

Recommended Reading

Food for Thought

[The Splendid Table's How to Eat Supper](#)

by Lynne Rosetto Casper and Sally Swift
Gorgeous photos provide meaningful inspiration for weary home cooks. Plus, the inclusion of suggested titles to build a cooking library are like manna for cookery junkies.

[Art and Soul of Baking](#)

by Sur La Table and Cindy Mushet
Another great title from the Sur La Table team. Mushet is a pastry chef, yet her writing is encouraging, not intimidating, and the terrific step-by-step, color photographs will be invaluable to home bakers.

[In Defense of Food: An Eater's Manifesto](#)

by Michael Pollan
You've got to love this simple advice from Michael Pollan, "Don't eat anything that your great-great grandmother would not recognize as food." Stop obsessing over nutritional advice and labels, and just eat more plants and less meat. Could it be easier?

[Artisan Bread in Five Minutes a Day](#)

by Jeff Hertzberg
Most of us swoon over the prospect of fresh, warm-from-the-oven bread, and this book promises just that. The title is somewhat misleading, in that you do need some advance preparation to make the dream of fresh bread a reality, but the techniques are straight-forward.

[How to Cook Everything](#)

by Mark Bittman
Mark Bittman who writes, "The Minimalist" a weekly food column for the NYT, advocates that we avoid all convenience foods and instead go back to the basics. He presents a ton of recipes, techniques, and essential equipment that will make this goal attainable for all cooks.

[Food Matters](#) by Mark Bittman

I know, another title by Bittman . . . but this latest book encourages readers to make food choices based on their environmental impact. Though his message is not new, it does bear repeating.

[Hello Cupcake!](#)

by Melanie Dunea
50 famous chefs describe what would be their preferred last meal on Earth. Their choices are often surprisingly simple and rustic. Recipes for some of the dishes are also included.

[Cookwise: The Hows and Whys of Successful Cooking](#)

by Shirley O. Corriher
This is THE food bible. Corriher understands why physics and chemistry are so important to cooking and baking and she shares her encyclopedic knowledge in a way that is both informative and entertaining.

[Milk: The Surprising Story of Milk Through the Ages](#)

by Anne Mendelson
Is it possible that we don't really know what milk tastes like? Mendelson theorizes that since we began producing milk in 6000 B.C. we have no longer have any idea of its true taste. She offers some great recipes on tasting milk in new ways.

[Eat This, Not That: Thousands of Simple Food Swaps That Can Save You, 10, 20, 30 Pounds -- Or More!](#)

by David Zinczenko
Despite your best efforts, you will occasionally eat at fast food spots. This guide will tell you what the healthiest options are on the menus of dozens of popular restaurants. Warning, some of the calorie and fat counts will be shocking!



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