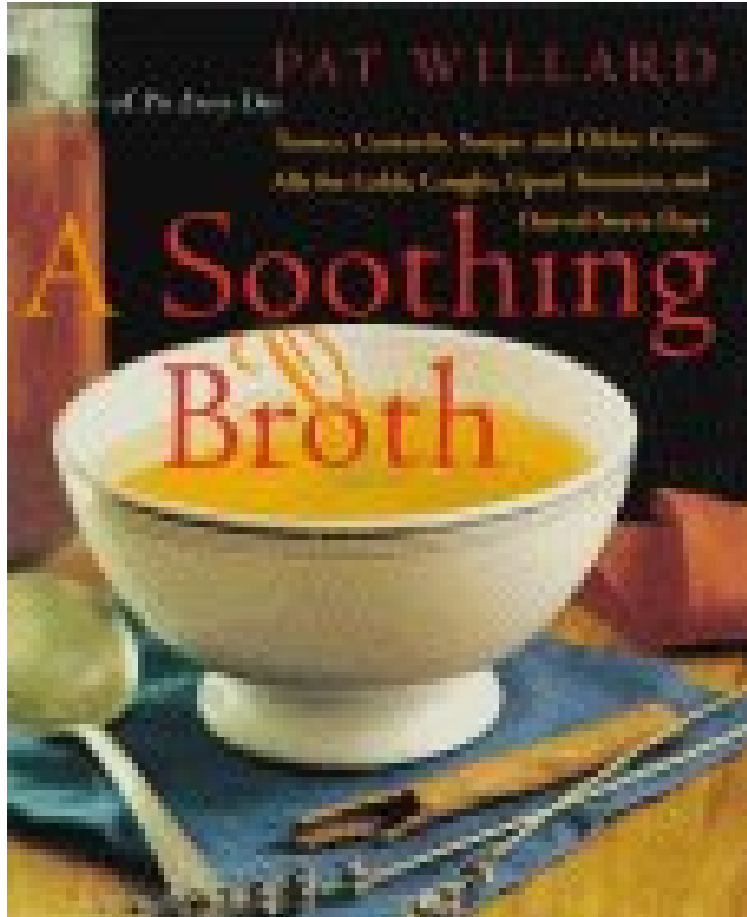


A Soothing Broth

Pat Willard

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Pat Willard : A Soothing Broth before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Soothing Broth:

0 of 0 people found the following review helpful. Recipes and encouragement for the home nurse By Tricia M. Since I love mine so much, I bought this book for a friend who, like me, goes into high gear when anyone in her family gets sick. Whether you like this book might depend on your expectations. The author is a storyteller and historian, so the information is both practical and useful. It is basically a book of recipes, both old and modern, with anecdotes and stories. It is written by a layperson and drawn from the wisdom of home nurses from centuries ago up to the present, not by a doctor or a nutritionist. Some of the recipes I have used and found helpful. Others are just interesting to read. There are other reference books I use when I want to know what herbs/medicines to give. This is what I grab to know what to feed my family so that they feel comforted and loved. 1 of 1 people found the following review helpful. Feed your body, mind and soul when sick with recipes from this book By Kristen Suzanne This book is for the broth lover or someone wanting old-fashioned recipes (with some cute stories as well) for feeding your body, mind, and soul when sick. I loved this book more than I expected and glad I found a used copy since I couldn't find any new. I recommend

it and plan on trying some of the recipes. I learned about Drambuie from this book and wow it's a regular fixture in my home now. Love that stuff. 0 of 0 people found the following review helpful. May become a family favorite
By scottPackage arrived two days earlier than expected. Nice surprise. Book is in nearly perfect condition. While I haven't made the recipes yet, the ingredients are wholesome. The text is interesting, full of historical background. --- bev

Honking and wheezing? Plumbing all messed up? Change of seasons got you down? Need a little pick-me-up? Pat Willard has just the ticket to get you back on track. While poring over weathered, vintage cookbooks, Pat found a treasure trove of recipes from the days when ailing family members were cared for at home, and everyday aches, pains, and complaints were dealt with by turning to the kitchen pantry. With a style reminiscent of M.F.K. Fisher and Laurie Colwin, and a tone as soothing as Pat's suggestions, *A Soothing Broth* includes recipes for homemade broths, tonics, juices, puddings, and teas. If a sore throat has you croaking like a frog, relieve the pain with a vinegar and cayenne pepper beverage. If you've overdone it at the gym, soak those aching muscles in a warm bath with some ginger and vinegar. A paste of wheat germ and honey will relieve the itching and take down the swelling of that nasty bee sting. You've got a cupboard full of cures in your kitchen, and *A Soothing Broth* shows you how to use them.

Good things do indeed come in small packages. Pat Willard's *A Soothing Broth* is a book barely bigger than a saucer, but it overflows with recipes, personal stories, and a fascinating look at what used to be called "invalid cooking." Willard became intrigued with healing foods while nursing her critically ill husband. Searching for something more fulfilling than canned soup and saltine crackers, she looked to the works of Florence Nightingale, medical doctors, and housewives of the 19th century. Here she found recipes both quaint and useful, plus helpful advice on caring for the ill. Willard balances an appreciation for the virtues of forgotten standbys like nutritious Oyster Broth and gentle Curds and Whey while adding 20th-century common sense to the mix--for example, by cooking eggs to 160 degrees F. Some recipes are included for "historical relevance only": Willard reminds us that cocaine was once commonly used for treating nymphomania and other "female complaints." You might serve an invalid on the mend Queen Victoria's Favorite Soup, a restorative blend of broth, chicken breast, cream, hard-cooked egg yolks, and cracker crumbs. Then, soothe yourself with tea made of rosebuds, wine vinegar, and sugar, which was recommended in 1819 for comforting a headache. Although today it is often hard to find time to make these dainties and delicate dishes, Willard still enchants with her collection of jellies, broths, gruels, and tonics. Through touching personal stories, Willard also offers support for stressed caregivers. These passages, and her healing discoveries, are presented in an earthy, modest, graceful prose that makes *A Soothing Broth* a petite treasure. --Dana Jacobi "The simple lessons I have learned from the pages of old and weathered cookbooks have taught me much about heeding the necessary conditions of life and the humble wisdom that resides in the balm of a soothing broth."--from the introduction to *A Soothing Broth* Buy this book and keep it in your medicine cabinet. Its simple wisdom will transform the way you treat headaches, stomachaches, colds, coughs, and, in fact, your entire body. --Judith Benn Hurley, author of *The Good Herb and Healing Secrets of the Seasons* From the Inside Flap Honking and wheezing? Plumbing all messed up? Change of seasons got you down? Need a little pick-me-up? Pat Willard has just the ticket to get you back on track. While poring over weathered, vintage cookbooks, Pat found a treasure trove of recipes from the days when ailing family members were cared for at home, and everyday aches, pains, and complaints were dealt with by turning to the kitchen pantry. With a style reminiscent of M.F.K. Fisher and Laurie Colwin, and a tone as soothing as Pat's suggestions, *A Soothing Broth* includes recipes for homemade broths, tonics, juices, puddings, and teas. If a sore throat has you croaking like a frog, relieve the pain with a vinegar and cayenne pepper beverage. If you've overdone it at the gym, soak those aching muscles in a warm bath with some ginger and vinegar. A paste of wheat germ and honey will relieve the itching and take down the swelling of that nasty bee sting. You've got a cupboard full of cures in your kitchen, and *A Soothing Broth* shows you how to use them.