Knockout dining leaves fans breathless at this Gramercy New American paragon where rock star chef Rocco DiSpirito produces sublime, synergistic dishes. —Zagat, on Rocco DiSpirito's restaurant Union Pacific

He runs one of the most successful restaurants in New York City. He is seen everywhere from David Letterman to Good Morning America to the Food Network. He has graced the cover of Gourmet magazine as America's Most Exciting Young Chef -- and Zagat calls him a rock star. Now, Rocco DiSpirito unleashes his culinary magic with Flavor. In Flavor, DiSpirito shows readers how to create bold, intriguingly delicious food through combinations of ingredients both mundane and exotic. The cuisine is sophisticated but surprisingly easy for home chefs to replicate. Using the four flavors (sour, sweet, bitter, and salty) as basic building blocks, Rocco demonstrates how to combine and commingle flavors to create one-of-a-kind dishes. Some recipes included in Flavor are:

- Lemongrass Lobster Salad
- Baby Lettuces with Pickled Squash Blossoms and Yogurt-Tahini Vinaigrette
-- Calamari with Coconut Curry and Green Papaya

-- Braised Veal Roulade with Root Vegetables

-- Cinnamon Glazed Duck

-- Lavender Creme Brulee

-- Peach-Phyllo Strudel with Goat Cheese Cream and much more

This cookbook is so interesting because its very creative and it lets you in on the process. Roccos cooking theory here is sweet, salty, bitter, sour and he labels each ingredient in the recipes with a colored dot so you can see how he is using one (or more) of each per recipe. Then in the back of the book, he has a couple pages listing food items that qualify in each category, so you can think up your own mix of ingredients. The book also has helpful items like mini photos of the more unusual foodie items that my be hard to find, plus a couple pages with ideas of where to buy them (online gourmet shops). I love the cookbook because it has soooo many photos! Each dish has a huge, full-page, color photo of it. There are also tons of black-and-white photos of Rocco and his chefs cooking in a restaurant kitchen (this book is a few years old and he was at Union Pacific then, I think). For the other reviewers commenting on the photos, some are done in an artsy style where the photo is blurred to show movement. Each recipe also has a paragraph or 2 preceding it where Rocco tells a story about the dish. So its not your typical cookbook with just a bunch of typed-out recipes! There are a few super-easy recipes that I can definitely make: Nutella sandwich with broiled bananas, cauliflower soup, radish and cranberry salad. The book has a mix of super-easy, medium-easy and hard recipes with some super-hard recipes in a separate section in the last chapter. Its fun to see photos and descriptions of some of Roccos famous dishes even though they would be too hard for me to make, like uni sea urchin (yikes! where would you find this?) with raw scallops and tomato water (made by hand) and mustard seed oil (made by hand).

For More 5 Star Customer Reviews and Lowest Price:
Flavor by Rocco Dispirito - 5 Star Customer Reviews and Lowest Price!