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# **Gastronaut: Adventures in Food for the Romantic, the Foolhardy, and the Brave**

*Stefan Gates*

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"BRILLIANT. DERANGED, BUT BRILLIANT."

—Heston Blumenthal, author of *Family Food*

# Gastronaut



Adventures in food  
for the romantic, the foolhardy,  
and the brave

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#3015896 in Books Stefan Gates 2006-04-03 2006-04-03Original language:EnglishPDF # 1 7.99 x .62 x 5.24l, .57 #File Name: 0156030977272 pagesGastronaut Adventures in Food for the Romantic the Foolhardy and the Brave | File size: 24.Mb

**Stefan Gates : Gastronaut: Adventures in Food for the Romantic, the Foolhardy, and the Brave** before purchasing it in order to gage whether or not it would be worth my time, and all praised *Gastronaut: Adventures in Food for the Romantic, the Foolhardy, and the Brave*:

4 of 4 people found the following review helpful. True food adventurerBy chuyimAnyone who thinks he or she is a food adventurer should read this book. Gates has brought the adventure to a whole new level. I was amazed, thrilled, then aghast in the journey of the Gastronomaut. Being a Chinese and a food lover, I never thought a Westerner can be as brave and as romantic about food. While a few of Gates's experience would make me frown and close the book for a few minutes, most stories are quite inspiring. I especially enjoy his "cooking with gold" and would like to try it out myself someday.0 of 0 people found the following review helpful. Another foodie bookBy K. E. WiseI read a lot of food memoirs and this one is good but really not the best. There are very few recipes you can actually duplicate. The stories accompanying the recipes are so-so. It is a pleasurable read but not one you will likely re-read.4 of 4 people found the following review helpful. So you think you'd try anything once...By Lynn HarnettSome of the dining suggestions in this book are too disgusting to read, such as Mackerel Tartare, Monkey Gland Steak and nearly all of Chapter 3, "Food and the Body," which considers the edible qualities of things like scabs and ear wax.But for the most part British writer Gates is a comic adventurer who has gone to absurd lengths in playing with his food so that you won't have to - cooking with aftershave, insects and gold; making stills, margarine, and Fish Sperm on Toast; exploring the elaborate, or at least lengthy, traditions of Birds' Nest Soup, Chicken Foot Stew, Headcheese, and teaching your grandmother to suck eggs.History abounds, along with pointers on recreating such momentous events as Bacchanalian orgies and various Last Suppers. There's Elvis' Fried Peanut Butter and Banana Sandwich, Andy Warhol's Chocolate Balls, the Deep-fried Mars Bar and various elements of classic British cookery, such as Hasty Pudding, Flummery, Lumpydick, and Gruel, not all of which are considered suitable for eating. There are some practical dishes too, which retain, of course, the spirit of fun off the beaten track - Stuffed Fish Heads, Stargazey Pie, Gravlax, and seasonal suggestions like spring carrot jam and autumn mushroom ketchup.Gates is witty, knowledgeable and irreverent. Recipes are definitely included. For food mavens tired of eating sensibly.-- Portsmouth Herald

An irreverent journey through the culinary world of the exotic, the bizarre, and the truly extraordinary, Gastronomaut is equal parts cookbook and quest book. For your bedside or your stoveside, this hilarious and captivating journey through some of the strangest food experiences, past and present, is divided into three levels of escalating difficulty. Whether you're ready to gild your breakfast sausages with gold, re-create the Last Supper, or cook a whole pig in an underground fire pit, this book takes it all on with gusto and little regard for what one might call decency. Gastronomaut answers questions like: what foods make us fart? how do you make your own moonshine? is it possible to teach grandmas to suck eggs? how would you stage a bacchanalian orgy in the comfort of your own home?Here is the perfect book for people who are fascinated by the wilder side of food and who, every now and then, want to show off their penchant for the extreme.THE GASTRONAUT'S CREEDFood will consume 16 percent of my life. That life is too precious to waste; therefore: I resolve, whenever possible, to transform food from fuel into love, power, adventure, poetry, sex, or drama. I will never turn down the opportunity to taste or cook something new. I will never forget: canaps are evil. I will remember that culinary disaster does not necessarily equal failure. I will always keep a jar of pesto to hand in case of the latter.

From Publishers WeeklyComedian Gates is an "epicurean desperado," willing to cook and eat anythingat least once. After all, he argues, if we eat 22 tons of food over our lifetimes and use 16% of our waking lives preparing food, shouldn't we try for the occasional "culinary epiphany" by maximizing our "excitement-to-mastication ratio"? A "culinary disaster" is not necessarily a "culinary failure," he reminds readers as he explains how to prepare fish sperm, sweetbreads, head cheese and cow heel. He admits he hasn't (yet) tried some dishesuch as those for Roasted Placenta Loaf, and Quick 'n' Easy Termitesbut most have the user-friendly directions that signify a well-tested recipe. The book has no rigid structure, so a chapter on gold-plating food leads to a section on how to recreate a bacchanalian orgy or even the Last Supper, followed by an exploration of cannibalism and a look at cooking with aftershave. By the time readers reach the 11 pages of directions for producing an imu (a Polynesian pitbake requiring, among other things, a huge yard, a couple of truckloads of scrap iron and a small lamb or goat), they'll be with Gates in spirit, even if they're not ready to bring in the backhoe. (Apr.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Brilliant. Deranged, but brilliant." -- Heston Blumenthal, author of Family Food