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Beard on Pasta James Beard 2015-08-01 Classic pasta dishes from America's 1st and most beloved master chef Whether you're entertaining guests or simply cooking for 1, pasta is sure to delight. The ultimate comfort food, it can be found in the cuisines of nearly every culture. James Beard, heralded by the New York Times as 'the dean of American cookery' enriches our understanding of this culinary staple with his collection of recipes and commentary on store-bought versus homemade pasta. Some tips: changing the perfect form of a dish; using fresh pasta instead of dried. From familiar spaghetti entrees to more adventurous fare, such as udon noodle soup and spätzle, Beard brings meals from all over the globe into the home chef's kitchen. Under the guise of America's original gastronomic genius, the basic noodle is elevated in dishes such as basil lasagna, Portuguese fish stew with orzo, and cheddar angel hair soufflé. Beard on Pasta is full of easy-to-follow recipes, along with tips on preparation, sauce, and serving that you'll be eager to try. This comprehensive cookbook provides all the tools you need to make delectable and unforgettable pasta for any occasion.

The Complete Book of Combat Systema Kevin Secours 2016-02-01 In 1998 while changing after a kali training session, a friend approached Kevin Secours with a videocassette and asked, 'You ever seen the Russian martial arts?' Looking at the Cyrillic label on the video, Secours asked, 'Any good?' "It's interesting," the friend replied. 'Weird as hell but interesting.' Little did Secours know that tape would be his introduction to a 16-year (and counting) journey into the unorthodox world of the Russian martial arts, including years of high-level training under top Russian masters. On the video Secours saw mobility exercises unlike anything he had ever experienced. As he was to learn, the uniqueness of the Russian martial arts stemmed from the uniqueness of the country itself. The Cold War in the 1950s, during which the superpowers battled for supremacy, was the final fateful step that refined the Russian martial arts into what they are today. In anticipation of global warfare, the Soviet government commissioned combat researchers to travel throughout the world to study different approaches. They tested these methods and integrated the best concepts with their own native traditions. This period of development led to the creation of distinct Soviet martial arts, including Sport Sambo, Combat Sambo, and Saso, which was later modified and became known simply as Systema (literally "the System"). Approaching Systema from a decidedly Western perspective, Secours pressure-tested the strengths and benefits of every concept and technique, and ultimately took only what served him. He built his Combat Systema curriculum on a scientific approach to bio-mechanics, breath training, and combat psychology. In The Complete Book of Combat Systema, he keeps things practical, provable, and profitable for you to incorporate what works into your self-defense training.

Bookend Sandra Myrick Magnan 2022-03-15 A provocative call to action to value the environment and sustainability over capitalist exploitation.

Parentology Dalton Conley 2014-03-18 An award-winning scientist offers his unorthodox approach to childrearing: "Parentology is brilliant, jaw-droppingly funny, and full of wisdom bound to change your thinking about parenting and its conventions" (Amy Chua, author of Battle Hymn of the Tiger Mother). If you're like many parents, you might ask family and friends for advice when faced with important choices about how to raise your kids. You might turn to parenting books or simply rely on hearsay religious or cultural traditions. But when Dalton Conley, a dual-doctorate scientist and full-blown nerd, needed childrearing advice, he turned to scientific research to make the big decisions. In Parentology, Conley hilariously reports the results of those experiments, from bribing his kids to do math (since studies show conditional cash transfers improved educational and health outcomes for kids) to teaching them impulse control (giving them waffle money because evidence shows it works with unique names). Learn not to react when their peers tease them) to getting a vasectomy (because evidence shows kids with unique names will produce solid and happy ones. Ultimately these experiments are very profound, and sometimes unknown speeches from a range of scintillating personalities such as Frederick Douglass, Justin Trudeau, Albert Einstein, Meghan Markle, Barbara Jordan, and Ursula K. Le Guin. This thoughtfully curated and richly illustrated collection celebrates oratory old and new, highlighting speeches we know and admire, while also shining a light on profound drafts that were never delivered or have until now been forgotten. From George Bernard Shaw's warm and rousing toast to Albert Einstein in 1938 and the commencement address affectionately given to graduates at Long Island University by Kermit the Frog, to the riveting public announcement (that was thankfully never made) by President Richard Nixon should Neil Armstrong and Buzz Aldrin become stranded on the moon, Speeches of Note honors the world's greatest voice and words and ideas of some of history's most provocative and inspiring personalities.

The Loudspeaker Design Cookbook Richard Nixon should Neil Armstrong and Buzz Aldrin become stranded on the moon, a provocative call to action to value the environment and sustainability over capitalist exploitation.