



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

Sam Mogannam, Dabney Gough

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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.

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From reader reviews:

Teresa Powers:

The e-book untitled Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food is the publication that recommended to you to read. You can see the quality of the publication content that will be shown to an individual. The language that creator use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food from the publisher to make you more enjoy free time.

Sandra Lowe:

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, the particular book you have read is Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food.

David McGowan:

This Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food is great reserve for you because the content that is certainly full of information for you who all always deal with world and possess to make decision every minute. This book reveal it data accurately using great coordinate word or we can point out no rambling sentences included. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tough core information with attractive delivering sentences. Having Bi-Rite Market's Eat Good Food: A Grocer's Guide to Shopping, Cooking & Creating Community Through Food in your hand like having the world in your arm, data in it is not ridiculous 1. We can say that no guide that offer you world throughout ten or fifteen minute right but this guide already do that. So , this can be good reading book. Hi Mr. and Mrs. occupied do you still doubt this?

Arnold Allison:

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