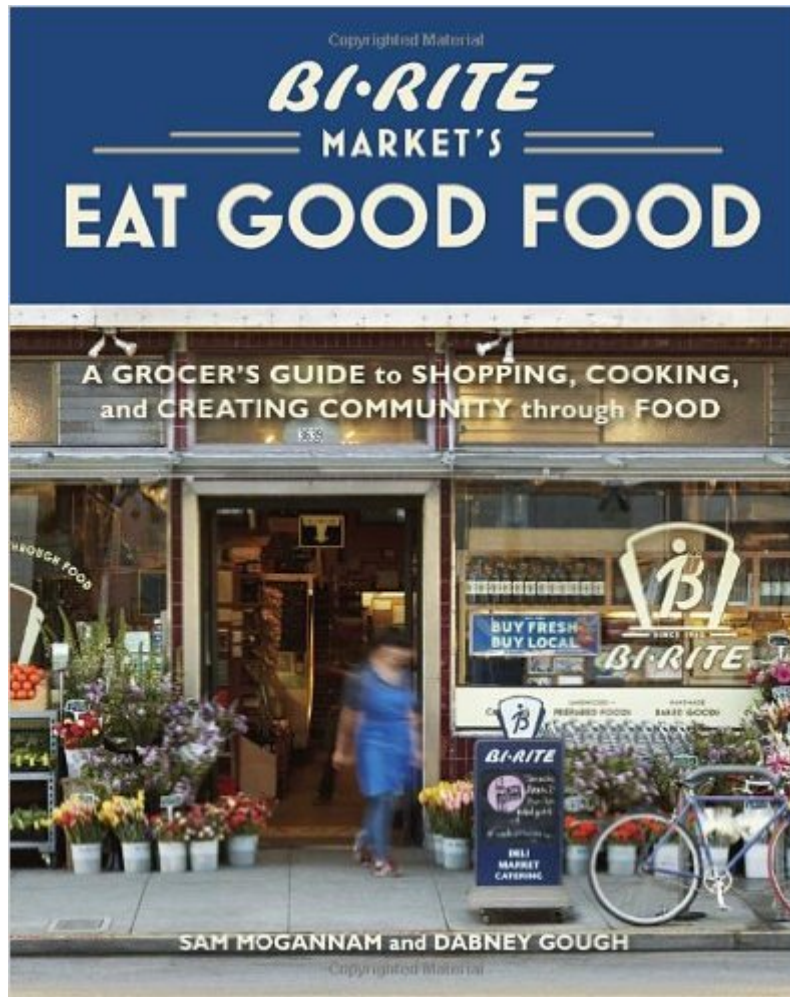


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# Bi-Rite Market's Eat Good Food: A Grocer's Guide To Shopping, Cooking & Creating Community Through Food



## Synopsis

From the owner of San Francisco's legendary Bi-Rite Market, a guide and cookbook for shopping and eating well. Get the most out of your grocery shopping with this innovative shopper's guide and cookbook rolled into one. In *Eat Good Food*, former chef Sam Mogannam, owner of San Francisco'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. *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 Market's in-house kitchen a destination for food lovers, combined with Sam's favorite recipes, you'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 Crème will delight throughout the year. No matter where you live or shop, Sam provides new insight on ingredients familiar as well as unique, including:

- Why spinach from open bins is better than prepackaged greens
- What the material used to wrap cheese can tell you about the quality of the cheese itself
- How to tell where an olive oil is really from and why it matters
- What never ever programs are, and why you should look for them when buying meat

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

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## 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.

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