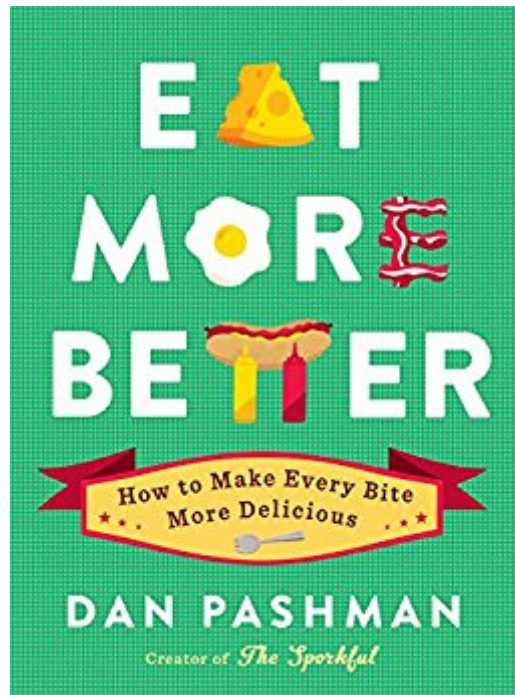




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# Eat More Better: How To Make Every Bite More Delicious



## Synopsis

What if you could make everything you eat more delicious? As creator of the WNYC podcast *The Sporkful* and host of the Cooking Channel web series *You're Eating It Wrong*, Dan Pashman is obsessed with doing just that. *Eat More Better* weaves science and humor into a definitive, illustrated guidebook for anyone who loves food. But this book isn't just for foodies. It's for eaters. In the bestselling tradition of Alton Brown's *Good Eats* and M.F.K. Fisher's *The Art of Eating*, Pashman analyzes everyday foods in extraordinary detail to answer some of the most pressing questions of our time, including: Is a cheeseburger better when the cheese is on the bottom, closer to your tongue, to accentuate cheesy goodness? What are the ethics of cherry-picking specific ingredients from a snack mix? And what role does surface-area-to-volume ratio play in fried food enjoyment and ice cube selection? Written with an infectious blend of humor and smarts, *Eat More Better* is a tongue-in-cheek textbook that teaches readers to eat for maximum pleasure. Chapters are divided into subjects like engineering, philosophy, economics, and physical science, and feature hundreds of drawings, charts, and infographics to illustrate key concepts like *The Porklift*—a bacon lattice structure placed beneath a pancake stack to elevate it off the plate, thus preventing the bottom pancake from becoming soggy with syrup and imbuing the bacon with maple-based deliciousness. *Eat More Better* combines Pashman's award-winning writing with his unparalleled field research, collected over thirty-seven years of eating at least three times a day. It delivers entertaining, fascinating, and practical insights that will satisfy your mind and stomach, and change the way you look at food forever. Read this book and every bite you take will be better.

## Book Information

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## Customer Reviews

When I heard Pashman on NPR he was so laugh-out-loud funny, his quirky take on food seemed to offer some curious gems on enhancing every day eating experiences, so I sought out his book.

Reading it was like getting heartburn of the mind, kind of like brain freeze but without the pleasantness of ingesting something. Apart from the textbook binding - cumbersome and unappealing, the hideous, childish computer graphics offer no insight while yielding a distinctly institutional feel. Then there is the forced, pining phraseology, with section headers such as: SATVOR, or surface area to volume ratio, crab nebula, the semolina fulcrum, life as a seasoning, taste the momentousness of turkey brine, in vitro popcorn fertilization, embrace the sog crostini, the sandwich genome project, the tipping point, pasta phylum criteria...oh it goes on and on without mercy. The writing hits your system like a stale, soggy, overstuffed gastropub sandwich...heavy, dull, surprisingly un insightful for all the fanfare of its forced creative formula. It will give your brain and palate indigestion. Sorry Dan, you have skill in radio, but your writing and gastronomy tips are a heaped serving of yuck.

Funny, interesting and challenging - just like the podcast. I don't always agree with Dan's ideas, but he always make an enjoyable argument. Just like his podcast. Strong work!

This book delivers on its title. How to make every bite more delicious. It's not a cookbook. It's not a book of recipes. It's an odd way of looking at the food that we eat, and maybe not for everyone. I'd suggest listening to Dan's podcast first, if you are not a fan, this book may not be for you. I borrowed it from the library, and after 2 weeks of very slow reading, decided it was worth buying.

I bought this book because I enjoy Dan Pashman's podcast for OCD food-lovers, "Sporkful," on WNYC. My advice: stick with the podcast. This is a cheaply produced book, light on content that is interesting, informative, or funny. It's one of those thin works that attempt to get to book length by

double spacing the liNes and sloppy editing (in this case, wordiness and repetition). The graphics are cheapened by the lack of full four-color printing, and the paper is rough. A waste of money. But, as I noted, the author's podcast is fun if you are obsessive about the foods you love. I enjoy listening to it while I'm cooking.

I did not like it. waste of money. Its difficult to get hold of any of the topics. These chapters starts on one note and end on something else. Doesnt look like composed correctly.

I listen to Dan's podcast and enjoy it a lot but if you are looking for information that is not podcasted this is not what you want. If you are looking for info that he has podcasted about in print, this IS what you want. Clearly this is a labor of love and he enjoyed every minute of writing it...

Love this book! Reading this book has been an unexpectedly hilarious journey that has changed the way I think about everyday eating. I love food and cooking, this book is a must read for any foodie or aspiring foodie.

Very interesting concepts but the author makes some rather definitive assertions about food that many other seasoned foodies (see what I did there?) would find disagreeable. Still a fascinating read and educational for any hobbyist or beginning chef.

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