

Taking the Mystery Out of the Menu

by Naomi Powell

PRESS RELEASE

Handy reference guide detailing obscure and useful culinary terminology to help diners order with confidence, and chefs rule their own kitchen.

Have you ever been in a restaurant and been left baffled by the menu? Do you know your bon-bon from your barquette? Or your freekeh from your fumet? Worry no more, **Taking the Mystery Out of the Menu** by Naomi Powell is your go-to guide to navigating the labyrinth of modern culinary terms.



After becoming frustrated with not being able to fully understand menus while eating out at restaurants or the ambiguous terms used in recipes when cooking at home, Powell delved into researching everything from niche ingredients to expert techniques and more. What began as a personal quest to improve her dining and cooking experience quickly became a handy reference text for everyone interested in the culinary arts. From allumettes — potatoes cut into match-sticks and fried — to umami — a basic flavour used in Japanese cooking combining sweet, sour and savoury sensations — and everything in between, this dictionary will help even the most picky of eaters impress in our food-obsessed society with ease.

Informed and accessible, **Taking the Mystery Out of the Menu** by Naomi Powell takes readers step-by-step, alphabetically through the language of the kitchen. Providing a greater awareness of the vast and exciting world of food, it will serve a practical guide for both the average diner and aspiring chef alike.

About the author: After retiring from her career as a music teacher, Naomi Powell returned to Somerset with her husband, Maurice. She is an active member of the Ricard III Society, the Nelson Society and the Royal Overseas League, as well as an enthusiastic gardener. From her home garden, she began Somerset Garden at the Limes, a business growing, harvesting and making her own preserves, which she operated for five years with retail outlets across North and South Somerset. This is her first book. **Taking the Mystery Out of the Menu** by Naomi Powell (published by Clink Street Publishing 25th May, 2017 RRP £6.99 paperback and £3.99 ebook) is available to purchase from online retailers including amazon.co.uk and to order from all good bookstores.

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