



A COOK'S GUIDE TO CHICAGO

2nd Edition

* WARNING! Shopping in ethnic markets can be habit forming. *

The Different, The Daring, and The Wild

How adventurous is your palate? Here's a quick list of ingredients you may not even realize yet you can't live without!

The Different

labna (Middle Eastern sour cream cheese), p. 160
shlisikai (poppy seed milk soup), p. 111
solomon gundy (herring paste), p. 173
ajvar (Balkan eggplant pepper dip), p. 147
rose petal spread, p. 151
freakah (green cracked wheat), p. 159
kri-kri peanuts, p. 162
coo coo (Caribbean cornmeal mush), p. 173
paan leaves (betel leaf), p. 183
anardana (pomegranate seed), p. 184
hair vegetable (black moss), p. 206
edible lily bulbs, p. 229
Korean "sexy drink", p. 245, 253
fresh jute leaves, taro leaves, and banana flowers, p. 221, 242, 254, 262

The Daring

every part of the pig but the oink, p. 82
squid in its own ink, p. 93
xoconostle (sour cactus fruit), p. 96
sweetbreads, p. 108
headcheese, p. 108, 229
harissa (Tunisian chili sauce), p. 159
Scotch bonnet chiles, p. 172
papaya-habanero sauce, p. 177, 204
live turtles, p. 210, 212
dried seahorse and deer antlers, p. 211
beef tendons, tongue and tripe, p. 221, 241, 82
wasabi mayo, p. 242
cod intestines, p. 244
Korean pumpkin gruel drink, p. 245
green bean ice cream bars, p. 263

The Wild

bull penis, p. 21
mustard oil (decreed a potential health risk by the FDA), p. 187
varak (edible gold or silver in thin sheets), p. 187
1,000-year-old eggs, p. 202, 223
fish lips, p. 202
fish maw (air bladder), p. 203
cloud ear fungus (black fungus, tree fungus), p. 206
grass jelly & bird's nest drinks, p. 207
semen euryales, p. 211
organ meats from organs you never thought about before, p. 221
frozen chunks of beef blood, p. 221
gochujang (Korean hot pepper paste), p. 243
squid tubes, p. 263
veal brains, p. 263

"Marilyn Pocius leaves few baking stones unturned . . . *Cook's Guide* will have considerable staying power as a resource for cooks."

—Chicago Tribune, "Good Eating"