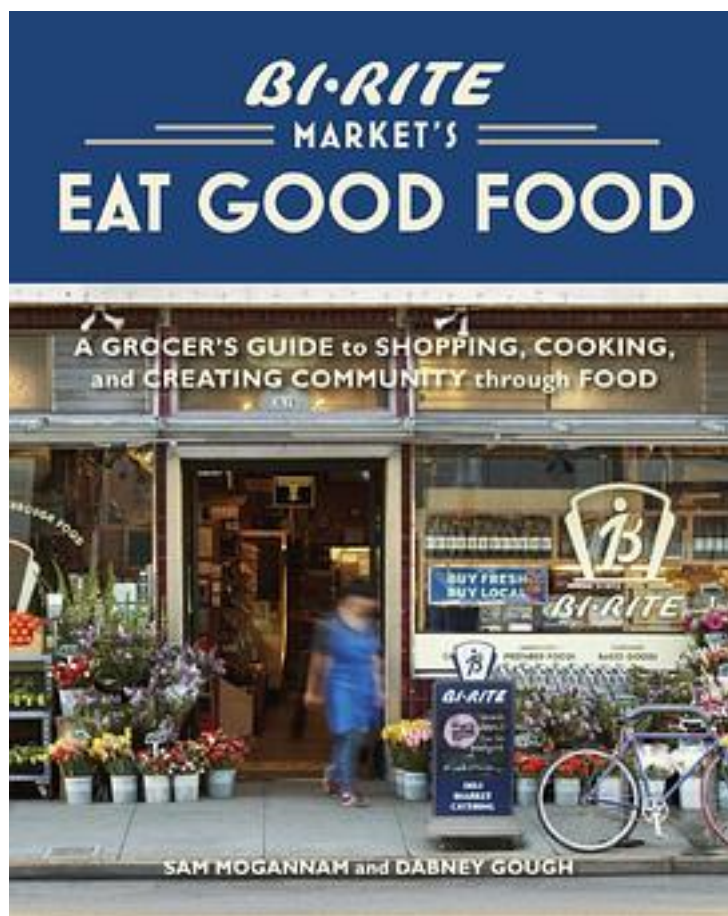


BI-RITE MARKET MANUAL, THE



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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 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.

作者介绍:

Sam Mogannam is the second-generation owner of Bi-Rite Market and founder of the Bi-Rite family of businesses, which includes Bi-Rite Creamery, 18 Reasons, and Bi-Rite Farms. He also serves on the board of the National Association for the Specialty Food Trade. Sam has been featured in Food & Wine, Bon Appétit, Sunset, and the San Francisco Chronicle, and programs such as Foodcrafters. Sam stepped into the family grocery business in 1997, after working as a chef at his own restaurant, and transformed the market into a culinary landmark.

Dabney Gough is a graduate of California Culinary Academy, a former columnist with the San Francisco Chronicle, and a contributor to Fine Cooking and the Honolulu Weekly. She is the co-author of the forthcoming Bi-Rite Creamery's Sweet Cream and Sugar Cones and lives in Honolulu, Hawaii.

France Ruffenach's photography has appeared in countless books, magazines, and commercial campaigns. She has been twice nominated for the James Beard Award for best photography, and won in 2008 for her work on The Country Cooking of France. She lives in San Francisco.

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评论

推荐一下：每个城市都应该有Bi-Rite

真心好理念！东西两岸“从农场到餐桌”的实践还蛮让人称道的。Cooking is also about taking responsibility and ownership for what you put in your body. It's about sharing. It's about sustaining yourself and the people you're feeding.

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