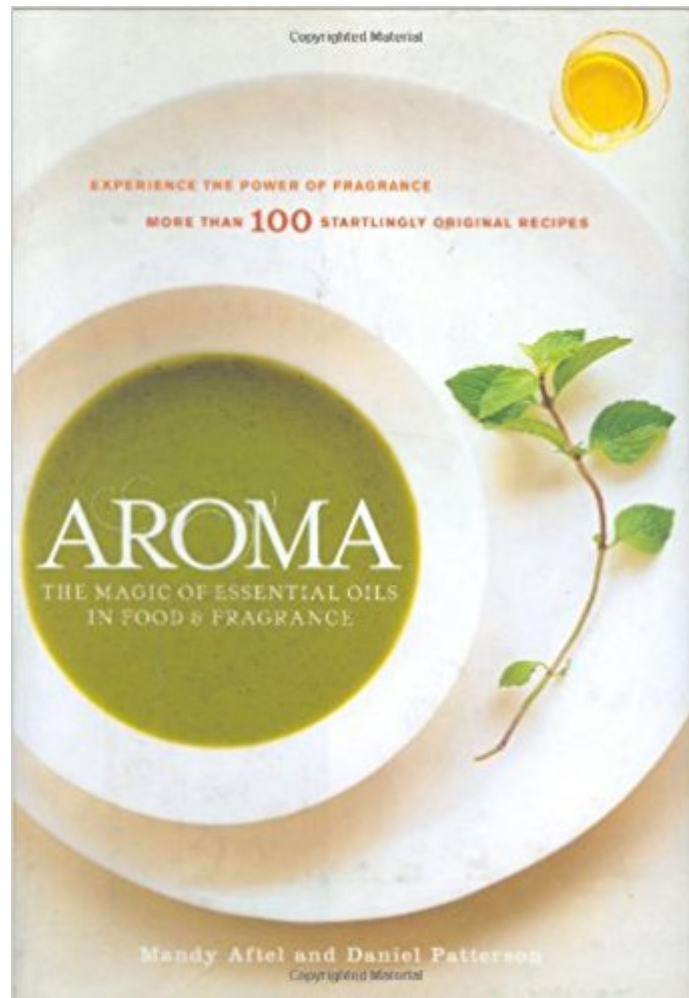




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# Aroma: The Magic Of Essential Oils In Foods And Fragrance



## Synopsis

A New Way of Thinking About Food and Fragrance Turn a brilliant natural perfumer loose in a chef's kitchen and you get vanilla perfume, saffron, ginger, and blood orange bath salts, and a cucumber mist. Turn a brilliant chef loose in a perfumer's pantry and you get rose-infused steamed bass, peach-jasmine sorbet, and scores of other startlingly original recipes using floral and herbal aromas. Aroma permeates every cuisine, from ancient to modern, in every culture and at every level, but what this pioneering cookbook, by chef Daniel Patterson and perfumer Mandy Aftel, makes evident is that aroma, not taste, is our primary experience of food. Without aroma there is no flavor. By focusing on aroma, we intensify all aspects of food, and immeasurably enhance the experience of cooking and eating. While many cookbooks include some discussion of the use of aromatics in cooking, none concentrates on this essential link, where a few drops of a fragrant essence can make commonplace dishes memorable and good dishes great. Both the food recipes and the fragrance recipes in Aroma are powerfully alluring, whether it's a coffee cologne or an orange flower custard. Cumin vinaigrettes and lemon verbena mists waft off the page. Lavender makes a grilled steak sizzle while white ruffle makes for a haunting perfume. Explicit information on ingredients, equipment, and terms and techniques complements one fragrance recipe and three food recipes for nearly thirty ingredients—lime, mint, green tea, black pepper, vanilla, and ginger, among others. This seminal work will open your senses to the aromatic, even sensual, dimension of food and fragrance.

## Book Information

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## Customer Reviews

This rather precious cookbook contains two kinds of recipes: those for food, and those for making fragrances, with the latter occasionally used in the former as well as to perfume the body. With a few exceptions, such as White Truffle and Blood Orange Solid Perfume, these sound lovely. However, preparation of both types is complex. The use of essential oils in place of the actual materials in food seems unnecessarily complicated (e.g., the suggestion that readers "add a few drops of cinnamon essential oil to melted butter, then use that butter to make cinnamon toast"). Fragrances are equally elaborate: Coffee Cologne Spray requires four absolutes and six essential oils. The food itself is creative American, like Lavender Roasted Chicken and Mint-Infused Asparagus Soup. Patterson, of San Francisco's Frisson, opening in May 2004, writes competent recipes, although some call for expensive ingredients. Aftel, who creates custom scents, easily guides readers through production of such items as Ginger and Juniper Body Oil, although her list of equipment is daunting. The real question is whether consumers want to see recipes for Coriander and Grapefruit Body Oil and Crab Salad with Coriander Vinaigrette on the same page. Photos.

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"We sense the arrival of a new total body experience." -- O Magazine, July 2004

There are few things as memorable as the aroma of home cooking. Now imagine if a chef met a chief perfumer and together they concocted exotic recipes. Mandy Aftel introduced Daniel Paterson to a number of essential oils. Some of the oils used in the recipes for facial products and gourmet treats include: 100% Pure Essential Oil Geranium 0.5 oz Liquid Lavender 100% Pure Essential Oil - 10 ml Litsea Cubeba (10 ml) Neroli 100% Pure Essential Oil 5 ml Aura Cacia - Myrrh Essential Oil, .5 oz liquid Yes many of these recipes require gourmet ingredients like the following: Pomelos Saffron Cognac Champagne Valrhona Chocolate Crème Fraiche (or you can make some with buttermilk and cream) Black truffles Urbani White Truffle Infused Oil, 60-ml Bottles (Pack of 2) Gelatin Sheets - Silver Label - by ChefShop (as opposed to the easier to find packets) Some of the unique projects in this book include two recipes for scented bookmarks. You may also want to grow your own herb garden as some of the recipes call for lemon verbena and tarragon. I tried making the face elixir which calls for Aura Cacia Chamomile and Aura Cacia Ylang Ylang. It was intoxicating and induced a deep relaxation. You can use it at night. All you really need to find is Aubrey Organics - Rosa Mosqueta Rose Hip Seed Oil, .36 fl oz liquid - which is what I used, chamomile and ylang ylang. There was really no need to order apricot oil and Mayumi Squalene - Squalene Oil which is quite expensive. Some of the tempting

recipes you might enjoy include: Chocolate-Mint Truffles Lavender Shortbread Cookies Orange Flower Custard Coffee Ice Cream with Candied Orange Chocolate-Cinnamon Caramels Vanilla Poached Pears with Sabayon Yellow Corn Pudding Glazed with White Truffle Butter Grilled Steak with Onion-Potato Compote Scented with Lavender Coriander-Crusted Wild Salmon Cumin Crackers with Eggplant Dip Steamed Halibut with Lemon-Chamomile Sauce A few of the recipes require you to first prepare a stock. Instead I'd recommend just using 1 teaspoon of stock base for every cup water. You can then substitute this for the homemade stock called for in the recipe. In one of the recipes you use cumin seeds and cumin oil. For the home cook it would just be easier to find the cumin seeds. This book introduced me to quite a few essential oils I've never heard of and I've read quite a few books on essential oils. "Litsea Cubeba" was totally new to me and it is used to make a bath oil. To find some of the oils used in the recipes you may want to try looking around here at . There is a source section at the back of the book but it would have been much more useful if it has listed specific ingredients and then the exact source. As it stands you may need to go to numerous websites to look up ingredients. Some of the things I noticed in the recipes may also discourage the making of some delicious foods. For example, in the Sweet Onion Rosemary Soup you need to make an infused oil as a separate recipe. The recipe uses six cups of olive oil. It would seem easier if the recipe had just required you to make an exact amount. One recipe uses 1-2 quarts of the oil which seems extravagant. In a recipe I really wanted to make - Artichoke-Saffron soup, there are not enough instructions to make me feel confident that I could make it. I couldn't figure out what you are supposed to do with the artichokes after you cook them. Surely you don't put the entire artichoke in the blender as the recipe seems to imply. For some of the recipes you will need to own an ice cream maker. Otherwise all you need is non-reactive cookware. It is not recommended that you use anything like aluminum or cast iron. I would only recommend this book to the very adventurous or to someone who loves entertaining because the recipes are mostly for 8 servings. The recipes will also be fairly expensive to make because you need to buy specific essential oils for almost every recipe. There are some essential oils you may only use once unless you intend to make the recipes again. I was lucky because I have a small collection of essential oils so making the facial products was fairly easy. I will on the other hand probably never buy cumin essential oil because I fear I'd never use it again except in the recipe in this book. This is really a journey of sensory discovery and one of the most unique books I've ever encountered. ~The Rebecca Review

This amazing book shows you how to maximize taste by utilizing aroma, and introduces you to things that provide the aroma. Besides being a cookbook, it also has recipes for fragrant household

and personal items. It also gives you a list of web sites where you can buy the aromatic ingredients they use. I've never seen anything like this book.

Great (and logical) assertion, but the essential oils are not readily available in Phoenix (a very large city). We can get flavorings and emulsions, but have to search out the important oils on line.

For beginning perfumers, this book offers a wealth of information that is oriented towards the usage of essential oils/absolutes/concretes while avoiding synthetic scents that are potentially toxic. Lots of references are supplied. She is an excellent writer that will captivate your attention.

Love this book.

Delivery was fast, very well wrapped, I am very happy with the company I received the book from. As far as Aroma: The magic of essential oils in Foods. There was no more information than what I use essential oils for. I was looking for something beyond beginner. For the newbie this would be a good book for them. Since my sister was visiting the same day the book arrived I gave it to her. Well wrote, pictures are nice, easy read; but I did not purchase the book to offer me blends for bath oil, cologne spray, perfumes, mist, diffusers, bath salts, body oils, I wanted a book that was more toward and only possibly "Essential Oils in Foods" not not not Fragrance.

So many good ideas. A++

Mi ha fatto veramente molto piacere acquistare da te. Sei un venditore, molto preciso e serio. I tempi di consegna sono stati brevi ed i costi molto ragionevoli. A presto

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