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Cookbooks from Around the World

These international cookbooks contain recipes from all over the world, from France, China, South America, Africa, Spain, Italy, Mexico, the Caribbean and beyond! To order any of these titles, contact the library by email, phone, mail, in person, or order through our [online catalog](#). Most titles can be [downloaded from BARD](#).

Middle Eastern Cooking: a Practical Guide by Samia Abdennour

1 volume of braille

Offers more than two hundred recipes for appetizers, breakfasts, and main courses. Selections include hummus, stuffed artichokes, couscous, stuffed cabbage, eggplant fritters, lamb stew, lentil soup, and stuffed zucchini cooked in yogurt. Each entry identifies the country of origin, the local name of the dish, and its American counterpart. 1997.

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Also available in braille BR014141

An Ocean of Flavor the Japanese Way with Fish and Seafood by Elizabeth Andoh

Read by Yolande Bavan

8 hours, 15 minutes

Through her dozens of classic recipes, Andoh introduces the home cook to the produce of Japan's seas and describes the myriad ways the Japanese use fish, not all of them employing seafood in raw state. Andoh's straightforward exposition of Japanese cooking methods takes away the aura of mystery so often surrounding Japanese cuisine.

[Download from BARD: An Ocean of Flavor the Japanese Way with Fish...](#)

Also available on digital cartridge DB029062

Tapas: A Taste of Spain in America by José Andrés

Read by Frank Coffee

6 hours 55 minutes

Award-winning Spanish chef shares dozens of recipes for a traditional cuisine characterized by small portions that can serve either as appetizers or entrees. Dishes are organized by ingredients, such as olives, tomatoes, mushrooms, peppers, rice, cheese, eggs, seafood, chicken, and pork. Includes wine tips, serving suggestions, and modern variations. 2005.

[Download from BARD: Tapas: a Taste of Spain in America](#)

Also available on digital cartridge DB062462

Frankie Avalon's Italian family Cookbook From Mom's Kitchen to Mine and Yours by Frankie Avalon

Read by Patrick Downer

6 hours, 21 minutes

Singer and actor Avalon shares recipes from family and friends that he has enjoyed making over the years. Includes some family anecdotes and an introduction to every recipe, which is either a memory associated with the food or a tip on how to make it. 2015

[Download from BARD: Frankie Avalon's Italian family Cookbook From](#)

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[Download from BARD as Electronic Braille BR21717](#)

Also available in braille BR021717

Lunch in Paris: a Love Story, with Recipes by Elizabeth Bard

Read by Gabriella Cavallero

9 hours, 25 minutes

Food-loving American author recounts falling in love with a Frenchman and French cuisine--from being seduced over fresh mint tea in a tiny Parisian apartment to her joy in taking meandering walks and dining in favorite bistros. Explains that food is a gateway to understanding French culture. Includes recipes. 2010.

[Download from BARD: Lunch in Paris: a Love Story, with Recipes](#)

Also available on digital cartridge DB073427

Persian Cooking for a Healthy Kitchen by Najmieh Batmanglij

2 volumes of braille

The author draws on fifteen years of researching Persian traditions and collecting and preparing recipes for her collection of low-fat, high-flavor dishes. She includes recipes for appetizers and side dishes, soups, pickles and relishes, desserts, various meats, and the ever-present rice.

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Also available in braille BR010297

Mexican Everyday by Rick Bayless

Read by Lewis Grenville

9 hours, 15 minutes

Host of PBS's Mexico--One Plate at a Time assembles recipes for some fifty main dishes along with side dishes for complete meals. Bayless discusses the guiding principles he follows when creating recipes: select the right one, pare back to its skeleton, streamline steps, and maximize use of kitchen equipment. 2005.

[Download from BARD: Mexican Everyday](#)

Also available on digital cartridge DB062529

Cuisine à Latina: Fresh Tastes and a World of Flavors from Michy's Miami Kitchen by Michelle Bernstein

Read by Theresa Conkin

7 hours, 28 minutes

Chef-owner of restaurants in Miami, Key Largo, and Cancun offers dozens of recipes inspired by traditional Hispanic cuisine. Provides suggestions for appetizers, soups, salads, and main courses, including fried calamari with chile-coconut sauce; white gazpacho with almonds, grapes, and cucumbers; green papaya salad; empanadas; and arroz con pollo. 2008.

[Download from BARD: Cuisine à Latina: Fresh Tastes and a World...](#)

Also available on digital cartridge DB071326

One Pot French by Jean-Pierre Challet

Read by Gary Tipton

4 hours, 7 minutes

Lyon-born chef adapts the concept of one-pot meals to French cuisine. Makes suggestions for appetizers, soups, sandwiches, potatoes, main courses, and desserts with recipes for basics such as crêpes and meals such as coq au vin (chicken in red wine). Includes anecdotes and helpful tips for each dish. 2008.

[Download from BARD: One Pot French](#)

Also available on digital cartridge DB070686

Julia's Kitchen Wisdom: Essential Techniques and Recipes from a Lifetime of Cooking by Julie Childs

Read by Theresa Conkin

7 hours, 10 minutes

Mini aide-mémoire for general home cookery provides master recipes, each detailing a technique followed by variations to encourage improvisation. Content is arranged by broad categories--soups, salads and dressings, vegetables, meats, eggs, breads, and cakes. Includes tips and practical advice, e.g. reconstituting hollandaise sauce. 2000.

[Download from BARD: Julie's Kitchen Wisdom: Essential Techniques...](#)

Also available on digital cartridge DB071325

Secrets of Cooking: Armenian, Lebanese, Persian by Linda Chirinian

Read by Robert Blumenfeld

8 hours, 52 minutes

Over two hundred ethnic recipes, many of which also include brief historical notes about the origins of the dish and/or suggestions on when to serve it. The recipes were selected with "special attention to the benefits of eating simple, basic, naturally healthy foods." 1987.

[Download from BARD: Secrets of Cooking: Armenian, Lebanese, Persian](#)

Also available on digital cartridge DB049504

The Pat Conroy Cookbook: Recipes of My Life by Pat Conroy

Read by Roy Avers

9 hours 41 minutes

Anecdotes and recipes from the author of *The Prince of Tides* (RC 25248). Traces his passion for eating and cooking to his southern upbringing and his time in France and Italy. Reminiscing about favorite places, teachers, and meals, Conroy intermixes suggestions for dozens of dishes using high-quality, fresh ingredients. 2004. (Southern and French and Italian with bio stories)

[Download from BARD: The Pat Conroy Cookbook: Recipes...](#)

Also available on digital cartridge DB067321

Le Cordon Bleu Classic French Cookbook

Read by Peter Gil

8 hours, 23 minutes

One hundred classic recipes to celebrate the cooking school's centenary. Includes first courses, such as vichyssoise; main courses, such as duck breasts with pistachios; and desserts, such as chocolate and Cointreau gateau. A section on techniques provides the beginner with the basics for becoming a successful cook.

[Download from BARD: Le Cordon Bleu Classic French Cookbook](#)

Also available on digital cartridge DB042522

[Download from BARD as Electronic Braille BR10577](#)

Also available in braille BR010577

Betty Crocker's International Cookbook by Betty Crocker

5 volumes of braille

A culinary tour of fifty-four nations with more than four hundred fifty easy-to-follow recipes that have been developed and tested in the Betty Crocker Kitchens. Basically a book of country cooking, it also includes classic and sophisticated recipes. A regional index identifies recipes by country.

Available in braille BR004800

Giada's Family Dinners by Giada De Laurentiis

Read by Barbara Caruso

5 hours, 30 minutes

Host of television's Everyday Italian presents a collection of down-home dinner recipes that can be prepared for many or just a few. She includes soups and sandwiches; salads and sides; meals to grill; and family-style entrées, pasta, and desserts. Offers suggested menus for various family events. 2006.

[Download from BARD: Giada's Family Dinners](#)

Also available on digital cartridge DB062449

My Paris Market Cookbook a Culinary Tour of French Flavors and Seasonal Recipes by Emily Dilling

Read by Kerry Dukin

5 hours, 38 minutes

American expatriate in Paris expands on her blog, Paris Paysanne, and shares the culture of local farmers markets around her, offering recipes arranged according to when ingredients are in season. Discusses the farmers she usually sources her food from and provides tips on understanding food seasonality. 2015

[Download from BARD: My Paris Market Cookbook a Culinary Tour of...](#)

Also available on digital cartridge DB084201

[Download from BARD as Electronic Braille](#)

Also available in braille BR021496

Beyond Rice and Beans the Caribbean Latino Guide to Eating Healthy with Diabetes = Más Allá del Arroz y las Habichuelas : la Guía Latino-Caribeña Para Comer Sano con Diabetes by Lorena Drago

Read by Maria Piño

10 hours, 27 minutes

Bilingual guide by the American Diabetes Association. Presents nutritional information, exchange lists, and sample meal plans for preparing Latino cuisine from the Caribbean. In English and Spanish. 2006.

[Download from BARD: Beyond Rice and Beans the Caribbean Latino...](#)

Also available on digital cartridge DB067996

The New York Times 60-Minute Gourmet by Pierre Franey

Read by Guy Sorel

13 hours, 49 minutes

Offers simple, elegant, quickly prepared dishes, most of them as French as the author. Includes main dishes--meat, fish, poultry, eggs, pasta--and a recipe for a vegetable or starch to accompany them, along with occasional suggestions to complete the meal. Bestseller. 1979.

[Download from BARD: The New York times 60-Minute Gourmet](#)

Also available on digital cartridge DB016329

Cucina Calabrese: Calabrian Kitchen by Emilia Salerno Fusco

Read by Judie Yuill

3 hours, 38 minutes

From appetizers to after dinner drinks, this gathering of easy-to-follow recipes features dozens of favorite dishes from the author's home country of Italy.

[Download from BARD: Cucina Calabrese: Calabrian Kitchen](#)

Also available on digital cartridge DBC11589

A la Russe: a Cookbook of Russian Hospitality by Darra Goldstein

Read by Hilary Ryan Norton

11 hours, 11 minutes

Collection of over two hundred recipes from the classical Russian cuisine of the various republics of the USSR, adapted to American ingredients and kitchens. Professor Goldstein's love for the Russian people and their traditions is infectious and warmly conveyed.

[Download from BARD: A la Russe: a Cookbook of Russian Hospitality](#)

Also available on digital cartridge DB020148

Recipes From My Home Kitchen Asian and American Comfort Food From the Winner of MasterChef Season 3 by Christine Ha

Read by Kerry Dukin

5 hours, 51 minutes

Winner of TV's MasterChef recalls teaching herself to make treasured comfort foods as a teenager after her mother's death, losing her vision to neuromyelitis optica at age twenty-five, and relearning to cook. Recipes range from appetizers to desserts, chicken pot pie to ginger-coconut tuiles. 2013.

[Download from BARD: Recipes from My Home Kitchen Asian and...](#)

Also available on digital cartridge DB076676

[Download from BARD as Electronic Braille BR20085](#)

Also available in braille BR020085

The Steamy Kitchen Cookbook: 101 Asian Recipes Simple Enough for Tonight's Dinner by Jaden Hair

Read by Kerry Cundiff

8 hours, 56 minutes

Expanding on her website steamykitchen.com, Chinese American food columnist offers a guide to quickly making a variety of Asian dishes. Discusses key ingredients; explains ways to prepare basic sauces, dips, and stocks; and provides recipes for everything from appetizers and entrees to sweets and libations. 2009.

[Download from BARD: The Steamy Kitchen Cookbook: 101 Asian...](#)

Also available on digital cartridge DB071971

Marcella's Italian Kitchen by Marcella Hazan

Read by Barbara Caruso

16 hours, 25 minutes

The noted writer and cook addresses herself to the further pleasures and splendors of the Italian table. One of the pioneers in introducing the true Italian style to America, Hazan supplies more recipes for tempting dishes and shows how to bring out an authentic Italian taste with both imported and domestic ingredients.

[Download from BARD: Marcella's Italian Kitchen](#)

Also available on digital cartridge DB025622

Ken Hom's Chinese Kitchen: With a Consumer's Guide to Essential Ingredients by Ken Hom

3 volumes of braille

Recipes for soups, fish and shellfish, poultry, meats, eggs, vegetables, and rice and noodles, with a guide to ingredients used in Chinese and other Asian cooking. The listing for each ingredient includes a description and shopping and storage hints.

[Download from BARD as Electronic Braille BR10317](#)

Also available in braille BR010317

Olives and Oranges: Recipes and Flavor Secrets from Italy, Spain, Cyprus, and Beyond by Sara Jenkins

Read by Kerry Dukin

10 hours 6 minutes

Mediterranean-inspired dishes that utilize basic flavor combinations to make the most of on-hand ingredients. Includes suggestions for salads, soups, pasta, risotto, polenta, meat and fish, sweets, and cordials. Provides general cooking times, tips on shopping and storing, and suggestions for altering recipes to suit one's needs. 2008.

[Download from BARD: Olives and Oranges: Recipes and Flavor...](#)

Also available on digital cartridge DB068949

Faye Levy's International Jewish Cookbook by Faye Levy

Read by Suzanne Toren

12 hours, 48 minutes

While studying in Israel, Levy became so fascinated with the variations of Jewish cuisine that she turned her hobby of cooking into a career. Drawing on her own family's heritage--American, Russian, and Polish--and her husband's--Middle Eastern, Indian, and Moroccan--as well as on those of friends and neighbors, Levy provides a collection of more than 250 Ashkenazic and Sephardic recipes from around the world.

[Download from BARD: Faye Levy's International Jewish Cookbook](#)

Also available on digital cartridge DB034493

Kitchen Diva! The New African-American Kitchen by Angela Shelf Medearis

Read by Kerry Cundiff

8 hours, 24 minutes

PBS cooking-show host presents recipes inspired by her African American culinary heritage, including offerings from West Africa, the Caribbean, Central America, and the American South. Features dishes such as fried green tomatoes, jerk pork, and hoecakes. Provides historical commentary and a section on meals for people with diabetes. 2008.

[Download from BARD: Kitchen Diva! The New African-American Kitchen](#)

Also available on digital cartridge DB068563

Quick Guide to the World's Most Famous Recipes by Robert Jay Misch

Read by Janice Spleth

2 hour s, 44 minutes

A guide to some of the world's most famous recipes. Gazpacho, vichyssoise, bouillabaisse, oysters Rockefeller, paella, chicken paprika, sauerbraten, beef Stroganoff, cheese fondue, and peche melba are among the many listed.

[Download from BARD: Quick Guide to the World's Most Famous Recipes](#)

Also available on digital cartridge DB016146

Also available in braille BR001178

King Solomon's Table a Culinary Exploration of Jewish Cooking From Around the World by Joan Nathan

Read by Eva Wilhelm

14 hours, 47 minutes

Collection of recipes exploring the Jewish diaspora across the world. Section topics are pantry, morning, starters, soups and their dumplings, breads, grains and such, vegetables, fish, poultry, meat, and sweets. Includes a discussion of the history of the diaspora and Jewish dietary laws. 2017.

[Download from BARD: King Solomon's Table a Culinary Exploration of...](#)

Also available on digital cartridge DB089427

[Download from BARD as Electronic Braille BR22354](#)

Also available in braille BR022354

México the Beautiful Cookbook: Authentic Recipes from the Regions of Mexico by Susanna Palazuelos

Read by Bruce Huntley

12 hours, 51 minutes

Over 200 authentic Mexican recipes illustrate Native American dishes with a Spanish influence. The recipes, from every Mexican state, range from traditional favorites, such as huevos rancheros, to regional dishes, such as cold chicken Guadalajara style, and a few innovations, such as cilantro soup. Includes a brief history of local culinary traditions.

[Download from BARD: México the Beautiful Cookbook: Authentic...](#)

Also available on digital cartridge

The Encyclopedia of Asian Food and Cooking by Jacki Passmore

Read by Robert Blumenfeld

23 hours, 38 minutes

An alphabetical listing and description of six hundred ingredients, approximately four hundred recipes, and numerous applicable cooking methods from many parts of Asia, including India, Japan, China, and Sri Lanka. The cross-referenced discussions of the ingredients include uses, physical characteristics, and storage methods.

[Download from BARD: The Encyclopedia of Asian Food and Cooking](#)

Also available on digital cartridge DB035386

Modern German Cookbook by Frank Rosin

Read by Kerry Dukin

4 hours, 32 minutes

Chef whose restaurant has received two Michelin stars shares recipes using traditional German cooking methods, but refined for a twenty-first-century audience. Dishes are arranged by the classic courses on a menu. Includes recipes for schnitzel and strudels along with foamed asparagus and sweet ravioli. 2015

[Download from BARD: Modern German Cookbook](#)

Also available on digital cartridge DB084844

[Download from BARD as Electronic Braille BR21666](#)

Also available in braille BR021666

Classic Indian Cooking by Julie Sahni

5 volumes of braille

Recipes from India's Moghul cuisine, designed for the American kitchen. After an introduction to the cultural, religious, and geographical influences on Indian food, and a discussion of the principles of Indian cooking, the author provides step-by-step instructions for preparing a complete meal from appetizers, to desserts and beverages. Mail-order and shopping guide for Indian spices, utensils, and cooking tools included.

Available in braille BR007262

The Soul of a New Cuisine: a Discovery of the Foods and Flavors of Africa by Marcus Samuelsson with Heidi Sacko Walters

Read by David Cutler

10 hours, 17 minutes

Swedish-raised, Ethiopian-born celebrity chef of New York City's Restaurant Aquavit describes his many trips to Africa and discovery of native dishes. Includes travel essays and more than two hundred recipes adapted for the American kitchen, from northern Arab-influenced foods to southern curries. Foreword by Desmond Tutu. 2006.

[Download from BARD: The Soul of a New Cuisine: a Discovery of the...](#)

Also available on digital cartridge DB064306

Rosa's New Mexican Table by Roberto Santibañez

Read by Gary Tipton

10 hours, 57 minutes

A variety of dishes from the chef of the New York restaurant Rosa Mexicano. Provides information on ingredients, equipment, and cooking techniques often used in Mexican cuisine. Includes recipes for chicken flautas, tortilla soup, red rice, refried beans, crab enchiladas, and poblanos stuffed with spinach and goat cheese. 2007.

[Download from BARD: Rosa's New Mexican Table](#)

Also available on digital cartridge DB066625

The Italian Farmer's Table: Authentic Recipes and Local Lore From northern Italy by Matthew Scialabba and Melissa Pellegrino

Read by Gerald Forbes

10 hours, 20 minutes

The authors who are also Connecticut chefs have transcribed 150 authentic recipes from northern Italy's agriturismo family farms. Photographs and anecdotes about the farms and their residents bring to life the food, the glorious countryside and the people from this one-of-a-kind region.

[Download from BARD: The Italian Farmer's Table: Authentic Recipes...](#)

Also available on digital cartridge DBC06143

A Spoonful of Ginger: Irresistible, Health-Giving Recipes from Asian Kitchens by Nina Simonds

3 volumes of braille

Recipes inspired by the Asian holistic philosophy of eating meals that are good for you, seasonally appropriate, and flavorful, with a balance of yin and yang-- the complementary forces that cool or warm the body. Discusses foods that help relieve various medical conditions; includes formulas for herbal tonics. 1999.

[Download from BARD as Electronic Braille BR13155](#)

Also available in braille BR013155

Vegetarian Indian Cooking with Your Instant Pot: 75 traditional Recipes that are Easier, Quicker and Healthier by Manali Singh

Read by Jill Fox

4 hours, 51 minutes

Collection of vegetarian and vegan Indian cuisine recipes designed specifically for use in an Instant Pot or similar multi-cooker. Recipes are divided into favorite takeouts, lentils and beans, hearty meals, thirty minutes or less, Indian street food, snacks and sides, delectable desserts, and Indian cooking basics. 2018.

[Download from BARD: Vegetarian Indian Cooking with Your Instant Pot...](#)

Also available on digital cartridge DB096726

Elinor Fettiplace's Receipt Book Elizabethan Country House Cooking by Hilary Spurling

Read by Kay Kerimian

13 hours, 40 minutes

Woman who inherited a seventeenth-century recipe and remedy book presents selections from it. Discusses food sources, preparation and preservation techniques, and presentation ideas. Includes family history and medical recommendations of the time. Recipes are arranged by months to emphasize their seasonal nature. 1986.

[Download from BARD: Elinor Fettiplace's Receipt Book Elizabethan...](#)

Also available on digital cartridge DB088918

[Download from BARD as Electronic Braille BR21954](#)

Also available in braille BR021954

The Modern Art of Chinese Cooking by Barbara Tropp

Read by Janis Gray

38 hours, 32 minutes

Written with humor and clarity by an American who is also a scholar of Chinese literature. Discussion of basic techniques precedes each mouthwatering recipe and leads the cook step by step through preparation, cooking, and presentation.

[Download from BARD: The Modern Art of Chinese Cooking](#)

Also available on digital cartridge DB020140

Please to the Table: the Russian Cookbook by Anya von Bremzen and John Welchman

Read by Robert Blumenfeld

22 hours, 26 minutes

The authors traveled throughout the Soviet Union and many ethnic U.S. communities to collect these recipes. Along with the recipes, ranging from appetizers to desserts, they offer suggested substitutes for hard-to-find ingredients and provide a list of mail-order sources. They also offer menu suggestions and reveal many facts about Soviet culinary history and customs.

[Download from BARD: Please to the Table: the Russian Cookbook](#)

Also available on digital cartridge DB033496

Stir Frying to the Sky's Edge: the Ultimate Guide to Mastery, with Authentic Recipes and Stories by Grace Young

Read by Carol Dines

12 hours, 58 minutes

Discusses the techniques and traditions of Chinese stir-fry cooking, from selecting and seasoning a wok to finding the best cooking oil. Explains the importance of marinades and describes methods for slicing meat and preparing Asian vegetables. Includes both time-honored recipes and cross-cultural innovations featuring a variety of ingredients. 2010.

[Download from BARD: Stir Frying to the Sky's Edge: the Ultimate Guide...](#)

Also available on digital cartridge DB073662