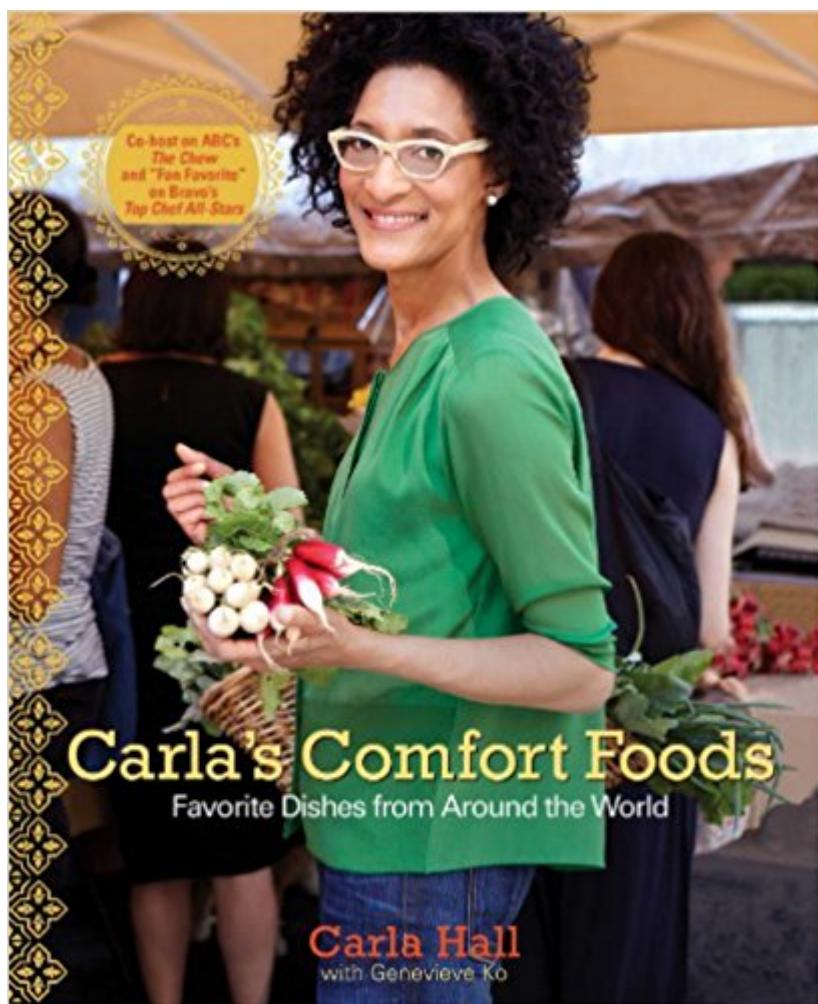


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Carla's Comfort Foods: Favorite Dishes From Around The World



Synopsis

Featuring 130 recipes with new variations on soulful favorites, this cookbook covers the culinary globe on an ingenious, delicious mission: to capture the international flavors of comfort. For Carla Hall, co-host of ABC's *Good Morning America*, food is a wonderful way to forge connections with and between people. In her delicious new cookbook, *Carla Hall's Southern Soul: 130 Recipes for Comfort Food from My Kitchen to Yours*, she finds inspiration by going around the world in search of the universal home-cooked flavors of comfort. Spinning standbys into distinctive new recipes, she combines the beloved flavors of home with the most delectable, enticing spices and tastes of international cuisine. Carla starts with your essential recipe for perfect all-American burgers; from there, you can choose to do them up Persian-style with Cucumber Yogurt Sauce, lime, and fragrant spices; or give them a Vietnamese twist with pickled veggies, scallions, ginger, and cilantro; or take your burgers to Morocco with gutsy spices, chiles, and feta cheese. Full of Carla's entertaining stories, the book shows how seasoning can transform any simple recipe. A comprehensive spice and flavor guide lets you chart your own course in the kitchen by turning your favorite go-to dish into a culinary trip around the world. In recipes that reflect her own vivacious personality, Carla takes you from Southern Chicken with Milk Gravy to West African Spicy- Sweet Chicken Stew; from German Double-Mustard Potato Salad to Moroccan Spice-Rubbed Beef Roast to Indian Chile, Pea, and Coconut Chutney; and from Southern Peach Cobbler to Greek Baklava. We all need an aromatic bowl of chicken soup from time to time; with *Carla's Southern Soul*, you can perk it up Italian-style with fresh basil and oregano; or have a taste of India with cilantro, curry, cumin, and turmeric; for a Caribbean treat, make it fragrant with lime, thyme, and cayenne pepper. From Nashville to Naples to Nigeria, nothing gathers friends and family around the table like the flavors of home. Now you can hug your friends and family with Carla's incredibly flavorful takes on creamy soups and noodles, fragrant stews and dumplings, and mouthwatering pastries, pies, and tarts. Join Carla for a delicious journey!

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Customer Reviews

Starred Review Any longtime fan of Bravo's Top Chef series will smile and nod at "Hootie hoo, Hall's key signature phrase of delight, surprise, and you-fill-in-the-blank. What's even better in her second recipe collection (Cooking with Love, 2012) is her enthusiastic and knowledgeable embrace of all things spice, whether it be a mild lemongrass or a heated habanero chili. In fact, her cookbook centers on the philosophy that food and dishes are pretty much the same the world around; you change them by changing their spices. She starts with an easy foundational dish (with a heavy emphasis on vegetables), say, roasted fingerling potatoes, followed by at least two variations—in this case, curried potatoes and peas and double-mustard potato salad. No worries, because Hall won't let any home chef flounder. Each dish includes a snappy personal introduction, directions (naturally), and Carla's tips, ranging from ideas for swap-outs (substitute curry powder for vadouvan) to specific explanations about certain ingredients. Sidebars also show off her chatty style, such as her first experience cooking red lentils. Get ready for 111 different goodnesses, including baked corn pudding, hot fried chicken, and rustic bacon-apple pie. Nothing says lovin' better. --Barbara Jacobs

"Carla Hall knocks it out of the park with her first book, all about love, tradition, family, flavor and style, and flavor again. Her true natural ability to make things delicious is all over every single recipe. I love working with Carla on "The Chew" every day and simply get jiggy every time we get to taste her magic on set. With this sweet tome in the home kitchen anyone can make thoughtful tasty food with real style." (Mario Batali)"Carla is a born teacher. Full of useful insights and her signature humor (and patience), Cooking With Love puts Ms. Hootie Hoo herself right there at the stove next to you, every step of the way. Whether you're a novice or expert, she'll have you dancing into the kitchen to whip up unbelievably simple, sumptuous feasts from scratch." (Daphne Oz, author of The Dorm Room Diet)"I love Carla's stories of how she develops her delicious dishes, tinkering with flavor combinations until she gets them just right. And

what a range: her rustic mushroom tart is great and Granny's five-flavor pound cake is worth the price of the book. (Jennifer Reese, author of *Make the Bread, Buy the Butter*) "Anyone who watches (or works at!!) the Chew knows that Carla Hall has a special way with comfort foods from the South, so it should come as no surprise that she is also a master of tasty, fresh, and simple foods from the rest of the known world. These quick and easy recipes give me an inexpensive opportunity to travel vicariously through Carla's eyes, and her fun-filled anecdotes and notes create a happy place to make exactly what I feel like eating right now. Carla is the international ambassador of the perfectly delicious!" (Mario Batali)

As the owner of an Indian meal kit delivery service (tiffintrove.com), I am usually skeptical when people put new twists on old Indian recipes. Carla Hall will NOT disappoint. She has some marvelous new twists on classic recipes, like an Indian nectarine chutney. And it's not just Indian: she takes basic ingredients and transforms them into dishes from around the world: Italian, Irish, Thai, French, Greek, Moroccan, and of course All American. If you can only have one cookbook in your life, this is it. I wish Carla Hall was my momma from another poppa bc I would love to eat this woman's home cooking. Even my niminy piminy children find these recipes appealing. Though my son drew a skull and crossbones over the peas on page 19, they can't wait to help make the peach cobbler and are excited about trying her other recipes.

I love Carla Halls recipes and entire style of cooking. this one really appealed to me due to the fact that it contains her favorite comfort foods. it just seemed fitting for the winter season to see what she has on her menus. you wont be disappointed at all. there are recipes for all sorts of things, including vegetarian options . its also offered at a wonderful price. ive seen it for more money at a local large bookstore.

Wonderful book. I had never seen much of Carla until she was on the chew. I think she is such a great chef. Her recipes are very contemporary yet many of them take me back to my simple childhood roots. The book has such a wonderful combination of recipes. I love this book. She deserves much more recognition than she gets.

I loved Carla on Top Chef and watched her prepare a fantastic pea side dish that got rave reviews from the show's experts. I wanted that recipe, now I have it and am so excited (green peas are a favorite for me). The book is witty and interesting, a great buy from a great chef and a very nice

person.

We have tried numerous recipes from this book and all have been highly received. When trying new recipes, the norm is we will have a 50-50 chance of liking it. But with this book, it has been a 100% and great find so far. Definitely recommended, depending on the kind of food you like to cook, of course.

I gave the book to my neice she loves it

All recipes sound great - only made one so far - Wonderful - can't wait to try more.

She has such good and easy recipes. Her writing makes the book so interesting, even if I didn't cook, I would buy any cookbook she writes.

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