



# **Page Turners**

## **Books about Food**

**Titles selected by staff at the  
Monroe Township Public Library**

**October 2021**

Allen, Sarah Addison

### ***The Peach Keeper***

It's the dubious distinction of thirty-year-old Willa Jackson to hail from a fine old Southern family of means that met with financial ruin generations ago. The Blue Ridge Madam—built by Willa's great-great-grandfather and once the finest home in Walls of Water, North Carolina—has stood for years as a monument to misfortune and scandal. Willa has lately learned that an old classmate—socialite Paxton Osgood—has restored the house to its former glory, with plans to turn it into a top-flight inn. But when a skeleton is found buried beneath the property's lone peach tree, long-kept secrets come to light, accompanied by a spate of strange occurrences throughout the town. Thrust together in an unlikely friendship, united by a full-blooded mystery, Willa and Paxton must confront the passions and betrayals that once bound their families—and uncover the truths that have transcended time to touch the hearts of the living.

Bauermeister, Erica

### ***The School of Essential Ingredients***

*The School of Essential Ingredients* follows the lives of eight students who gather in Lillian's Restaurant every Monday night for cooking class. It soon becomes clear, however, that each one seeks a recipe for something beyond the kitchen. Students include Claire, a young mother struggling with the demands of her family; Antonia, an Italian kitchen designer learning to adapt to life in America; and Tom, a widower mourning the loss of his wife to breast cancer. Chef Lillian, a woman whose connection with food is both soulful and exacting, helps them to create dishes whose flavor and techniques expand beyond the restaurant and into the secret corners of her students' lives.

One by one the students are transformed by the aromas, flavors, and textures of Lillian's food. Brought together by the power of food and companionship, the lives of the characters mingle and intertwine, united by the revealing nature of what can be created in the kitchen.

Bourdain, Anthony

***Kitchen Confidential: Adventures in the Culinary Underbelly***

New York Chef Anthony Bourdain gives away secrets of the trade in his wickedly funny, inspiring memoir/expose. *Kitchen Confidential* reveals what Bourdain calls "twenty-five years of sex, drugs, bad behavior and haute cuisine."

Chang, David

***Eat a Peach: A Memoir***

From the chef behind Momofuku and star of Netflix's *Ugly Delicious* - an intimate account of the making of a chef, the story of the modern restaurant world that he helped shape, and how he discovered that success can be much harder to understand than failure.

Full of grace, candor, grit, and humor, *Eat a Peach* chronicles Chang's switchback path. He lays bare his mistakes and wonders about his extraordinary luck as he recounts the improbable series of events that led him to the top of his profession. He wrestles with his lifelong feelings of otherness and inadequacy, explores the mental illness that almost killed him, and finds hope in the shared value of deliciousness. Along the way, Chang gives us a penetrating look at restaurant life, in which he balances his deep love for the kitchen with unflinching honesty about the industry's history of brutishness and its uncertain future.

Christensen, Kate

***How to Cook a Moose: A Culinary Memoir***

Inspired by her new home in New England and the slow food movement re-energizing sustainable farming, Kate Christensen picks up where she left off in her last memoir, *Blue Plate Special*. In an ode to *How to Cook a Wolf*, M.F.K. Fisher's classic culinary guide about surviving poverty and war with grace, Christensen creates a tempting, modern stew that will delight readers as only she can, using the magic ingredients of true love, personal appetite, humor, history, and original recipes. Christensen also examines the dilemma of food scarcity in a time of possible climate collapse, turning to her own backyard for long-term solutions. Taking tips from the lives and landscapes of the farmers, fishermen, hunters, and families who live in this grueling northern climate and still produce abundant, healthful food, she retraces the histories of staple ingredients native to the region and explores what it's like to live, love, and cook on the edge.

Fforde, Katie

***Second Thyme Around***

For years, things have run quite smoothly for Perdita and her organic gardening business. So what if her hair needs a complete overhaul, her sweater has more holes than Swiss cheese, and there's no hope of a boyfriend on the horizon? The last thing Perdita wants is a meddlesome man in her life-but she's about to get one, in the form of her completely infuriating ex-husband, Lucas.

Lucas is disagreeable, curt, arrogant, and smolderingly gorgeous. He's also the new chef at

Grantly House, Perdita's number-one customer. Worse, Mr. Grantly has the insane idea of starting a television cooking show that will put Lucas and Perdita together as "The Gourmet and the Gardener."

Now, things are heating up in the kitchen--and elsewhere. With the bright lights blazing and old feelings stirring the pot, it could be a recipe for disaster...or absolute delight.

Freedman, Paul

### ***Ten Restaurants That Changed America***

Combining a historian's rigor with a foodie's palate, *Ten Restaurants That Changed America* reveals how the history of our restaurants reflects nothing less than the history of America itself. Whether charting the rise of our love affair with Chinese food through San Francisco's fabled The Mandarin, evoking the richness of Italian food through Mamma Leone's, or chronicling the rise and fall of French haute cuisine through Henri Soulé's Le Pavillon, food historian Paul Freedman uses each restaurant to tell a wider story of race and class, immigration and assimilation. Freedman also treats us to a scintillating history of the then-revolutionary Schrafft's, a chain of convivial lunch spots that catered to women, and that bygone favorite, Howard Johnson's, which pioneered midcentury, on-the-road dining, only to be swept aside by McDonald's. Lavishly designed with more than 100 photographs and images, including original menus, *Ten Restaurants That Changed America* is a significant and highly entertaining social history.

Gaffigan, Jim

### ***Food: A Love Story***

Stand-up comedian and author Jim Gaffigan has made his career rhapsodizing over the most treasured dishes of the American diet ("choking on bacon is like getting murdered by your lover") and decrying the worst offenders ("kale is the early morning of foods"). Fans flocked to his *New York Times* best-selling book *Dad Is Fat* to hear him riff on fatherhood, but now, in his second book, he will give them what they really crave - his thoughts on all things culinary(ish). Insights such as: why he believes coconut water was invented to get people to stop drinking coconut water, why pretzel bread is number three on his most important inventions of humankind (behind the wheel and the computer), and the answer to the age-old question "which animal is more delicious: the pig, the cow, or the bacon cheeseburger?"

Gilbert, Elizabeth

### ***Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia***

Around the time Elizabeth Gilbert turned thirty, she went through an early-onslaught midlife crisis. She had everything an educated, ambitious American woman was supposed to want—a husband, a house, a successful career. But instead of feeling happy and fulfilled, she was consumed with panic, grief, and confusion. She went through a divorce, a crushing depression, another failed love, and the eradication of everything she ever thought she was supposed to be.

To recover from all this, Gilbert took a radical step. In order to give herself the time and space to find out who she really was and what she really wanted, she got rid of her belongings, quit her job, and undertook a yearlong journey around the world—all alone. *Eat, Pray, Love* is the absorbing chronicle of that year. Her aim was to visit three places where she could examine one aspect of her own nature set against the backdrop of a culture that has traditionally done that one thing very well. An intensely articulate and moving memoir of self-discovery, *Eat, Pray, Love* is about what can happen when you claim responsibility for your own contentment and stop trying to live in imitation of society's ideals.

Gilbert, Sandra M. and Roger J. Porter, editors

***Eating Words: A Norton Anthology of Food Writing***

Edited by influential literary critic Sandra M. Gilbert and award-winning restaurant critic and professor of English Roger Porter, *Eating Words* gathers food writing of literary distinction and vast historical sweep into one groundbreaking volume. Beginning with the taboos of the Old Testament and the tastes of ancient Rome, and including travel essays, polemics, memoirs, and poems, the book is divided into sections such as "Food Writing Through History," "At the Family Hearth," "Hunger Games: The Delight and Dread of Eating," "Kitchen Practices," and "Food Politics."

Selections from writings by Julia Child, Anthony Bourdain, Bill Buford, Michael Pollan, Molly O'Neill, Calvin Trillin, and Adam Gopnik, along with works by authors not usually associated with gastronomy—Maxine Hong Kingston, Henry Louis Gates Jr., Hemingway, Chekhov, and David Foster Wallace—enliven and enrich this comprehensive anthology. "We are living in the golden age of food writing," proclaims Ruth Reichl in her preface to this savory banquet of literature, a must-have for any food lover. *Eating Words* shows how right she is.

Grames, Juliet

***The Seven or Eight Deaths of Stella Fortuna***

For Stella Fortuna, death has always been a part of life. Stella's childhood is full of strange, life-threatening incidents--moments where ordinary situations like cooking eggplant or feeding the pigs inexplicably take lethal turns. Even Stella's own mother is convinced that her daughter is cursed or haunted. In her rugged Italian village, Stella is considered an oddity--beautiful and smart, insolent and cold. Stella uses her peculiar toughness to protect her slower, plainer baby sister Tina from life's harshest realities. But she also provokes the ire of her father Antonio: a man who demands subservience from women and whose greatest gift to his family is his absence. When the Fortunas emigrate to America on the cusp of World War II, Stella and Tina must come of age side-by-side in a hostile new world with strict expectations for each of them. Soon Stella learns that her survival is worthless without the one thing her family will deny her at any cost: her independence.

Green, Jane

***Saving Grace***

Grace and Ted Chapman are widely regarded as the perfect couple. Ted is a successful novelist and Grace, his wife of twenty years, is beautiful, carefree, and a wonderful homemaker. But what no one sees are Ted's rages, his mood swings, and the precarious house of cards that their lifestyle is built upon. When Ted's longtime assistant and mainstay leaves, his world begins to crumble, and Grace, with dark secrets in her past, is most vulnerable. She finds herself in need of help but with no one to turn to...until Ted's new assistant, Beth, comes to the rescue. Young and competent, Beth possesses the calm efficiency to weather the storms that threaten to engulf the Chapman household. Soon, though, it's clear to Grace that Beth might be too good to be true. This new interloper might be the biggest threat of all—one that could cost Grace her marriage, her reputation, her sanity...and her own life.

Jalaluddin, Uzma

***Hana Khan Carries On***

Sales are slow at Three Sisters Biryani Poutine, the only halal restaurant in the close-knit Golden Crescent neighborhood of Toronto. Hana waitresses there part time, but what she really wants is to tell stories on the radio. If she can just outshine her fellow intern at the city radio station, she may have a chance at landing a job. In the meantime, Hana pours her thoughts and dreams into a podcast, where she forms a lively relationship with one of her listeners. But soon she'll need all the support she can get: a new competing restaurant, a more upscale halal place, is about to open in the Golden Crescent, threatening her mother's restaurant. When her mysterious aunt and her teenage cousin arrive from India for a surprise visit, they draw Hana into a long-buried family secret. A hate-motivated attack on their neighborhood complicates the situation further, as does Hana's growing attraction for Aydin, the young owner of the rival restaurant—who might not be a complete stranger after all. As life on the Golden Crescent unravels, Hana must learn to use her voice, draw on the strength of her community and decide what her future should be.

Kingsolver, Barbara

***Animal, Vegetable, Miracle: A Year of Food Life***

When Barbara Kingsolver and her family moved from suburban Arizona to rural Appalachia, they took on a new challenge: to spend a year on a locally-produced diet, paying close attention to the provenance of all they consume. Concerned about the environmental, social, and physical costs of American food culture, they hoped to recover what Barbara considers our nation's lost appreciation for farms and the natural processes of food production. Since 2007, their scheme has evolved enormously. In this new edition, featuring an afterword composed by the entire Kingsolver family, Barbara's husband, Steven, discusses how the project grew into a farm-to-table restaurant and community development project training young farmers in their area to move into sustainable food production. Camille writes about her decision to move back to a rural area after college, and how she and her husband incorporate

their food values in their lives as they begin their new family. Lily, Barbara's youngest daughter, writes about how growing up on a farm, in touch with natural processes and food chains, has shaped her life as a future environmental scientist. And Barbara writes about their sheep, and how they grew into her second vocation as a fiber artist, and reports on the enormous response they've received from other home-growers and local-food devotees.

Krishna, Priya

***Indian-ish: Recipes and Antics from a Modern American Family***

Indian food is everyday food! This colorful, lively book is food writer Priya Krishna's loving tribute to her mom's "Indian-ish" cooking—a trove of one-of-a-kind Indian-American hybrids that are easy to make, clever, practical, and packed with flavor. Think Roti Pizza, Tomato Rice with Crispy Cheddar, Whole Roasted Cauliflower with Green Pea Chutney, and Malaysian Ramen.

Priya's mom, Ritu, taught herself to cook after moving to the U.S. while also working as a software programmer—her unique creations merging the Indian flavors of her childhood with her global travels and inspiration from cooking shows as well as her kids' requests for American favorites like spaghetti and PB&Js. The results are approachable and unfailingly delightful, like spiced, yogurt-filled sandwiches crusted with curry leaves, or "Indian Gatorade" (a thirst-quenching salty-sweet limeade)—including plenty of simple dinners you can whip up in minutes at the end of a long work day.

Throughout, Priya's funny and relatable stories—punctuated with candid portraits and original illustrations by acclaimed Desi pop artist Maria Qamar (also known as Hatecopy)—will bring you up close and personal with the Krishna family and its many quirks.

Lo, Eileen Yin-Fei

***My Grandmother's Chinese Kitchen: 100 Family Recipes and Life Lessons***

An award-winning food expert collects one hundred recipes learned by the author from her grandmother, in a volume that includes a wealth of options for Chinese holidays and outlines specific cooking techniques, from stir-frying and steaming to braising and stewing.

Locke, Tembi

***From Scratch: A Memoir of Love, Sicily, and Finding Home***

It was love at first sight when Tembi met professional chef, Saro, on a street in Florence. There was just one problem: Saro's traditional Sicilian family did not approve of him marrying a black American woman, an actress no less. However, the couple, heartbroken but undeterred, forges on. They build a happy life in Los Angeles, with fulfilling careers, deep friendships and the love of their lives: a baby girl they adopt at birth. Eventually, they reconcile with Saro's family just as he faces a formidable cancer that will consume all their dreams. *From Scratch* chronicles three summers Tembi spends in Sicily with her daughter, Zoela, as she begins to piece together a life without her husband in his tiny hometown hamlet of farmers. Where once Tembi was estranged from Saro's family and his origins, now she finds solace and

nourishment—literally and spiritually—at her mother in law's table. In the Sicilian countryside, she discovers the healing gifts of simple fresh food, the embrace of a close knit community, and timeless traditions and wisdom that light a path forward.

Melucci, Giulia

***I Loved, I Lost, I Made Spaghetti: A Memoir of Good Food and Bad Boyfriends***

From an affectionate alcoholic, to the classic New York City commitment-phobe, to a hipster aged past his sell date, and not one, but two novelists with Peter Pan complexes, Giulia has cooked for them all. She suffers each disappointment with resolute cheer (after a few tears) and a bowl of pastina (recipe included) and has lived to tell the tale so that other women may go out, hopefully with greater success, and if that's not possible, at least have something good to eat.

Peppered throughout Giulia's delightful and often poignant remembrances are fond recollections of her mother's cooking, the recipes she learned from her, and many she invented on her own inspired by the men in her life. Readers will howl at Giulia's boyfriend-littered past and swoon over her irresistible culinary creations.

Morias, Richard C.

***The Hundred-Foot Journey***

Born above his grandfather's modest restaurant in Mumbai, Hassan first experienced life through intoxicating whiffs of spicy fish curry, trips to the local markets, and gourmet outings with his mother. But when tragedy pushes the family out of India, they console themselves by eating their way around the world, eventually settling in Lumière, a small village in the French Alps.

The boisterous Haji family takes Lumière by storm. They open an inexpensive Indian restaurant opposite an esteemed French relais—that of the famous chef Madame Mallory—and infuse the sleepy town with the spices of India, transforming the lives of its eccentric villagers and infuriating their celebrated neighbor. Only after Madame Mallory wages culinary war with the immigrant family, does she finally agree to mentor young Hassan, leading him to Paris, the launch of his own restaurant, and a slew of new adventures.

*The Hundred-Foot Journey* is about how the hundred-foot distance between a new Indian kitchen and a traditional French one can represent the gulf between different cultures and desires. A testament to the inevitability of destiny, this is a fable for the ages—charming, endearing, and compulsively readable.

Myers, Tamar

***The Crepes of Wrath: An Amish Bed and Breakfast Mystery***

When kindly Lizzie Mast, a local Amish woman—and Hernia's worst cook—is found poisoned by a bad plate of crepes, bumbling local police chief, Melvin Stoltzfus, begs Magdalena Yoder, the irrepressible owner (and sleuth extraordinaire!) of the PennDutch Inn, to help him investigate.

With her bed and breakfast full of quirky guests, and her handsome new boyfriend to entertain, Magdalena isn't sure she has time for Stoltzfus's foolery. Cleverly (and frugally!) she puts her seven guests on A.L.P.O. (the Amish Lifestyle Plan Option), where guests pay an additional fee for the opportunity to cook for themselves, clean for themselves and do Magdalena's chores for her.

Still, solving the crime won't be a plate of flapjacks; Lizzie's husband blames the neighbor's 'Amish gone wild' sons; whose rumschpringa exploits are wreaking havoc but even more shocking, the trail of clues leads straight back to the PennDutch Inn...and Magdalena fears that this killer is cooking up something flat-out deadly!!!

Phillips, Carolyn

***At the Chinese Table: A Memoir with Recipes***

*At the Chinese Table* describes in vivid detail how, during the 1970s and '80s, celebrated cookbook writer and illustrator Carolyn Phillips crosses China's endless cultural and linguistic chasms and falls in love. During her second year in Taipei, she meets scholar and epicurean J. H. Huang, who nourishes her intellectually over luscious meals from every part of China. And then, before she knows it, Carolyn finds herself the unwelcome candidate for eldest daughter-in-law in a traditional Chinese family.

This warm, refreshingly candid memoir is a coming-of-age story set against a background of the Chinese diaspora and a family whose ancestry is intricately intertwined with that of their native land. Carolyn's reticent father-in-law—a World War II fighter pilot and hero—eventually embraces her presence by showing her how to re-create centuries-old Hakka dishes from family recipes. In the meantime, she brushes up on the classic cuisines of the North in an attempt to win over J. H.'s imperious mother, whose father had been a warlord's lieutenant. Fortunately for J. H. and Carolyn, the tense early days of their relationship blossom into another kind of cultural and historical education as Carolyn masters both the language and many of China's extraordinary cuisines.

Platt, Adam

***The Book of Eating: Adventures in Professional Gluttony***

As the son of a diplomat growing up in places like Hong Kong, Taiwan, and Japan, Adam Platt didn't have the chance to become a picky eater. Living, traveling, and eating in some of the most far-flung locations around the world, he developed an eclectic palate and a nuanced understanding of cultures and cuisines that led to some revelations which would prove important in his future career as a food critic. In Tokyo, for instance - "a kind of paradise for nose-to-tail cooking" - he learned that "if you're interested in telling a story, a hair-raisingly bad meal is much better than a good one."

From dim sum in Hong Kong to giant platters of Peking duck in Beijing, fresh-baked croissants in Paris and pierogi on the snowy streets of Moscow, Platt takes us around the world, re-tracing the steps of a unique, and lifelong, culinary education. Providing a glimpse into a life that has intertwined food and travel in exciting and unexpected ways, *The Book of Eating* is a



delightful and sumptuous trip that is also the culinary coming-of-age of a voracious eater and his eventual ascension to become, as he puts it, “a professional glutton.”

Shapiro, Laura

***What She Ate: Six Remarkable Women & the Foods That Tell Their Stories***

Everyone eats, and food touches on every aspect of our lives - social and cultural, personal and political. Yet most biographers pay little attention to people's attitudes toward food, as if the great and notable never bothered to think about what was on the plate in front of them. Once we ask how somebody relates to food, we find a whole world of different and provocative ways to understand her. Food stories can be as intimate and revealing as stories of love, work, or coming of age. Each of the six women in this entertaining group portrait was famous in her time, and most are still famous in ours; but until now, nobody has told their lives from the point of view of the kitchen and the table. It's a lively and unpredictable array of women; what they have in common with one another (and us) is a powerful relationship with food.

Stradal, J. Ryan

***Kitchens of the Great Midwest***

When Lars Thorvald's wife, Cynthia, falls in love with wine—and a dashing sommelier—he's left to raise their baby, Eva, on his own. He's determined to pass on his love of food to his daughter—starting with puréed pork shoulder. As Eva grows, she finds her solace and salvation in the flavors of her native Minnesota. From Scandinavian lutefisk to hydroponic chocolate habaneros, each ingredient represents one part of Eva's journey as she becomes the star chef behind a legendary and secretive pop-up supper club, culminating in an opulent and emotional feast that's a testament to her spirit and resilience.

Stradal, J. Ryan

***The Lager Queen of Minnesota***

Two sisters, one farm. A family is split when their father leaves their shared inheritance entirely to Helen, his younger daughter. Despite baking award-winning pies at the local nursing home, her older sister, Edith, struggles to make what most people would call a living. So she can't help wondering what her life would have been like with even a portion of the farm money her sister kept for herself. With the proceeds from the farm, Helen builds one of the most successful light breweries in the country, and makes their company motto ubiquitous: "Drink lots. It's Blotz." Where Edith has a heart as big as Minnesota, Helen's is as rigid as a steel keg. Yet one day, Helen will find she needs some help herself, and she could find a potential savior close to home... if it's not too late. Meanwhile, Edith's granddaughter, Diana, grows up knowing that the real world requires a tougher constitution than her grandmother possesses. She earns a shot at learning the IPA business from the ground up—will that change their fortunes forever, and perhaps reunite her splintered family?

Willan, Anne and Mark Cherniavsky

***The Cookbook Library: Four Centuries of the Cooks, Writers, and Recipes That Made the Modern Cookbook***

This gorgeously illustrated volume began as notes on the collection of cookbooks and culinary images gathered by renowned cookbook author Anne Willan and her husband Mark Cherniavsky. From the spiced sauces of medieval times to the massive roasts and ragoûts of Louis XIV's court to elegant eighteenth-century chilled desserts, *The Cookbook Library* draws from renowned cookbook author Anne Willan's and her husband Mark Cherniavsky's antiquarian cookbook library to guide readers through four centuries of European and early American cuisine. As the authors taste their way through the centuries, describing how each cookbook reflects its time, Willan illuminates culinary crosscurrents among the cuisines of England, France, Italy, Germany, and Spain. A deeply personal labor of love, *The Cookbook Library* traces the history of the recipe and includes some of their favorites.

Witzel, Michael Karl

***The American Diner***

Americans love to eat and nothing could be finer than eating breakfast, lunch, or dinner in an American diner! Here is the story of that tasty American original, from the early days of Walter Scott and the first horse-drawn lunch wagons through the birth of the premanufactured dining car industry, the age of streamling, and the heyday of diner construction during the 1950s. Fast food restaurants stand aside: The American Diner is a calorie-free, blue-plate special of nostalgia, heaped high with a generous helping of vintage photographs, classic ads, cool collectibles, and amazing architecture.

Zauner, Michelle

***Crying in H Mart***

An unflinching, powerful memoir by Michelle Zauner about growing up Korean-American, losing her mother, and forging her own identity. With humor and heart, she tells of growing up the only Asian-American kid at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence, of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the east coast for college, finding work in the restaurant industry, performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal pancreatic cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her.