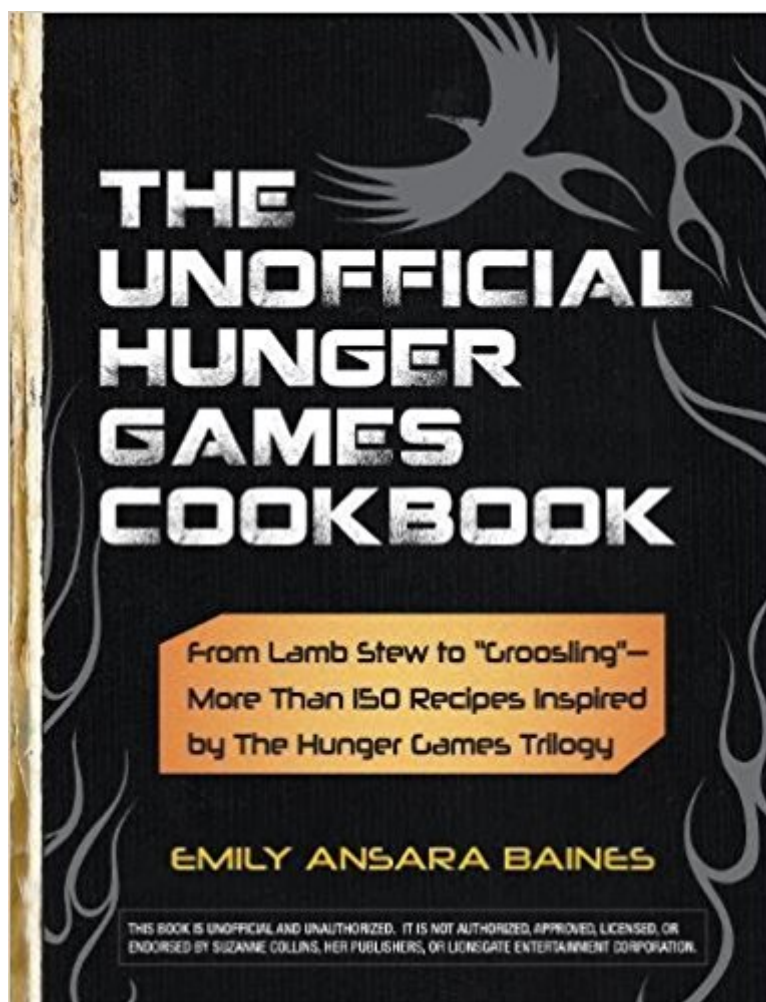


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# The Unofficial Hunger Games Cookbook: From Lamb Stew To "Groosling" - More Than 150 Recipes Inspired By The Hunger Games Trilogy (Unofficial Cookbook)





## Synopsis

"Here's some advice. Stay alive." --Haymitch Abernathy  
When it comes to The Hunger Games, staying alive means finding food any way possible. Katniss and Gale hunt live game, Peeta's family survives on the bread they make, and the inhabitants of the Seam work twelve-hour days for a few handfuls of grain--all while the residents of the Capitol gorge themselves on delicacies and desserts to the heart's desire. For the first time, you will be able to create delicious recipes from the humble District 12 to the extravagant Capital, including:  
French Bread from the Mellark Family Bakery  
Katniss's Favorite Lamb Stew with Dried Plums  
Rue's Roasted Parsnips  
Gale's Bone-Pickin' Big Game Soup  
Capitol-Grade Dark Chocolate Cake  
If you're starving for more from Katniss, Peeta, and Gale, this cookbook is sure to whet your appetite!

## Book Information

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## Customer Reviews

Featured Recipe: Katniss's Favorite Lamb Stew with Dried Plums "Katniss's favorite food from the Capitol is the delicious lamb stew with dried plums. It's no coincidence that this is her favorite dish. Soups and stews are common foods in the Seam, and this healthy and filling dish likely reminded her of the home and family she desperately missed." (The Hunger Games, Chapter 9)   
Yield 8-10 servings  
5 pounds lamb fillet, shoulder or leg, cut into 2-inch pieces  
2 teaspoons salt  
1 teaspoon ground black pepper  
1 cup all-purpose flour  
2 tablespoons olive oil  
3 cloves garlic, minced  
1 large onion, chopped  
1 cup water  
4 cups beef stock  
2 teaspoons white sugar  
3 teaspoons brown sugar  
3 cups diced carrots  
1 cup diced zucchini  
1 cup diced celery  
2 large onions, diced  
3 potatoes, cubed  
5 cups dried plums  
2

teaspoons dried thyme 3 teaspoons chopped fresh rosemary 2 teaspoons chopped fresh basil 1 teaspoon chopped fresh parsley 2 bay leaves 1 cup ginger ale Place lamb, salt, pepper, and flour in a large mixing bowl. Toss to coat meat evenly. Heat olive oil in a large pan and brown the meat, working in batches if you have to. Remove lamb to a side plate. Pour off fat, leaving ½ cup in the pan. Add the garlic and onion and sauté until the onion becomes golden. Deglaze frying pan with the ½ cup water, taking care to scrape the bottom of the pan to stir up all of the tasty bits of meat and onion. Cook to reduce liquid slightly, then remove from heat. Place the lamb and garlic-onion mixture in a large stockpot. Add beef stock and sugar, stirring until sugars are dissolved. Bring mixture to a boil, cover, and simmer for 1½ hours. Add the vegetables, dried plums, herbs, and ginger ale to the pot. Simmer for 30-45 minutes, or until meat and vegetables pierce easily with a fork.

"Hungry for the dishes served up in Suzanne Collins' Hunger Games trilogy? The Unofficial Hunger Games Cookbook: From Lamb Stew to "Groosling" -- More Than 150 Recipes Inspired by The Hunger Games Trilogy is ready to rock fans' kitchens." --USA Today

"The Hunger Games movie is just a few months away, and really, who isn't secretly super-excited for the teen post-apocalyptic book trilogy to make it to the big screen? Watching the trailer on repeat is pretty fun. . . but now comes an even better way to sate your appetite--literally--until the film comes out. The Unofficial Hunger Games Cookbook!" --Village Voice

"In the postapocalyptic fantasy series The Hunger Games, starving characters eat whatever they can kill or forage: wild dog, horse, tree bark, mouse meat....fans have become obsessed with the food in the books, trying home preparation of dishes such as fire-roasted rabbit and seaweed bread. This month, The Unofficial Hunger Games Cookbook was published, with 150 recipes for rustic, gamy fare including fried squirrel and raccoon in bacon drippings, though none for dog. Food, and the lack of it, is a recurring theme in the dystopian trilogy." --The Wall Street Journal

"Most of the recipes are definitely ones that my whole family will enjoy and the kids will love knowing about the connection to The Hunger Games. If you or your children are fans of The Hunger Games, you definitely need to pick up a copy of The Unofficial Hunger Games Cookbook." --Confessions of an Overworked Mom Blog

"I give it a 'buy.' If you are into cooking game, and like a diverse cookbook that allowed you to easily substitute ingredients, then this is for you." --Bossy Italian Wife Blog

"Forget Katniss' hunting bow--you won't go hungry like the folks at District 12 if you've got this cookbook handy! Consider it a gastronomic tour of the futuristic dystopian saga, taking you from the humble tables of Katniss' forlorn home district to the lavish banquets of the Capitol." - E! Online

i'm a self described Bookworm Nerdgirl Fatkid which means I love to read, eat, and read cookbooks - SO the fact there is a Hunger Games "unofficial" cookbook, was one I couldnt pass up (plus the digital version was cheaper than the actual book)the recipes are pretty straight forward, simplified a lil here and there, making ingredients more easily attainable. its def a fun, kind of cheeky twist on a movie tie inalso a nice little touch is the commentary from the "sponsor" about several of the recipes :)I recommend this purchase for a future Hunger Games themed dinner party/movie nite!

Wish this had some pictures or visual interest of some kind. I like my cookbooks a little more aesthetically engaging.

came in the mail tonight, i love it! simple as that. i actually made three items from the cookbook, and they we're amazing!! omg so good. i had the pink mashed pos, with a grilled stuffed groosling, and chai lette. it was wonderful, having a birthday party, and making some of the food out of the book, i'd also like to remind any silly parents that buy this from their "hg super fan" child. it's not for kids, it's more for 16 and up! not 12 to 15 it'll bore them and they'll get tired quite fast. i'm 18 and i love this book, it's wonderful. their's a few recpi's that call for "wild dog" it's a punt, lolololol. for anyone who gets mad over it should laugh their joking it says to use a red meat. c:

this book has some crazy exotic recipes, including some pretty odd meats like squirrel... but you could substitute other meats i suppose. My cousin made a feast before the movie premiere and everything was delicious! so i went home and ordered the book for myself. It arrived pretty quickly but it had gross sticky residue on the front and back, it wasnt from the packaging because the box wasnt sticky. it grossed me out, but still a good recipe book. a ton more recipes than i expected too! Also, each recipe tells you the passage from which book it was created from, pretty cool.

When The Hunger Games came out on DVD my friends and I had a screening and a "Capitol Feast" so we made several recipes from the cookbook and they were all fantastic and not too complicated! I would definitely make all the recipes I tried again, they were delicious. The only thing that throws me off is the request for squirrel and other small woodland creatures, since those things aren't sold in the local supermarket in NJ. I'm sure you could improvise and use chicken or pork to substitute if you really wanted to. Overall, I think the dishes in this book were a success!

Can't wait to try these recipes! They have them sectioned into meals and then sub-divided into the characters. Pretty cool

My son ordered this as a gift for his girlfriend. The shipping was super-quick and it's a nice looking book. I flipped through it, and it seems like a ton of recipes that no one will ever use, especially the teens that it's (I assume?) marketed toward. Rabbit? Really? Anyway, if you have a teen girl in your life who is crazy about Hunger Games and enjoys cooking, maybe she'll like this book. I sure hope so!

I bought this cookbook before our book club discussed "Hunger Games." We have a combined book discussion and potluck, so I shared recipes, and it was a lot of fun. Many were introduced to quinoa -- one warning: the recipe for quinoa and black bean salad says it serves 4 to 6, but after 8 hearty servings, we still have half left. I would cut the amount of quinoa in half for both the quinoa recipes -- 1-1/2 cups makes quite a lot.

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