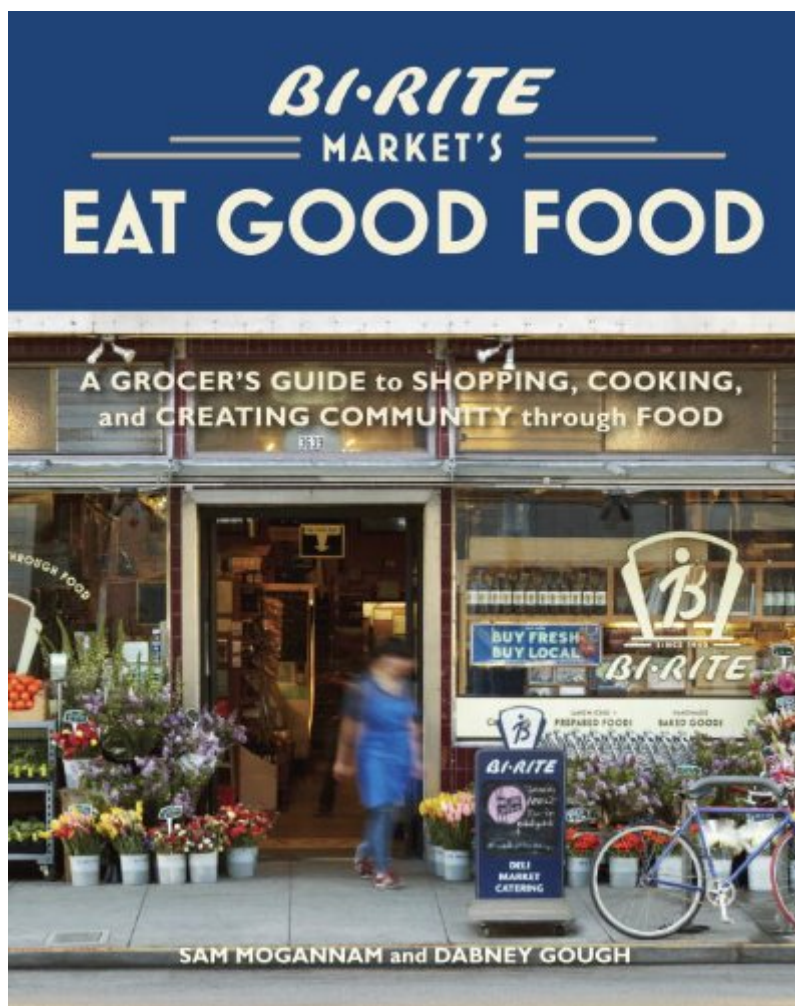


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Bi-Rite Market's Eat Good Food: A Grocer's Guide To Shopping, Cooking & Creating Community Through Food



Synopsis

A cookbook and market guide from the nation's premier neighborhood grocery store, featuring expert advice on how to identify the top ingredients in any supermarket and 90 vibrant recipes that make optimal use of the goods. A San Francisco Bi-Rite Market has a following akin to a hot restaurant—its grocery goods and prepared foods have made it a destination for lovers of great food. In *Eat Good Food*, former chef turned market owner Sam Mogannam explains how to source and use the finest farm-fresh ingredients and artisanal food products, decipher labels and terms, and build a great pantry. A *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. A 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

More engaging than a field guide and more informative than a standard cookbook, and with primers on cooking techniques and anecdotes that will entertain, enlighten, and inspire, *Eat Good Food* will revolutionize the way home cooks shop and eat.

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Customer Reviews

We LOVE this book! We found it at an Air BnB and couldn't put it down so I bought it. It goes into a lot of detail about different ingredients, how to purchase and store them and more delicious information you probably wouldn't think of concerning nutrition.

This book is an absolutely wonderful resource. There are explanations of how to buy, store, cook, and use each food product (beans, citrus, meat, everything!). I love all the information the authors give. They don't also give a ton of detail at times, but enough for you to understand. For example, they don't fully break down the different cocoa percentages in chocolate and they name those percentages correspond to, but they do explain enough that the reader can pay attention when shopping. I am trying to buy new foods/produce I haven't before, so this book gives me ideas of what to try and how to the best grapefruit, etc. Exactly what I wanted! There are also many recipes throughout the book located at the end of each section, so that the recipes are related to the topics just discussed. The Produce section is broken down into seasons, and Butcher Counter (meat) section is broken down into animals, etc. Some recipe examples: white bean puree with prosciutto crespelle, delfina's spaghetti, chocolate sour cream bundt cake with chocolate glaze, butternut squash latkes, delicate squash salad with fingerling potatoes and pomegranate seeds, etc. I have yet to make any of the recipes, but I have starred many. I mainly bought the book as a shopping resource. There is a helpful index for looking for recipes. Overall AMAZING purchase! I highly recommend the book.

I love Bi-Rite Market and so I totally expected to love the book too. It is beautifully presented and

well written and a pleasure to read. with comments on food and and 90 recipes. It is a very useful book no matter how or where you shop. Hints and pointers on fruit, veggies, sandwiches, desserts, dairy, meat etc.. I learned many new things just thumbing through it as soon as it arrived. It is an encyclopedia of food. You will be referring to it again and again as I do, or just pursuing it for new information and the sheer delight of reading about good food. The recipes have pictures and very clear instructions and an explanation of the ingredients. I like that it also includes information on farmers and the origin of some of their products. It contains many clear and beautiful pictures. This is a heavy book - that's how much excellent information is in it. It would make a much appreciated gift and I intend to buy several more for friends. If you ever are in San Francisco, make an effort to visit the market ... hard parking and always crowded and can be expensive, but hey it's only money - what better way to spend it than on fabulous food and the best smoked salmon this side of New York. We think it surpasses Zabar's.

I have never written a product review for anything before, ever, but I feel compelled to share with you how incredible this book is! Food is so important. From how/where you shop and prepare food to the health and welfare of the farmers, ranchers, pickers, and animals that your food is coming from - every step is vitally, astoundingly important. You can change the world by changing the way you think about food. If only I lived in San Francisco and had a limitless grocery budget! This book, however, makes grocery shopping easy and good food accessible to everyone, no matter where you are. It deserves a place in every kitchen. Beautiful layout & illustrations. Discusses every department of your grocery store, what to shop for, how to store/prepare ingredients, everything! It is a very comprehensive guide. I am reading it like a novel, but I will have it to reference always, and am drooling over these recipes. BUY THIS BOOK!

Wonderful recipes. Book is in good shape.

There are many things to appreciate about this book, and "getting to know" the vendors is one of those things. I will never buy artisanal grocery items again without thinking about who produced them, where and why. That concept takes the consumption of such foods to a whole new level of enjoyment...from mindless eating to true appreciation. Thank you, Sam and Dabney, for sharing the world of Bi-Rite with readers all over the country.

This book gives excellent advice on how to buy, how to store, and how to prepare food. Eat Good

Food is also entertaining for the story of the market, and the recipes are great. If you are in San Francisco, this is a must see place. I live in Los Angeles but visit San Francisco regularly -- just with I had a Bi-Rite Market within walking distance of my house!

We've been participating in a CSA through our local farmers market. This book has become a fantastic companion to the veggies we've enjoyed this year. While the Bi-Rite Market is in California, there was plenty of great, usable information for this Midwestern girl.

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