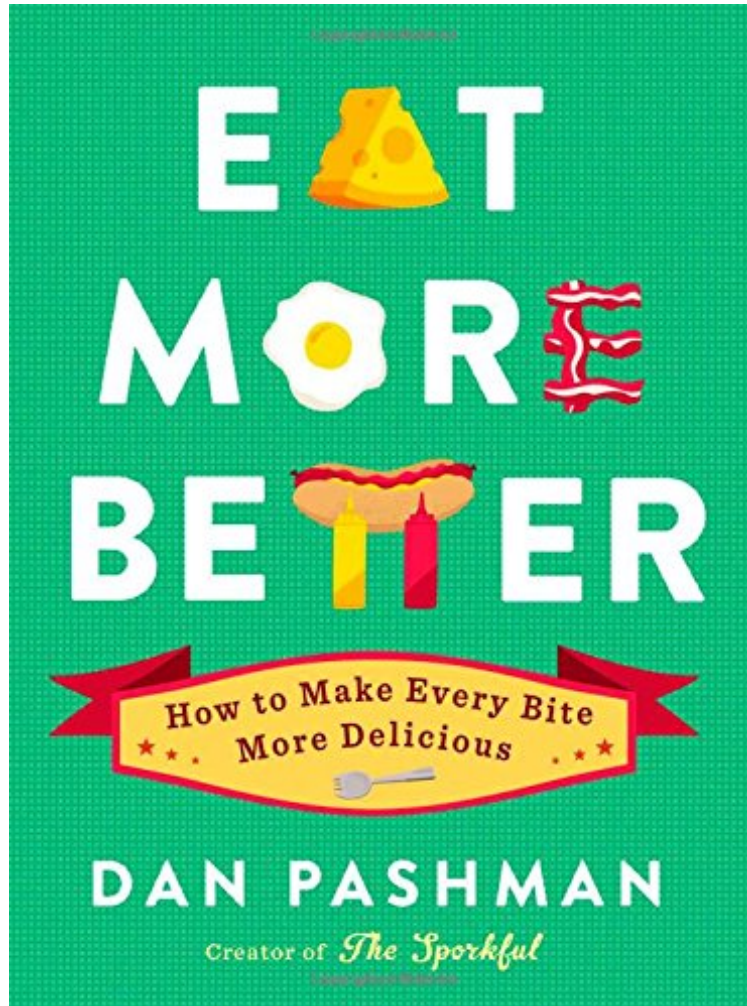


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Eat More Better: How to Make Every Bite More Delicious

Dan Pashman

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Dan Pashman : Eat More Better: How to Make Every Bite More Delicious before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat More Better: How to Make Every Bite More Delicious:

2 of 2 people found the following review helpful. Soggy, forced, indigestibleBy GatitaMundialWhen I heard Pashman on NPR he was so laugh-out-loud funny, his quirky take on food seemed to offer some curious gems on enhancing every day eating experiences, so I sought out his book. Reading it was like getting heartburn of the mind, kind of like brain freeze but without the pleasantness of ingesting something. Apart from the textbook binding - cumbersome and unappealing, the hideous, childish computer graphics offer no insight while yielding a distinctly institutional feel. Then there is the forced, pining phraseology, with section headers such as: SATVOR, or surface area to volume ratio, crab nebula, the semolina fulcrum, life as a seasoning, taste the momentousness of turkey brine, in vitro popcorn fertilization, embrace the sog crostini, the sandwich genome project, the tipping point, pasta phylum criteria...oh it

goes on and on without mercy. The writing hits your system like a stale, soggy, overstuffed gastropub sandwich...heavy, dull, surprisingly un insightful for all the fanfare of its forced creative formula. It will give your brain and palate indigestion. Sorry Dan, you have skill in radio, but your writing and gastronomy tips are a heaped serving of yuck.0 of 0 people found the following review helpful. Read it and laugh.By MikeFunny, interesting and challenging - just like the podcast. I don't always agree with Dan's ideas, but he always make an enjoyable argument. Just like his podcast. Strong work!0 of 0 people found the following review helpful. An interesting view of how we eatBy JoeTaxpayerThis book delivers on its title. How to make every bite more delicious. It's not a cookbook. It's not a book of recipes. It's an odd way of looking at the food that we eat, and maybe not for everyone. I'd suggest listening to Dan's podcast first, if you are not a fan, this book may not be for you. I borrowed it from the library, and after 2 weeks of very slow reading, decided it was worth buying.

What if you could make everything you eat more delicious?As creator of the WNYC podcast The Sporkful and host of the Cooking Channel web series You're Eating It Wrong, Dan Pashman is obsessed with doing just that. Eat More Better weaves science and humor into a definitive, illustrated guidebook for anyone who loves food. But this book isn't for foodies. It's for eaters. In the bestselling tradition of Alton Brown's Good Eats and M.F.K. Fisher's The Art of Eating, Pashman analyzes everyday foods in extraordinary detail to answer some of the most pressing questions of our time, including: Is a cheeseburger better when the cheese is on the bottom, closer to your tongue, to accentuate cheesy goodness? What are the ethics of cherry-picking specific ingredients from a snack mix? And what role does surface-area-to-volume ratio play in fried food enjoyment and ice cube selection? Written with an infectious blend of humor and smarts, Eat More Better is a tongue-in-cheek textbook that teaches readers to eat for maximum pleasure. Chapters are divided into subjects like engineering, philosophy, economics, and physical science, and feature hundreds of drawings, charts, and infographics to illustrate key concepts like The Porklift—a bacon lattice structure placed beneath a pancake stack to elevate it off the plate, thus preventing the bottom pancake from becoming soggy with syrup and imbuing the bacon with maple-based deliciousness. Eat More Better combines Pashman's award-winning writing with his unparalleled field research, collected over thirty-seven years of eating at least three times a day. It delivers entertaining, fascinating, and practical insights that will satisfy your mind and stomach, and change the way you look at food forever. Read this book and every bite you take will be better.

“Hilarious and, if you're of a similarly obsessive ilk, pretty useful.” (Newsday (New York))“A humorous, witty narrative delivered in the form of a pseudo-textbook. . . . A perfect delivery system for Pashman's comedic take on gustatory pleasure. . . . A good-natured, clever and informative romp through the modern culinary landscape.” (Kirkus s)“Dan Pashman is one of the great eaters. Eating is his passion. Eating is his life. This book is a celebration of putting food in your mouth.” (Marc Maron, author of Attempting Normal and host of WTF)“For noncooks who like food but hate the preciousness that comes with the whole foodie subculture...[Eat More Better] will allow its readers to survive his or her salad days.” (The Boston Globe)“Here's a collection of unexpected, giggle-making meditations on food served with a 'spork.' I looked it up. It isn't in the dictionary yet, but a 'spork' is a combination spoon, fork and knife. Yes, K's in knives are usually silent, but in Dan's world, as in ketchup, kimchi, and Kit Kats, K's are never bashful.” (Radiolab's Robert Krulwich)“To top pumpkin pie or not to top pumpkin pie; the optimal coffee-dunking speed of a yeast donut; [the] eternal struggle about bite consistency versus bite variety: these are important questions to anyone who eats. . . . It's all about being the best, most pleasure-extracting eater you can be.” (MaximumFun.org)About the AuthorDan Pashman is the creator and host of WNYC's James Beard Award-nominated food podcast The Sporkful. He's also the host of the Cooking Channel web series Good to Know and You're Eating It Wrong and a contributor to NPR, Slate, BuzzFeed, and LA's KCRW. He lives with his wife and two daughters. Find Dan at Sporkful.com.Alex Eben Meyer is an illustrator working in Brooklyn, New York. His work frequently appears in The New York Times, The Wall Street Journal, Time, Wired, and other publications, and online at Eben.com.