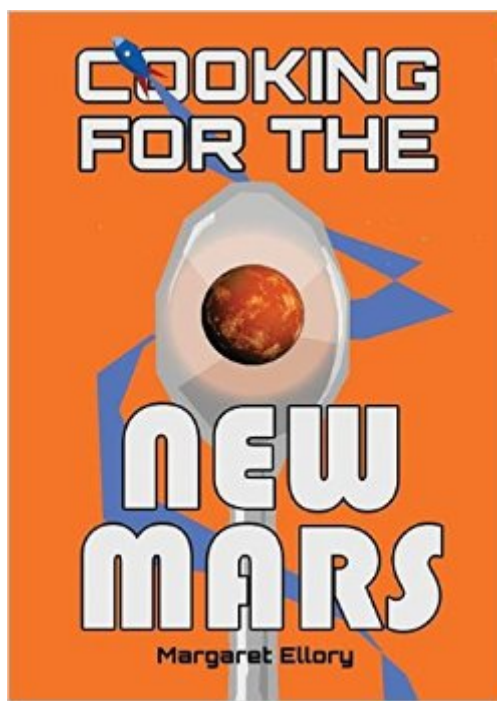


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# Cooking For The New Mars



## Synopsis

• is a theoretical cookbook that looks at the way common recipes will evolve once we establish a habitat on the surface of the red planet. Deep-frying will be right-out, I'm afraid, and bacon is going to become the stuff of myth and legend. Right now the primary focus in research is on foods that can be consumed in space, which these days are predominantly MRE-style packages. Once we hit ground, however, things are going to have to change. A little bit of tongue-in-cheek cookery, ingredients a little outside the norm, but thoroughly space-worthy and an eye for the way tastes and chefs change to suit their environments make this a must-have for the experimental chef and the science-fiction fan.

## Book Information

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## Customer Reviews

Cooking for the New Mars takes on the interesting premise of how one of the most important of human activities could be performed on a colonized Mars - cooking good tasting and healthy food. The book is full of recipes - some of which use conventional and some not so conventional ingredients - that are designed to use the sorts of ingredients, tools and techniques likely to be available to a new Martian and which would not be out of place in the terrestrial kitchen of someone concerned with sustainable cuisine. While the recipes are the core of the book, I greatly enjoyed the Small Talk pages (full of interesting discussion topics) and the opening and closing sections which explain the choices of ingredients and cover techniques and other considerations. I have tried a few of the recipes (no meal worms though - sorry). I quite liked the curried potatoes and the salsa. A lot of fun could be had with the kids trying out recipes (maybe with a few substitutions - cuy might be

right out, for instance, if they have a pet guinea pig).and talking about why they are the way they are.All in all, a very nice piece of work.

Delightful series of essays. I hadn't really thought about colonizing Mars in terms of historical human migration (how good cultivation/preparation had to adapt) until I ran across this little gem. Most essays are looking at the near-term (food transported from Earth) rather than at the whole dining ecosystem.

This book has taken me back to my childhood; a simpler time when we had less and were so much more dependent on the Old World. Each of the recipes recorded by Margaret Ellory takes me home to when the warm rich smell of Roasted Cuy (pg 51) and the sound of laughter on Landing Day was so thick that the air scrubbers could not possibly filter it all out. Flipping through this book brings to mind the feeling of those long day cycles spending hours kneeling in the dark compost soil next to both of my fathers and my mother digging mealworms out of the nesting bins. I remember the jittery anticipation for those delicious Candied Mealworms (pg41) that would be our Halloween treat. Cooking for the New Mars is a triumph of traditional martian pioneer comfort food. Almost all of these recipes crossed our homestead table, prepared with love by my father Clarke who took joy in his cooking duties and the bond he facilitated by a family sharing a meal together. A few of the recipes are new to me, the Carp Hash (pg 61) and the Zucchini Pancakes (pg 81) for instance. These delicious discoveries have brought a new tradition to my family's table for the next generation of Martian.

This is a book that explores what it means to be human in a rather genre-bending way, a cookbook for martian settlers. This is a funny and touching cookbook that made me laugh out loud, but it also made me incredibly curious in that special "I wanna make that" way.

"Cooking for the New Mars" is a delightful anomaly amongst cookbooks and a thoughtful one at that. It imagines what we will actually have to do to nourish ourselves on the Red Planet, a culinary manual for the future. Writer Ellory has researched what might actually work as sustainable cuisine for humans on Mars, somewhat in the spirit of the novel/movie "The Martian" but in real detail, so much so that you can test these recipes in your own kitchen. While I didn't test them myself, my favorites are Beet Wine and Martian Fudge, also made from beets. It looks like colonists will have to develop a taste for "mealworms" and "cuy," the latter being another word for guinea pigs. If those

little rodents are too cute for you to eat, Ellory advises keeping them around for their poop, which will help fertilize your precious soil and grow healthier food. Along with the recipes are "Small Talk" pages with thought-starter ideas that could apply to either your life on Mars or even today on Earth. All-in-all, a unique addition to any science fiction/science fact library.

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