



50 Foods: A Guide to Deliciousness

By Behr, Edward.

Penguin. 1 Paperback(s), 2013. soft. Book Condition: New. The founder and editor of The Art of Eating, Edward Behr here offers his own canon of the 50 foods every connoisseur must know. Most are raw materials Behr argues that food tastes more delicious when it is closer to nature but some have been fermented or otherwise transformed, including bread, ham, and cheeses. Behr focuses on aroma, appearance, flavor, and texture to determine what "the best" means for each food. He tells you how to select top quality signs of freshness and ripeness, best season, top varieties, proper aging and explains where necessary the best way to prepare, serve, or eat these foods (how to open an oyster, for example; why the best way to cook green beans is boiling; how to clean a whole salted anchovy; and when to eat and when to discard the rind of a cheese). Behr also names the most complementary foods and flavors for each of these foods, and the wines that go with them. "Ed Behr has a unique and holistic gastronomic vision, beautifully reflected in his examination of these 50 diverse foods that form the building blocks of taste. This fascinating, eminently readable book is a beautiful resource...



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