



[How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart](#) by Pam Anderson. Copyright © 2018 by Pam Anderson. Photographs copyright © 2018 by Lauren Volo. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

Our Summary:

Fleetwood Mac may have written the song, “Don’t Stop Thinking About Tomorrow,” but New York Times bestselling author, Pam Anderson takes these lyrics to another level in her latest cookbook, [How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart](#). Writing the original, *How to Cook Without a Book* nearly two decades ago, Anderson recognized that a changing food scene and a new generation of home cooks needed a revised edition, with its emphasis on thinking ahead and prepping like a cook.

She wants you to learn *how* to cook, and offers you simple strategies to help you succeed. [How to Cook Without a Book](#) acknowledges the contemporary time crunch and gives every home cook the confidence and simplicity to succeed. Anderson’s formulas, recipes and techniques can be used as jumping off points. The possibilities are endless as you get to create the meals for the way you eat and live, which keeps us happy in the kitchen and brings everyone around the table.

What you need to know:

Get it: [How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart](#) by Pam Anderson. Copyright ©2018 by Pam Anderson. Photographs copyright © 2018 by Lauren Volo. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC, August 28, 2018, Hardcover \$29.99 ([Amazon\\$19.49](#); [Kindle \\$15.99](#))

See it: 272 pages of practical, nourishing and delicious recipes with modern tips and techniques for both the experienced and novice cooks alike. She provides a heartfelt introduction that answers the question, “why the need for an updated and revised edition of her original cookbook?” An organized Table of Contents provides a simplistic overview of each intriguingly titled chapter from, “A Little Mise” to “Shove it in the Oven Stew.” Chapters are divided into individual techniques and formulas with multiple variations that follow each recipe for success in the kitchen. There are several photos of ingredients and finished dishes throughout the book.

Make it: A large collection of formulas with recipes to add to your personal repertoire that help you “spread your culinary wings to create your own variations.” Sensible and easy to understand techniques for all levels of cooking enthusiasts.

Cherie’s Review:

At first glance, [How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart](#) made me question, “why then do we need a *book*?” By the time I got to the page 21, “How to Use This Book”, I understood the need to put this cookbook front and center in my cookbook collection. It just makes sense. There is affirmation and education in each chapter for those stepping into a kitchen for the first time and, those – like me – that have been cooking a long time.



Anderson acknowledges that we are all over scheduled, living in erratic and unpredictable times, but we still need to eat. So [How to Cook Without a Book](#) starts with advice on stocking a “Full Larder.” We know how much time and energy it takes to run to the grocery store every day or every other day and Anderson addresses this by giving clear instructions on how to keep your freezer, refrigerator and pantry stocked. “Surrounding yourself with good food is the first step in effortless cooking.”

In the chapter “A Little Mise,” [How to Cook Without a Book](#) offers advice to prepare “a little extra” while prepping for one meal. An example would be making extra rice or a simple tomato sauce when you have the time; which then makes it easy to say, “yes to cooking” on a night when you might not have a lot of time. Her recipe for an *All-Purpose Vinaigrette* or *Balsamic Vinaigrette* are two wonderful make ahead recipes that work well for salads with sturdy greens like kale or drizzled over grilled asparagus or roasted root vegetables and beautiful cuts of meats. *Caramelized Onions* or as Anderson calls them, “*Culinary Gold*” are another make ahead perfect ingredient that can be kept in a covered container in your refrigerator for several weeks. You can use them to flavor scrambled eggs, punch up a tomato sauce, as a pizza topping and so much more!

[How to Cook Without a Book](#) provides us with a basic formula for a “*Loaded Frittata*” in a chapter of the same name. It is easy to follow using eggs as the base and we can then add any combination of proteins and vegetables that we have on hand. The options she offers are unending and her *Tips and Tricks* are noteworthy!

The “*Weeknight Take-In*” chapter encourages us to step into the kitchen and create delicious, *Stir Fry*, *Pad Thai*, *Lo Mein* and *Fried Rice*. The recipes in [How to Cook Without a Book](#) make these “supper-friendly” without lengthy preparation, and demystifies the stir fry! Anderson has used a basic formula for years, using 1 pound each of protein and vegetables, 1 onion, 1 tablespoon each garlic and ginger, 1 recipe flavoring sauce, a little diluted cornstarch for thickening and oil for stir frying. This cookbook gives detailed options for proteins and vegetables as well as beautiful photos of the completed dishes.

[How to Cook Without a Book](#) helps you master the techniques of searing and sautéing in the chapter, “*If You’ve Made One Sear or Sauté, You’ve Made Them All.*” *Seared Scallops with Orange-Balsamic Pan Sauce* offers information on purchasing “dry” scallops and preparing them beautifully. She offers us wonderful advice on cuts of meats and fish that will sauté to perfection. *Sautéed Chicken Breast over Lemony Lima Bean and Rice Salad with Cilantro-Lime Dressing* is a wonderful weeknight recipe that Anderson features. She accompanies this chapter with, “*Instant Gratification: Pan Sauces and Drizzles,*” which gives us the basic formula and dozens of suggestions for sauces with fantastic flavors!

“*Two Chickens, Three Dinners!*” is based on using rotisserie chickens for multiple meals as well as *DIY Roast Chicken* directions. She is creative and encourages us to use the skin and bones to make “*The Broth,*” stating that her best “from-scratch” chicken broth starts with rotisserie chickens. [How to Cook Without a Book](#) has several soup recipes that use this basic broth base, like her *Lemon Chicken Soup with Spinach and Dill*.

This update to Pam Anderson’s classic cookbook will not disappoint. [How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart](#) is written clearly and concisely with the home cook in mind. Her emphasis on “thinking about tomorrow,” makes perfect sense when meal planning



and shopping for ingredients. Anderson teaches classic cooking techniques in a contemporary way. Using her simple, innovative style allows the home cook to create multiple variations with the end goal of not needing a cookbook at all! Anderson dedicates her cookbook to, “all cooks who gather people to the table as often as they can.” [How to Cook Without a Book](#) gives every level of cook the confidence they need to not only think about what they are cooking today, but also about what is possible tomorrow.

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[Thai Coconut Chicken Soup](#)

[A Vat of Tomato Sauce, Garlicky or Vegetable \(with Sausage Creole recipe\)](#)

[Shove it in the Oven Stew](#)