwinkwavu, Rwanda. She also serves on the board of the African Health & Hospital Foundation, a St. Louis-based organization.

A life-long resident of St. Louis, Barbara supports the Haven of Grace, and is a board member of Shakespeare Festival St. Louis. A former teacher, Barbara is also involved in inspireSTL, an organization supporting middle school students through the high school application process. She has also been a mentor for the Hatchery Program at the Skandalaris Center for Entrepreneurial Studies at Washington University.

Barbara is the mother of three children, and her hobbies include gardening, cooking, and painting. She holds a Bachelor of Arts in Art and Archeology from Washington University, and a Master of Arts in Education from Webster University.



BETSY FENTRESS is vice-president of Watermark, Ltd., and is the co-author of *The Bryant Family Vineyard Cookbook* (Andrews McMeel). A professional writer and editor, Betsy earned her bachelor's degree from the University of Missouri School of Journalism and spent time in the graduate English program at Louisiana State University. She is vice-president of Watermark, Ltd., and lives in St. Louis with her husband and six children.

Betsy has been a mentor for the Hatchery Program at the Skandalaris Center for Entrepreneurial Studies at Washington University, and serves on the Advisory Committee for Student Affairs at St. Louis University High School. She is also involved in inspireSTL, an organization supporting middle school students through the high school application process.



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
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Almonds: Asian slaw recipe

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(KTVI) – If you love almonds, this is the book for you.



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