

rick stein's far eastern odyssey

Rick Stein's Far Eastern Odyssey is a captivating culinary journey that takes viewers and food enthusiasts across the vibrant and diverse regions of Asia. Led by the renowned British chef and television presenter Rick Stein, this series explores the rich tapestry of flavors, traditions, and stories that define the Far East. From bustling street markets in Thailand to serene fishing villages in Japan, Stein's odyssey offers an immersive experience into the heart of Asian cuisine and culture.

Introduction to Rick Stein's Far Eastern Odyssey

Rick Stein's Far Eastern Odyssey is more than just a cooking show; it is an exploration of the cultural essence that shapes the culinary landscapes of Asia. As a seasoned chef with a passion for authentic ingredients and traditional recipes, Stein embarks on a quest to uncover the origins of iconic dishes, meet local chefs and fishermen, and share stories that highlight the deep connection between food and culture.

This series is part of Stein's broader repertoire of food travel documentaries, which have garnered international acclaim for their warmth, authenticity, and educational value. The Far Eastern journey is particularly notable for its detailed storytelling, stunning cinematography, and the way it bridges culinary techniques with cultural insights.

The Concept and Scope of the Series

Rick Stein's Far Eastern Odyssey is structured around a series of episodes, each focusing on a specific country or region within Asia. These episodes delve into local ingredients, cooking methods, and food philosophies that have been passed down through generations.

Key regions featured in the series include:

- Thailand
- Vietnam
- Cambodia
- Malaysia
- Indonesia
- Japan
- China

Stein's approach combines hands-on cooking demonstrations with travel narratives, interviews, and visits to local markets, fishing villages, and family-run eateries. This comprehensive style provides viewers with a holistic understanding of each region's culinary identity.

Highlights of Rick Stein's Far Eastern Odyssey

1. Authenticity and Cultural Deep Dive

One of the series' standout features is Stein's dedication to authenticity. He immerses himself in local environments, often participating directly in traditional cooking practices. This hands-on approach allows viewers to learn genuine techniques and appreciate the cultural significance behind each dish.

2. Diverse Culinary Techniques

From the delicate art of Japanese sushi making to the fiery flavors of Malaysian sambal, the series showcases a wide spectrum of culinary skills and methods. It highlights how geography, climate, and history influence cooking styles across Asia.

3. Personal Encounters and Local Stories

Stein's interactions with local chefs, fishermen, and food vendors add depth and personality to the series. These stories emphasize the importance of sustainability, community, and tradition in Asian food culture.

4. Stunning Visuals and Setting

The series is visually stunning, capturing the vibrant street markets, serene countryside, and bustling port towns. The cinematography complements the storytelling, immersing viewers in the sights and sounds of each location.

Detailed Breakdown of Key Destinations

Thailand: A Land of Flavors and Fragrant Spices

In Thailand, Stein explores the bustling markets of Bangkok, where fragrant herbs, spices, and fresh produce set the stage for authentic Thai cuisine. Highlights include:

- Visiting local markets to source ingredients like lemongrass, galangal, and kaffir lime leaves.
- Learning the art of balancing sweet, sour, salty, and spicy flavors in dishes like Tom Yum soup and Pad Thai.
- Participating in traditional cooking classes in Chiang Mai.

Vietnam: The Heart of Fresh and Fragrant Cuisine

Vietnam's vibrant street food culture takes center stage in this part of the series. Key moments involve:

- Navigating the lively streets of Hanoi and Ho Chi Minh City.
- Mastering the preparation of Pho, Banh Mi, and fresh spring rolls.
- Visiting fishing villages to see how seafood influences Vietnamese dishes.

Cambodia: Rich History and Culinary Traditions

Stein delves into Cambodia's culinary roots, exploring how history and geography shape local flavors. Highlights include:

- Sampling Amok, a traditional fish curry steamed in banana leaves.
- Exploring the influence of neighboring countries on Cambodian cuisine.
- Visiting rural markets and learning about local staple ingredients.

Malaysia: A Melting Pot of Cultures

Malaysia's multicultural society is reflected vividly in its cuisine. The series showcases:

- The vibrant street food scenes in Kuala Lumpur and Penang.
- The preparation of dishes like Laksa, Satay, and Roti Canai.
- The influence of Malay, Chinese, and Indian culinary traditions.

Indonesia: An Archipelago of Flavors

Indonesia's diverse islands offer a plethora of culinary delights. Stein's journey includes:

- Exploring markets in Bali and Jakarta.
- Learning to cook Satay, Gado-Gado, and Nasi Goreng.
- Understanding the role of spices such as turmeric, cumin, and coriander.

Japan: Precision and Simplicity in Cuisine

In Japan, Stein emphasizes the artistry of sushi, tempura, and ramen. Key features involve:

- Visiting Tsukiji Fish Market in Tokyo.
- Participating in sushi-making workshops.
- Exploring regional specialties in Kyoto and Osaka.

China: Ancient Culinary Traditions

China's vast culinary landscape is explored through:

- Street food scenes in Beijing and Shanghai.
- Cooking traditional dishes like Peking Duck and Dim Sum.
- Visiting local markets to see the array of fresh ingredients.

The Impact and Reception of the Series

Rick Stein's Far Eastern Odyssey has received widespread critical acclaim for its insightful storytelling and authentic portrayal of Asian cuisine. Viewers appreciate the series for its:

- Educational content, suitable for both food enthusiasts and travelers.
- High production quality, capturing the essence of each region.
- Stein's personable and respectful approach to different cultures.

The series also serves as an inspiration for home cooks eager to explore Asian flavors, offering recipes and tips that can be adapted for everyday cooking.

Why Watch Rick Stein's Far Eastern Odyssey?

For Food Lovers and Culture Enthusiasts:

- Gain a deeper understanding of Asian culinary traditions.
- Discover new ingredients and cooking techniques.
- Experience the stories behind iconic dishes.

For Travelers and Adventurers:

- Get a virtual tour of Asia's diverse landscapes and cities.

- Learn about local customs and ways of life through Stein's interactions.
- Find inspiration for future travel destinations.

For Aspiring Chefs:

- Improve cooking skills with authentic recipes.
- Learn about sourcing ingredients and cooking methods from seasoned professionals.

Conclusion

Rick Stein's Far Eastern Odyssey is an engaging and educational series that offers a comprehensive look into the vibrant cuisines of Asia. Through his genuine curiosity and respect for local traditions, Stein creates a bridge between cultures, making this series a must-watch for anyone interested in food, travel, and cultural stories. Whether you are a seasoned chef, a curious traveler, or a food lover, this series provides valuable insights and inspiration to explore the rich flavors of the Far East from the comfort of your home.

Meta Description: Discover Rick Stein's Far Eastern Odyssey, a captivating culinary journey through Asia's diverse flavors, traditions, and stories. Explore the regions, dishes, and cultures that make Asian cuisine so unique.

Frequently Asked Questions

What is 'Rick Stein's Far Eastern Odyssey' about?

'Rick Stein's Far Eastern Odyssey' is a documentary series where chef and traveler Rick Stein explores the diverse culinary traditions, cultures, and landscapes across countries in Southeast Asia and beyond.

Which countries does Rick Stein visit in 'Far Eastern Odyssey'?

In the series, Rick Stein travels through countries including Vietnam, Thailand, Malaysia, Indonesia, Myanmar, and India, among others.

What new cuisines does Rick Stein explore in this series?

Rick Stein explores a variety of cuisines such as Vietnamese Pho, Thai street food, Malaysian satays, Indonesian seafood dishes, and Indian curries, showcasing their unique flavors and cooking techniques.

How does 'Far Eastern Odyssey' differ from Rick Stein's other travel series?

Unlike his previous series focused primarily on European cuisines, 'Far Eastern Odyssey' delves into the rich and diverse culinary traditions of Asia, highlighting local ingredients, street food, and

traditional cooking methods.

Are there any notable guest appearances or local experts featured in the series?

Yes, the series features interviews and interactions with local chefs, food vendors, and cultural experts who share insights into their culinary heritage and cooking practices.

What is the main focus of Rick Stein's exploration in this series?

The series emphasizes the cultural significance of food, the stories behind traditional dishes, and how local ingredients and techniques shape the diverse flavors across Asia.

When was 'Rick Stein's Far Eastern Odyssey' first aired?

The series first aired in 2023, capturing Rick Stein's latest journey through Asia's vibrant food scenes.

Is 'Far Eastern Odyssey' available for streaming, and on which platforms?

Yes, the series is available on BBC's streaming services and other platforms that carry BBC content, such as iPlayer, depending on regional availability.

Will there be a second season or follow-up series?

As of October 2023, there has been no official announcement regarding a second season, but fans can stay tuned for future updates from Rick Stein or the BBC.

Additional Resources

Rick Stein's Far Eastern Odyssey: A Culinary and Cultural Journey Through Asia

Rick Stein's Far Eastern Odyssey is more than just a television series; it is an immersive voyage that combines culinary exploration with cultural discovery across some of the most vibrant and diverse regions of Asia. Known for his approachable yet authentic cooking style, chef and presenter Rick Stein embarks on a journey that dives deep into the flavors, traditions, and stories that shape the cuisines of the Far East. This article explores the essence of Stein's odyssey, examining how his journey enhances our understanding of Asian food and culture while inspiring viewers and home cooks alike.

The Genesis of the Journey: Why the Far East?

Rick Stein's fascination with Asian cuisine is rooted in a long-standing appreciation for its

complexity, diversity, and history. Though initially known for his seafood expertise in Cornwall, Stein's curiosity about Asian culinary traditions prompted him to venture beyond familiar European waters. The series reflects a desire to uncover authentic recipes, meet local chefs, and understand the cultural contexts that influence food across countries like China, Thailand, Vietnam, Japan, and Malaysia.

The decision to undertake this odyssey was driven by several factors:

- Culinary curiosity: A lifelong passion for seafood and Asian spices.
- Cultural appreciation: Recognizing food as a window into history, religion, and societal values.
- Personal growth: Challenging himself to explore unfamiliar territories and techniques.

Stein's approach is characterized by respect and humility, aiming to showcase genuine traditions rather than superficial tourist experiences.

Exploring the Regions: An Overview of the Journey

The series takes viewers across multiple Asian countries, each with its unique culinary identity and cultural landscape. Here's a detailed look at the regions featured and what makes them special:

China: The Land of Flavors and Techniques

In China, Stein delves into the nuances of regional cuisines—Cantonese, Sichuan, Hunan, and more. Highlights include:

- Dim Sum and Street Food: Exploring bustling markets and traditional teahouses.
- Sichuan Spices: The use of Sichuan peppercorns and chili for bold flavor profiles.
- Traditional Cooking Methods: Wok frying, steaming, and fermentation.

Stein emphasizes the importance of understanding ingredients like soy, rice, and spices, which form the backbone of Chinese cuisine.

Thailand: The Balance of Sweet, Sour, Salty, and Spicy

Thailand's cuisine is renowned for its harmony of flavors. Key aspects covered include:

- Street Food Culture: From Pad Thai stalls to satay vendors.
- Herbal and Spice Use: Lemongrass, galangal, and kaffir lime leaves.
- Cooking Techniques: Grilling, stir-frying, and curry making.

Stein's interactions with local chefs reveal the artistry behind Thai dishes and the significance of fresh ingredients.

Vietnam: A Fusion of French and Asian Influences

Vietnam's culinary scene is characterized by its freshness and lightness. Notable features include:

- Pho and Banh Mi: Iconic dishes with rich histories.
- Fresh Herbs and Vegetables: Mint, cilantro, and lettuce.

- Cuisine as a Reflection of History: French colonial influences evident in bread and coffee.

Stein explores traditional markets and home kitchens, emphasizing the importance of balance and simplicity.

Japan: Precision and Aesthetics

In Japan, Stein examines the meticulous craftsmanship behind dishes such as:

- Sushi and Sashimi: The art of raw fish preparation.
- Tempura and Ramen: Comfort foods with refined techniques.
- Tea Culture: The ceremonial aspects of matcha and green tea.

Attention to detail and seasonality are central themes, illustrating Japan's dedication to culinary perfection.

Malaysia and Beyond: A Melting Pot of Flavors

Malaysia showcases a blend of Malay, Chinese, and Indian influences. Highlights include:

- Nasi Lemak and Laksa: Iconic dishes representing diverse heritage.
- Spice Markets: A multitude of chili, turmeric, and coriander.
- Cultural Festivals: Celebrating food as part of communal identity.

Stein's exploration underscores how migration and history shape culinary identities.

The Cooking Philosophy: Authenticity Meets Accessibility

Throughout the series, Stein champions the idea that authentic Asian recipes can be adapted for home cooking without sacrificing their essence. His approach is characterized by:

- Respect for Tradition: Learning from local chefs and cooks to preserve authenticity.
- Simplicity: Focusing on core ingredients and techniques rather than overly complex dishes.
- Adaptability: Offering tips for substituting ingredients unavailable outside Asia.
- Educational Focus: Explaining the significance of ingredients and methods to empower viewers.

This philosophy makes the series particularly appealing to a broad audience, from seasoned cooks to novices eager to learn.

Cultural Insights: Food as a Reflection of Society

Beyond recipes, Rick Stein's Far Eastern Odyssey provides valuable cultural insights:

- Food as Identity: How dishes symbolize regional pride and history.
- Rituals and Traditions: The role of food in festivals, religious practices, and daily life.
- Social Hierarchies: The significance of communal meals and hospitality.
- Sustainability and Modern Challenges: Overfishing, urbanization, and the impact on traditional

foodways.

Stein's interviews and visits highlight how contemporary issues influence culinary practices and food availability.

Technical Aspects: Filming, Presentation, and Educational Value

The series is distinguished by its high production quality:

- Cinematic Filming: Stunning visuals capture vibrant markets, scenic landscapes, and intricate dishes.
- Sound Design: Authentic ambient sounds enhance immersion.
- Narrative Style: Stein's personable and curious demeanor guides viewers through complex topics with clarity.
- Educational Content: Clear explanations of ingredients, techniques, and cultural contexts.

This blend of aesthetics and information ensures that viewers not only learn recipes but also gain a deeper appreciation of Asian cultures.

Impact and Reception: Bridging Cultures Through Food

Since its debut, Rick Stein's Far Eastern Odyssey has received widespread praise for its respectful portrayal of diverse cultures and its educational approach. It has inspired many home cooks to experiment with Asian ingredients and techniques, fostering greater culinary curiosity.

Key impacts include:

- Increased Awareness: Highlighting lesser-known regional dishes and traditions.
- Culinary Confidence: Encouraging viewers to try authentic recipes at home.
- Cultural Appreciation: Promoting understanding and respect for Asian societies.
- Tourism and Food Industry Influence: Inspiring travel and culinary exploration in Asia.

Stein's series exemplifies how food can be a universal language, fostering cross-cultural dialogue and appreciation.

Conclusion: A Personal and Global Voyage

Rick Stein's Far Eastern Odyssey is a testament to the power of food as a vessel for storytelling, cultural exchange, and personal growth. By traveling across Asia's diverse culinary landscapes, Stein not only shares recipes but also uncovers stories of tradition, resilience, and community. For viewers, it offers an inspiring blueprint for exploring the world's flavors with curiosity and respect. As the series continues to resonate globally, it reinforces the idea that culinary exploration is a lifelong journey—one that connects us through shared tastes, histories, and human experiences.

Whether you're a seasoned chef or a curious home cook, Stein's odyssey invites you to embark on

your own culinary adventure, discovering the rich tapestry of Asian cuisine one dish at a time.

Rick Stein S Far Eastern Odyssey

rick stein s far eastern odyssey: Rick Stein's Far Eastern Odyssey Rick Stein, 2012-04-20 Rick Stein's Far Eastern Odyssey is an ambitious journey, avoiding the beaten track and tourist hot-spots, in search of the authentic food of Southeast Asia. In this accompanying book to the major BBC series, Rick shares his favourite recipes and some well-known classic dishes inspired by the fragrant ingredients and recipes he sampled from local chefs, family-run restaurants, street vendors and market stalls. In Cambodia, Rick learns how to make a national dish Samlor kako, a stir-fried pork and vegetable soup flavoured with an array of spices; in Vietnam he is shown the best recipe for Pho Bo, a Vietnamese beef noodle soup; and in Thailand, Rick tries Geng Leuong Sai Gung Lai Sai Bua, a yellow curry made with prawns and lotus shoots that you won't find outside the country. Rick Stein's Far Eastern Odyssey includes over 150 new recipes from Cambodia, Vietnam, Thailand, Bangladesh, Sri Lanka, Malaysia and Bali each complemented by Rick's colourful anecdotes from the trip and beautiful on-location photography. This is a visually-stunning culinary tribute to Southeast Asian cooking that evokes the magic of bustling markets, the sizzle of oil and the aromatic steam from a Far Eastern kitchen.

rick stein s far eastern odyssey: Heritage Cuisines Dallen J. Timothy, 2015-11-19 Food is one of the most fundamental elements of culture and a significant marker of regional and ethnic identity. It encompasses many other elements of cultural heritage beyond the physical ingredients required for its production. These include folklore, religion, language, familial bonds, social structures, environmental determinism, celebrations and ceremonies, landscapes, culinary routes, smells, and tastes, to name but a few. However, despite all that is known about foodways and cuisine from hospitality, gastronomical, supply chain and agricultural perspectives, there still remains a dearth of consolidated research on the wide diversity of food and its heritage attributes and contexts. This edited volume aims to fill this void by consolidating into a single volume what is known about cuisines and foodways from a heritage perspective and to examine and challenge the existing paradigms, concepts and practices related to gastronomic practices, intergenerational traditions, sustainable agriculture, indigenous rituals, immigrant stories and many more heritage elements as they pertain to comestible cuisines and practices. The book takes a global and thematic approach in examining heritage cuisines from a wide range of perspectives, including agriculture, hunting and gathering, migration, ethnic identity and place, nationalism, sustainability, colonialism, food diversity, religion, place making, festivals, and contemporary movements and trends. All chapters are rich in empirical examples but steady and sound in conceptual depth. This book offers new insight and understanding of the heritage implications of cuisines and foodways. The multidisciplinary nature of the content will appeal to a broad academic audience in the fields of tourism, gastronomy, geography, cultural studies, anthropology and sociology.

rick stein s far eastern odyssey: Lateral Cooking Niki Segnit, 2018-09-20 'You could cook from it over a whole lifetime, and still be learning' Nigella Lawson 'A rigorous, nuts-and-bolts bible of a book' Jay Rayner, Observer 'Lateral Cooking...uncovers the very syntax of cookery' Yotam Ottolenghi 'Astonishing and totally addictive' Brian Eno The groundbreaking book that reveals the principles underpinning all recipe creation, from the author of the bestselling The Flavour Thesaurus Do you feel you that you follow recipes slavishly without understanding how they actually work? Would you like to feel freer to adapt, to experiment, to play with flavours? Niki Segnit, author of the landmark book The Flavour Thesaurus, gives you the tools to do just that. Lateral Cooking is organised into 77 'starting-point' recipes, including plenty of tips for substituting ingredients and reducing the phenomenal variety of world cuisine down to its bare essentials - and then building it

back up again. So, under 'Bread', we learn that flatbreads, oatcakes, buckwheat noodles, chapattis and tortillas are all variations on one theme. A few simple tweaks and you can make soda bread, scones or cobbler. And so on, through breads and batters, broths, stews and dals, one dish leading to another. Lateral Cooking is as inspirational and entertaining a read as it is a practical guide. Once you have the hang of each starting point, a wealth of new flavour combinations awaits, each related in Niki's signature combination of culinary science, history, chefs' wisdom and personal anecdote. You will realise that recipes that you had thought were outside of your experience are reassuringly similar to things you've made a dozen times before. It will give you the confidence to experiment with flavour, and the variations that follow are a springboard of inspiration to the contents of your fridge and kitchen cupboards. You will, in short, learn to cook 'by heart'- and that's where the fun really begins.

rick stein s far eastern odyssey: Recipes from China Dana Meachen Rau, 2014-02-13 Recipes from China includes a variety of recipes for each meal of the day and represents different regions of the country. Information on how to read a recipe, safety in the kitchen, and daily nutritional requirements are also included. Quick tips and variations as well as considerations for dietary restrictions round out each recipe.

rick stein s far eastern odyssey: Waitrose Food Illustrated , 2009-07

rick stein s far eastern odyssey: Rick Stein at Home Rick Stein, 2021-09-16 Home is more than a place. It's a feeling. Rick Stein has spent his life travelling the world in search of cooking perfection - from France and Italy to Australia and the far east - and inspiring millions of food lovers with the results. In Rick Stein At Home, he takes us into the rhythms and rituals of his home cooking. In his first book to celebrate his all-time favourite home-cooked meals, Rick shares over 100 very special recipes, including many from his recent Cornwall series - from sumptuous main courses such as Cornish Bouillabaisse and Braised Pork Belly with Soy and Black Vinegar to indulgent desserts like Apple Charlotte and Spiced Pears Poached with Blackberries and Red Wine. Rick explores family classics that evoke childhood memories and newer dishes that have marked more recent personal milestones - along with unforgettable stories that celebrate his favourite ingredients, food memories, family cooking moments and more. Sharing the dishes he most loves to cook for family and friends throughout the year, Rick takes you inside his home kitchen unlike he's done in any previous book.

rick stein s far eastern odyssey: Rick Stein's French Odyssey Rick Stein, 2013-01-25 Rick Stein embarks on a journey of gastronomic discovery from Padstow to Bordeaux and then to Marseille. The book is divided into a diary section and recipe chapters. Featuring starters, light lunches, main courses and desserts, the recipes include authentic versions of French classics - Vichyssoise, Pissaladiere, Bouillabasse, Cassoulet and Tarte Tatin - as well as new takes on traditional ingredients: Seared Foie Gras on Sweetcorn Pancakes, Fillets of John Dory with Cucumber and Noilly Prat, Rabbit with Agen Prunes and Polenta and Prune and Almond Tart with Armagnac. Fully illustrated with beautiful food photography by James Murphy and landscape photography by Craig Easton, Rick Stein's French Odyssey is both a souvenir of an unusual and idyllic journey through rural France and an inspiring collection of classic and original recipes. The good news is that the French rural gastronomic dream is still a reality, and the best of its food can be reproduced at home.

rick stein s far eastern odyssey: *Rick Stein's India* Rick Stein, 2013-06-07 Whenever I hear the word curry, I'm filled with a longing for spicy hot food with the fragrance of cumin, cloves and cinnamon. I see deep red colours from lots of Kashmiri chillis, tinged with a suggestion of yellow from turmeric. I think of the tandoor oven, and slightly scorched naan shining with ghee and garlic. When Indians talk of their food, they talk about their life. To understand this country, you need to understand curry. What makes a good curry? Sensual spicy aromas or thick, creamy sauces? Rich, dark dals or crispy fried street snacks? Rick journeys through India to find the answer, searching this colourful, chaotic nation in search of the truths behind our love affair with its food. Chefs, home cooks and street vendors hold the key to unlocking the secrets of these complex and

diverse flavours – and Rick's travels take him to the heart of both their long-held traditions and most modern techniques. He uncovers recipes for fragrant kormas, delicate spiced fish and slow-cooked biryanis, all the while gathering ideas and inspiration for his own take on that elusive dish – the perfect curry.

rick stein s far eastern odyssey: Rick Stein: The Road to Mexico Rick Stein, 2017-10-19 My family's favourite TV chef (he's done more to teach my children to cook than I have)... [he] has a knack for pulling together the dishes that best sum up countries and regions. Diana Henry, The 20 best cookbooks to buy this autumn OFM Food Personality of the Year 2017 Rick Stein brings his unrivalled enthusiasm and trusted expertise to the fresh, flavourful food of Mexico and California. No one better captures the food essence of a country and brings the best recipes into our kitchens like Rick. Starting in San Francisco and Baja California, and working his way down to the southernmost tip of Mexico, Rick Stein cooks, eats and experiences Mexican food at its very best and most diverse. Whether it's the farmers' markets of California, full of sourdough bread, new season garlic and a profusion of citrus fruit; the prawns, snapper and tuna of the Pacific or the glorious street food and colourful markets of Mexico with their avocados, chillies, tomatillos, cheese and corn, this is a part of the world packed with natural, healthy and satisfying ingredients. Showcasing Rick's authentic style, with recipes like Ensenada Fish Tacos with Chilli, Deep Fried Coconut Prawns and Slow Cooked Pork Tacos, this cookbook will encourage anyone to try out the bold food of these sunshine states.

rick stein s far eastern odyssey: Rick Stein's Food Stories Rick Stein, 2024-09-12 'Over my 55-year career, I've seen British cuisine transform. What we have now is an amalgam of our own rich repertoire of dishes, and the food and flavours of so many different cultures from the people who have made Britain their home – from meat and two veg to Pad Thai noodles. We have today what I believe is one of the most exciting cuisines in the world' – Rick Stein Includes all of the recipes from Rick's new BBC series Accompanying the major new BBC2 series, Rick Stein's Food Stories is an exciting collection of new classics that celebrate modern Britain. Rick's recipes reflect his mouth-watering and heartfelt exploration of today's British cuisine and how different cultures have influenced the nation's evolving palate. Rick highlights traditional favourites such as Bangers and champ with red wine gravy, Crumpets with potted shrimp, and Tattie scones with smoked salmon and puts his twist on new food and flavours that have come to our shores, including Kubo pork belly adobo, Arroz roja and Paneer jalfrezi. With stunning food and location photography, Rick Stein's Food Stories also shines a spotlight on talented food heroes from all over the country, from food growers and producers to immigrant home cooks and rebellious young chefs. Let Rick take you on a delicious journey through our joyous and ever-changing food scene.

rick stein s far eastern odyssey: Rick Stein's India Rick Stein, 2013-07-13 Whenever I hear the word curry, I'm filled with a longing for spicy hot food with the fragrance of cumin, cloves and cinnamon. I see deep red colours from lots of Kashmiri chillis, tinged with a suggestion of yellow from turmeric. I think of the tandoor oven, and slightly scorched naan shining with ghee and garlic. When Indians talk of their food, they talk about their life. To understand this country, you need to understand curry. What makes a good curry? Sensual spicy aromas or thick, creamy sauces? Rich, dark dals or crispy fried street snacks? Rick journeys through India to find the answer, searching this colourful, chaotic nation in search of the truths behind our love affair with its food. Chefs, home cooks and street vendors hold the key to unlocking the secrets of these complex and diverse flavours – and Rick's travels take him to the heart of both their long-held traditions and most modern techniques. He uncovers recipes for fragrant kormas, delicate spiced fish and slow-cooked biryanis, all the while gathering ideas and inspiration for his own take on that elusive dish – the perfect curry.

rick stein s far eastern odyssey: Rick Stein's Secret France Rick Stein, 2019-10-31 Real French home cooking with all the recipes from Rick's new BBC Two series. Over fifty years ago Rick Stein first set foot in France. Now, he returns to the food and cooking he loves the most ... and makes us fall in love with French food all over again. Rick's meandering quest through the byways

and back roads of rural France sees him pick up inspiration from Normandy to Provence. With characteristic passion and joie de vivre, Rick serves up incredible recipes: chicken stuffed with mushrooms and Comté, grilled bream with aioli from the Languedoc coast, a duck liver parfait bursting with flavour, and a recipe for the most perfect raspberry tart plus much, much more. Simple fare, wonderful ingredients, all perfectly assembled; Rick finds the true essence of a food so universally loved, and far easier to recreate than you think.

rick stein s far eastern odyssey: Rick Stein's Mediterranean Escapes Rick Stein, 2012-08-21 Approach the Mediterranean Sea from any direction and you know you've entered a different world. Rick Stein's culinary odyssey takes in both the islands and coast of this remarkable region. Travelling often by public ferry boat, and encountering extraordinary people along the way, Rick has sought out the very best of the region's food. This is a land where culinary trends are looked down upon. What matters is how good the lemons are this year and who is pressing the best olive oil. Rick's pick of more than 100 recipes includes Catalan Grilled Stuffed Mussels, Feta and Mint Pastries, Puglian Fava Bean Puree, Corsican Oysters with a Pernod and Tarragon Dressing, Moroccan Chicken with Preserved Lemon and Olives, Sicilian Orange Cake and Corfiot Rice Pudding. Fully illustrated with beautiful food photography by Earl Carter and landscape photography by Craig Easton, Rick Stein's Mediterranean is a fascinating journey into a rich and varied culinary heritage.

rick stein s far eastern odyssey: Rick Stein's Long Weekends Rick Stein, 2016-10-06 To accompany the major BBC Two series, Rick Stein's Long Weekends is a mouthwatering collection of over 100 recipes from ten European cities. Rick's recipes are designed to cater for all your weekend meals. For a quick Friday night supper Icelandic breaded lamb chops will do the trick, and Huevos a la Flamenca makes a tasty Saturday brunch. Viennese Tafelspitz is perfect for Sunday lunch, and of course no weekend would be complete without Portuguese custard tarts or Berliner Doughnuts for an afternoon treat. Accompanied by beautiful photography of the food and locations, and complemented by his personal memories and travel tips for each city, Rick will inspire you to re-create the magic of a long weekend in your own home.

rick stein s far eastern odyssey: Rick Stein: From Venice to Istanbul Rick Stein, 2015-07-30 From the mythical heart of Greece to the fruits of the Black Sea coast; from Croatian and Albanian flavours to the spices and aromas of Turkey and beyond – the cuisine of the Eastern Mediterranean is a vibrant melting pot brimming with character. Accompanying the major BBC Two series, Rick Stein: From Venice to Istanbul includes over 100 spectacular recipes discovered by Rick during his travels in the region. The ultimate mezze spread of baba ghanoush, pide bread and keftedes. Mouthwatering garlic shrimps with soft polenta. Heavenly Dalmatian fresh fig tart. Packed with stunning photography of the food and locations, and filled with Rick's passion for fresh produce and authentic cooking, this is a stunning collection of inspiring recipes to evoke the magic of the Eastern Mediterranean at home.

rick stein s far eastern odyssey: Rick Stein's Taste Of The Sea Rick Stein, 2017-01-26 For most of us, fish is something to be eaten in restaurants. The occasional prawn might sneak into our stir-fries or the odd sardine pop up on the barbecue but, for the most part, preparing and cooking fish at home on a regular basis is seen as difficult and time-consuming. Rick Stein would have us change all that. In this cookery book, he takes us to the briny world of his Cornish fishing village, Padstow, and gives us tips on the preparation of many fish types as well as showing how to make the most of each fish's unique character and flavour. This collection of 150 stylish and delicious recipes demonstrates the huge versatility of food from the sea - which is also, of course, quick to cook and healthy too! From the classic delights of Skate in Black Butter and Herrings in Oatmeal to Rick's own inventions like Chargrilled Tuna with Olives, Lemon and Sorrel, Mackerel Escabeche and Spicy Deep-fried Red Mullet, these recipes bring fish cookery to the centre of the culinary stage where it truly belongs.

rick stein s far eastern odyssey: Rick Stein's Coast to Coast Rick Stein, 2016-11-03 Rick Stein's passion for fresh, well-sourced food has taken him from continent to continent, across

magnificent shorelines and to the very best produce the coast has to offer. From Fresh grilled cod with shellfish in garlic butter at the tip of St Ives, to Cured red duck breasts with melon, soy and pickled ginger in Sydney Harbour, this collection of over 130 recipes evokes all the pleasure and flavour associated with the coast. Chapters are organised by region: healthy salads inspired by the Californian ocean, sumptuous starters fit for French cuisine, modern light lunches such as Japanese sashimi and Moroccan tagines, and main courses using fresh fruit, vegetables, fish, meat, poultry and game from the most fertile coastal regions in the world. There are recipes for classic treats such as Toad-in-the-hole with porcini mushrooms and onion gravy, staple fish masterpieces such as Poached sea trout with sorrel hollandaise, and recipes for tasty favourites from your treasured holiday destinations: Seafood Paella, Goan Curry, Welsh Cawl and Clam Chowder. All this, plus a delicious range of puddings including Hot bread pudding with armagnac sauce, Lemon Possett and Poached pears with mulberries and mascarpone ice cream. With brand-new recipes and a fresh design, Coast to Coast contains Rick Stein's most popular dishes drawn from many years of travelling the culinary globe. Easy to follow and quick to inspire, this cookbook will bring all the flavour of the coast into the comfort of your own home.

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