



Ginger, Lily and Sweet Fire - A Romance with Food

H. Lamar Thomas

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Ginger, Lily and Sweet Fire - A Romance with Food is a unique cookbook which combines poetry (by the author) as well as four different styles of fusion cooking. Each section is broken into seven different menus that contain recipes for an appetizer, an entree, a side dish and a dessert...twenty-eight menus in all. The four sections are 1) Ginger, Lily and Sweet Fire (Thai fusion); 2) Mediterranean Hillside and Beaches; 3) Island and Oasis; and 4) Flowering of America. There is also a wealth of information concerning spices, fish and herbs. The author, H. Lamar Thomas has traveled the world exploring different styles of food culture. He was the Executive Chef at the East/West Bistro in Athens, GA, and has written extensively on food in Southern Distinction Magazine and Atlanta Cuisine. He is a member in good standing with Sea Web and Seafood Choices Alliance (two organizations focused on the eco-friendly harvesting of seafood). "You can always count on Chef Lamar Thomas when it comes to assembling recipes using fresh sustainable seafood. His passion and respect for the sea shines through every dish he prepares, making him an integral part in the fight to protect our oceans from depletion." - James O. Fraioli, award-winning culinary author

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