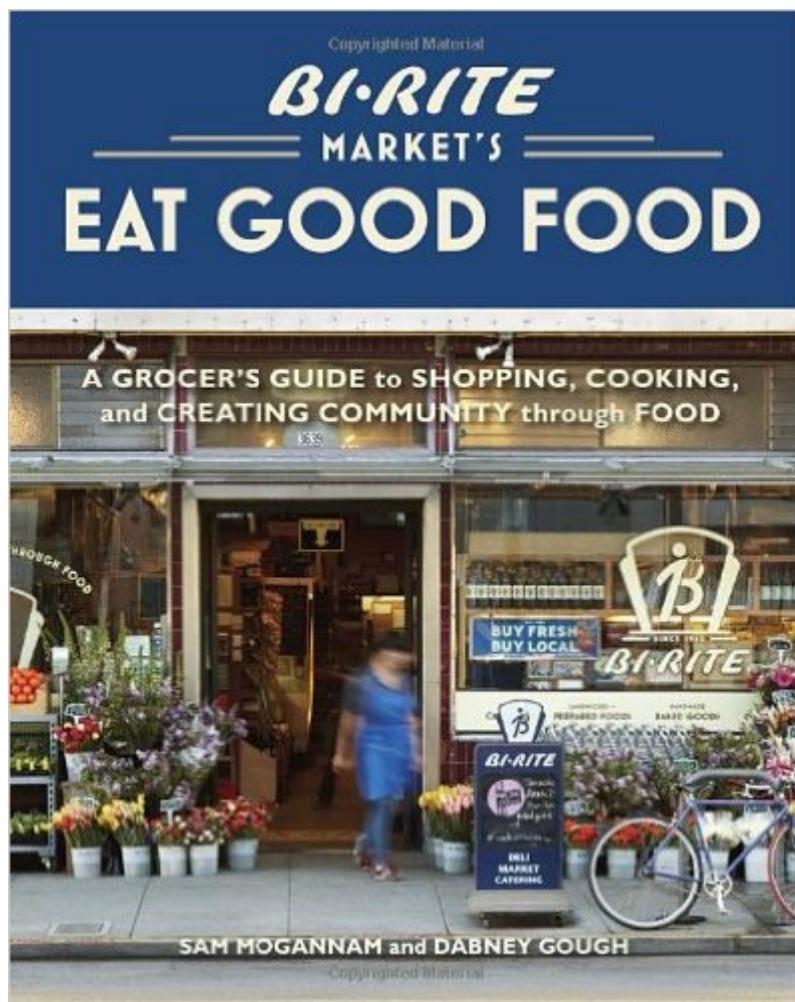


The book was found

Bi-Rite Market's Eat Good Food: A Grocer's Guide To Shopping, Cooking & Creating Community Through Food



Synopsis

From the owner of San Francisco'sÂ legendary Bi-Rite Market, a guide and cookbook for shopping and eating well. Get the most out of your grocery shopping with this innovative shopperâ™s guide and cookbook rolled into one. In Eat Good Food, former chef Sam Mogannam, owner of San Franciscoâ™s popular Bi-Rite Market, guides you through the grocery store one department at a time, and explains how to identify incredible ingredients, decipher labels and terms, build a great pantry, and reconnect with the people and places that feed us. Â Eat Good Food gives you a new way to look at food, not only the ingredients you buy but also how to prepare them. Featuring ninety recipes for the dishes that have made Bi-Rite Marketâ™s in-house kitchen a destination for food lovers, combined with Samâ™s favorite recipes, youâ™ll discover exactly how to get the best flavor from each ingredient. Dishes such as Summer Corn and Tomato Salad, Spicy String Beans with Sesame Seeds, Roasted Beet Salad with Pickled Onions and Feta, Ginger-Lemongrass Chicken Skewers with Spicy Peanut Dipping Sauce, Apricot-Ginger Scones, and Chocolate Pots de CrÃ©me will delight throughout the year. Â No matter where you live or shop, Sam provides new insight on ingredients familiar as well unique, including:Â ¢ Why spinach from open bins is better than prepackaged greensâ¢ What the material used to wrap cheese can tell you about the quality of the cheese itself â¢ How to tell where an olive oil is really fromâ "and why it mattersâ¢ What âœnever everâ• programs are, and why you should look for them when buying meat Â With primers on cooking techniques and anecdotes that entertain, enlighten, and inspire, Eat Good Food will revolutionize the way you shop and eat.

Book Information

Hardcover: 304 pages

Publisher: Ten Speed Press; 1st edition (October 18, 2011)

Language: English

ISBN-10: 158008303X

ISBN-13: 978-1580083034

Product Dimensions: 8.2 x 1.4 x 10.3 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (35 customer reviews)

Best Sellers Rank: #487,195 in Books (See Top 100 in Books) #70 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Buying Guides #409 inÂ Books > Reference > Consumer Guides #463 inÂ Books > Cookbooks, Food & Wine > Entertaining & Holidays >

Seasonal

Customer Reviews

This book is the most useful cookbook I own - mostly because it is not a cookbook in the traditional sense. Anyone can follow a recipe, but what many people don't know how to do is select the freshest, ripest, in-season produce to use as ingredients in that recipe. The produce section of this book alone makes it worth every penny I spent. Unless you shop exclusively at farmers' markets, it is difficult to know the seasonal differences in produce because of the tendency of grocery stores to stock things year round (think strawberries in winter). For some fruits and vegetables it is obvious - stone fruits in summer, citrus in winter, etc. But with others it isn't as clear - for example, I always thought brussels sprouts were winter vegetables, to be eaten with reckless abandon any time from mid-fall through early-spring; but it turns out they are best eaten in October and November because they get tougher and more bitter later in the season. It is so important to select seasonally appropriate produce for multiple reasons. First, taste - if you've ever eaten a "fresh" tomato in December, you know that out of season produce tastes awful. And second, I don't know that I necessarily want to buy off-season grapes that were grown in Chile (where they spray pesticides more heavily), harvested before they were ripe (to compensate for how long they take to get to their final destination), and then flown thousands of miles to get to my local grocery store. These grapes are going to end up costing a fortune, impacting my health and the health of the planet negatively, and tasting, at best, mediocre.

[Download to continue reading...](#)

Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food Renewables Are Ready--People Creating Renewable Energy Solutions: People Creating Renewable Engery Soultions Clean Energy Through Community Action (Real Goods Independent Living Book) The Diabetes Food and Nutrition Bible : A Complete Guide to Planning, Shopping, Cooking, and Eating Chefs in the Market Cookbook: Fresh Tastes and Flavours from Granville Island Public Market (Cooking (Raincoast)) Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart) The Looneyspoons Collection: Good Food, Good Health, Good Fun! Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Churches That Make a Difference: Reaching Your Community with Good

News and Good Works Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food) Literary Market Place 2015: The Directory of the American Book Publishing Industry with Industry Indexes (Literary Market Place (Lmp)) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) The Atkins Shopping Guide: Indispensable Tips and Guidelines for Successfully Stocking Your Low-carb Kitchen Easy Diabetes Diet Menus & Grocery Shopping Guide-Menu Me! Textile Fiestas of Mexico: A Traveler's Guide to Celebrations, Markets, and Smart Shopping Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Playboy Guide to Bachelor Parties: Everything You Need to Know About Planning the Groom's Rite of Passage-From Simple to Sinful The Cannabis Breeder's Bible: The Definitive Guide to Marijuana Genetics, Cannabis Botany and Creating Strains for the Seed Market Beyond , eBay and Etsy: free and low cost alternative marketplaces, shopping cart solutions and e-commerce storefronts American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips

[Dmca](#)