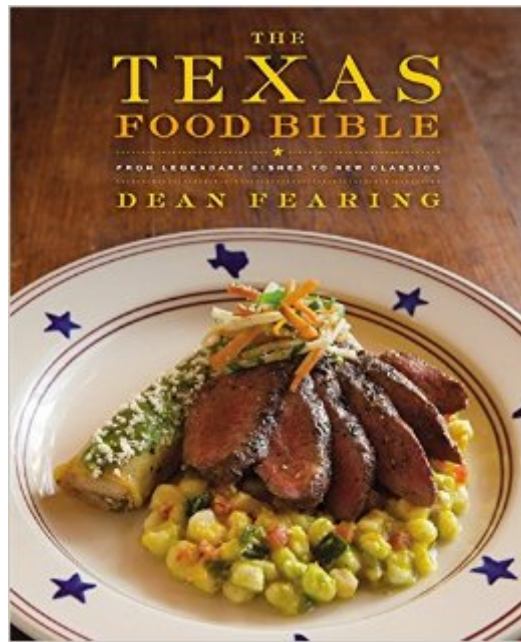


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# The Texas Food Bible: From Legendary Dishes To New Classics



## Synopsis

Everyone loves Texas food and now, Dean Fearing, arguably the best chef in Texas, shares the top traditional and modern dishes from the Lone Star State. THE TEXAS FOOD BIBLE From Legendary Dishes to New Classics THE TEXAS FOOD BIBLE will be a timeless, authentic resource for the home cook—a collection of the traditional and the contemporary recipes from Texas. Dean Fearing will take readers through Texas culinary heritage, the classic preparations involved, and the expansion and fusion of the foods that have combined to develop an original Southwestern cuisine. A bit of regional history will take the reader from fry bread to Sweet Potato Spoonbread, from Truck Stop Enchiladas to Barbecue Shrimp Tacos. Simple taco and salsa recipes will be starred right beside the culinary treasures that make Dean's cooking internationally known. This comprehensive guide will include step-by-step methods and techniques for grilling, smoking, and braising in the Southwestern manner, in addition to recipes from other chefs who have contributed to the evolution of this regional cuisine, such as Robert del Grande and Stephen Pyles, and a look at local purveyors such as Paula Lambert's cheese. These recipes will be accompanied by more than 150 photographs of finished dishes and the cooking process along with a glossary of food terms. THE TEXAS FOOD BIBLE is the ultimate cookbook for foodies and simple home cooks alike.

## Book Information

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## Customer Reviews

This book was a recent gift, and it already has some pages spattered with flecks of Fearing's "Texas-Style Barbecue Sauce." The recipes are accessible to even the most novice of cooks, as Fearing provides plenty of information for sourcing and prep. And prep you will, for many of the

dishes are constructed with portions of 2 or more other dishes, a norm for professional kitchens. "Barbecued Shrimp Tacos with Mango-Pickled Red Onion Salad" requires the afore-mentioned bbq sauce, and to make the salad, you need to have made the pickled onions plus a vinaigrette--and the vinaigrette starts with a recipe for cold-smoked onions. Advance planning will see you through. With this particular recipe, the end result is of course much fresher and tastier than pouring some bottled barbecue sauce over shrimp and dishing up a side of deli coleslaw. The book is a good read, and the photos are both tempting and helpful by demonstrating the final appearance of a dish. It was a bit of a let-down, however, to see the same photo introduce each of 9 chapters: a picturesque stretch of a Farm to Market road. But whether your kitchen is in Texas or not, Fearing's work provides dozens of great choices for your table.

The latest in a long line of cook books from Dean Fearing is another that expresses love for the Lone Star state. The Texas Food Bible: From Legendary Dishes To New Classics is designed to be a one stop resource for the cook. This cookbook co-written with Judith Choate and Eric Dreyer works well if you have the skills, the hours of cooking time, and are feeding folks with no dietary restrictions. After an introduction that explains Dean Fearing's history if you are unaware of it, it is on to Fearing's Texas Pantry. This section runs 33 pages and takes readers through beans, herbs, dried spices, rubs, gravies and sauces, dressings and vinaigrettes, and more. These are the recipes that provide the cornerstone of his dishes. The meals start with Chapter One Breakfast and Brunch and lead off with Eggs Ranchero on pages 48-49. Also in this section is Breakfast Burritos with Charred Tomato Salsa and Smoky Black Beans (page 53) and Jaxson and Campbell-Style Pancakes (page 59) among others. Each recipe has detailed instructions, a serving suggestion or how many of the item it will make, and sometimes a picture of the finished dish. There is no dietary information of any kind so those who have to deal with dietary restrictions of any type are ignored. This same format continues throughout the book. Starters and Soups come next with recipes for Modern Buffalo Tacos with Blue Cheese Dressing and Smoked Chile Aioli (pages 66-67), Smoked Chicken Nachos (pages 72-73) and Fourth-of-July Deviled Eggs (page 83) among others. The deviled eggs have a kick to them as they include as much as you want of Tabasco Chipotle sauce before being topped off with Fearing's Barbecue Spice Blend (page 39) as garnish. Chapter Three is on Salads and begins on page 92. Here is where you find his Red Chile Caesar Salad with Grilled Radicchio and Romaine Hearts (pages 96-97),

Firecracker Slaw (page 101) or Lucian's Crab Salad (page 107) among others. Main Courses is next and at the heart of the book. Along with various pork and chicken recipes there are ones for Barbecue Spiced Beef Tenderloin (page 121) and Tex-Mex Baked potato Enchiladas with Ranchero Sauce (page 153). Variety is very present in this section and the entire cookbook, but it is a little surprising there isn't one steak recipe in the section. Texas-Style Chili on page 158 leads off chapter 5 titled Chillies, Braises, and Stews. Also included here is East Texas Seafood Jambalaya (page 162-163), Panhandle Vegetable Stew (page 169) among others. Chapter Six Working the Smoker and the Grill begins with a general explanation of smoking technique and an ode to the legendary Sonny Bryan's on Inwood on Dallas. Here is where you find Robert Del Grande's Grilled Rib Eye Steaks with Backyard Steak Sauce on page 186-187 and a few other recipes for outdoor cooking. This is also a very short section of the book. Sides comes next with various recipes for beans, corn, dressings, grits, and other things. Along with Campfire Barbecue Beans on page 193 there is his recipe for Crispy Sweet Onion Rings (page 201), Avocado Fries (page 203) and Fried Green Tomatoes (page 208). Breads and Rolls are the subject of Chapter Eight and begin on page 212 with Bacon-Jalapeno Biscuits. Also here are recipes for Spicy Cheese Crackers (page 216) and Navajo Fry Bread (page 220) among others in this very short chapter. Desserts come next and feature Brown Sugar Peaches with Pistachio Ice Cream (page 228), Chocolate Shiner Bock Cake (page 235) and Texas Chess Pie (page 237) among others. The book closes with a sources page, an acknowledgment page, a ten page index and two pages of author bios. The Texas Food Bible: From Legendary Dishes To New Classics is an interesting cookbook. Totally absent in terms of nutritional or dietary information, the book has numerous recipes for various situations in terms of daily meals as well as when guests come over. Heavily geared towards those with extensive culinary skills it may not work as well for the average cook at home. Material supplied by the good folks of the Plano Texas Public Library System. Kevin R. Tipple ©2014

Don't get me wrong, this is a terrific cookbook, which features a lot of amazing food that has made Fearing famous and helped create the Southwest food movement. The photographs are beautifully done, and I could not spot any major editing errors, which is rare these days. As a trained chef and native Texan, the recipes ring true and look delicious, although they are labor intensive, with most

having multiple components, as do most recipes for restaurants. My objection with the book is that it is far from being The 'Bible' of Texas Food. The recipes and this book would have been five stars if it were called Dean Fearing's Texas Food. I love Tex-Mex food, and many of the recipes in this book I will definitely make. Dean does try to create some old Texas favorites, like Chili, Frito Pie, Texas Sheet cake, etc., but most of the deeply rooted cultures and dishes and very under-represented. So is a lot of common Texas food, in this area, we eat thousands of Breakfast Tacos....Fearing has a breakfast Burrito, which would have anyone from Austin to San Antonio scratch their heads and say, Huh? I saw chicken fried Lobster, not Chicken fried steak. The cream gravy is not the traditional version, neither is the chili gravy for tamales. Where is the German food? The Nachos? You could write a whole cookbook on kolache variations, but at least there is one version here. Texas was indeed first settled by Native Americans, it has been part of Spain, France, Mexico, the Republic of Texas, the Confederacy, and the U.S.A. There were so many German immigrants, that German was once almost the official language of Texas. There have been a huge number of Chez settlers, and many generations of Cajuns living in East Texas, and the Gulf Coast in particular. In more recent years, a large influx of people from Viet Nam have moved here. The Rio Grand Valley has amazing Citrus and other produce. My point is that of the many cultures that have settled in and influenced Texas cuisine, a book called The Texas Food Bible should be a really massive and comprehensive cookbook. It should be filled with the day to day recipes that most home cooks can make, as well as some more labor intensive dishes for entertaining. What I have long hoped to see I suppose, is something like John Folse's Encyclopedia of Cajun and Creole Cuisine, for Texas food.

If you enjoy Tex-Mex, authentic Mexican recipes and Dean Fearing you must have this cook book. Recipes are detailed, beautiful pictures of the finished product and all on quality paper. I bought one and saw how perfect it was I bought two more as gifts.

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