

# Food & Culture: Suggested Reading List

Some books to avoid (because we are going to read them in class, or because you've probably read them already: *Like Water for Chocolate*, *Fast Food Nation*, and *Lord of the Flies*; (If you do a subject search in your local library – Grant's or Multnomah County's – or at a bookstore, you can find a book about almost any food you are interested in.)

## **NON-FICTION TITLES**

### **GREAT WRITING ABOUT FOOD**

Anything by:

M. F. K. Fisher e.g., *The Art of Eating*; *Gastronomical Me*; *Consider the Oyster*

Michael Pollan;

Ruth Reichel

*Best Food Writing Of XXXX*; ed. Holly Hughes (avoid 2011)

### **EATING**

*The Tummy Trilogy*; *Alice Let's Eat*; *Further Adventures of a Happy Eater*, etc.; Calvin Trillin

*A Meal Observed*; Andrew Todhunter

*Garlic and Sapphires*: The Secret Life of a Critic in Disguise; Ruth Reichel

*A Cook's Tour: Global Adventures in Extreme Cuisines*; *The Nasty Bits: Collected Varietal Cuts, Usable Trim, Scraps, and Bones*; etc.; Anthony Bourdain

### **MEMOIR**

*Kitchen Confidential*; Anthony Bourdain

*Tender at the Bone: Growing Up at the Table*; Ruth Reichel

*The Barbarians Are Coming*; David Wong Louie

*Heat*; Bill Buford

*Under the Tuscan Sun*; Frances Mayes

*Julie and Julia*; Julie Powell

*The Lobster Chronicles: Life On a Very Small Island*; *All Fishermen are Liars: True Adventures at Sea*; *The Hungry Ocean: A Swordboat Captain's Journey*; Linda Greenlaw

*Animal, Vegetable, Miracle: A Year of Food Life*; Barbara Kingsolver, Camille Kingsolver, and Steven L. Hopp

*Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef*; by Gabrielle Hamilton

*Eating Animals*; Jonathan Safran Foer

*The Ethics of What We Eat: Why Our Food Choices Matter*; Peter Singer

*The Fortune Cookie Chronicles: Adventures in the World of Chinese Food*; Jennifer 8 Lee

*Hallelujah! The Welcome Table: A Lifetime of Memories with Recipes*; Maya Angelou

*The Unprejudiced Palate: Classic Thoughts on Food and the Good Life*; Angelo M. Pellegrini

*Yes, Chef: a memoir*; Marcus Samuelsson

*Toast: The Story of a Boy's Hunger*; Nigel Slater

*Trail of Crumbs: Hunger, Love, and the Search for Home*; Kim Sunee

### **RESTAURANTS & COOKING**

*Kitchen Confidential*; Anthony Bourdain

*The Making of a Chef: Mastering Heat at the Culinary Institute of America*; *The Soul of a Chef: Journey Towards Perfection*;

Michael Ruhlman

*A Girl and Her Pig: Recipes and Stories*; April Bloomfeld

## **NATURAL HISTORY**

*Lobster: A Global History*; Elisabeth Townsend

*The Secret Life of Lobsters: How Fishermen and Scientists Are Unraveling the Mysteries of Our Favorite Crustacean*; Tevor Corson

## **HISTORY**

*Salt, Cod; The Big Oyster*; Mark Kurlanksly

*A History of the World in Six Glasses*; Tom Standage

## **AGRICULTURE**

*Everything I Want to Do Is Illegal*; Joel Salatin

*Farm City: The Education of an Urban Farmer*; Novella Carpenter

## **ESSAY and INVESTIGATIVE**

*The Omnivore's Dilemma: A Natural History of Four Meals; Second Nature: A Gardener's Education; The Omnivore's Dilemma for Kids: The Secrets Behind What You Eat; The Botany of Desire: A Plant's-Eye View of the World; In Defense of Food; Food Rules: An Eaters Manual*; Michael Pollan

*Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It*; Karl Weber

*Food Matters: A Guide to Conscious Eating*; Mark Bittman

## **Food Matters**

### **FICTION(mostly novels):**

*Chocolat*; Joanne Harris

*Babette's Feast*; Isak Dinesen

*The Last Chinese Chef*; Nicole Mones

*Bone in the Throat*; Anthony Bourdain

*A Slice of Life*; Margaret Lake

*Fried Green Tomatoes At The Whistle Stop Cafe*; Fannie Flagg

Hannah Swenson Mysteries; Joanne Fluke

*Heartburn*; Nora Ephron

*Close to Famous*; Joan Bower

*Sweet Potato Pie*; Eugenia Collier

*The Woman Warrior*; Maxine Hong Kingston