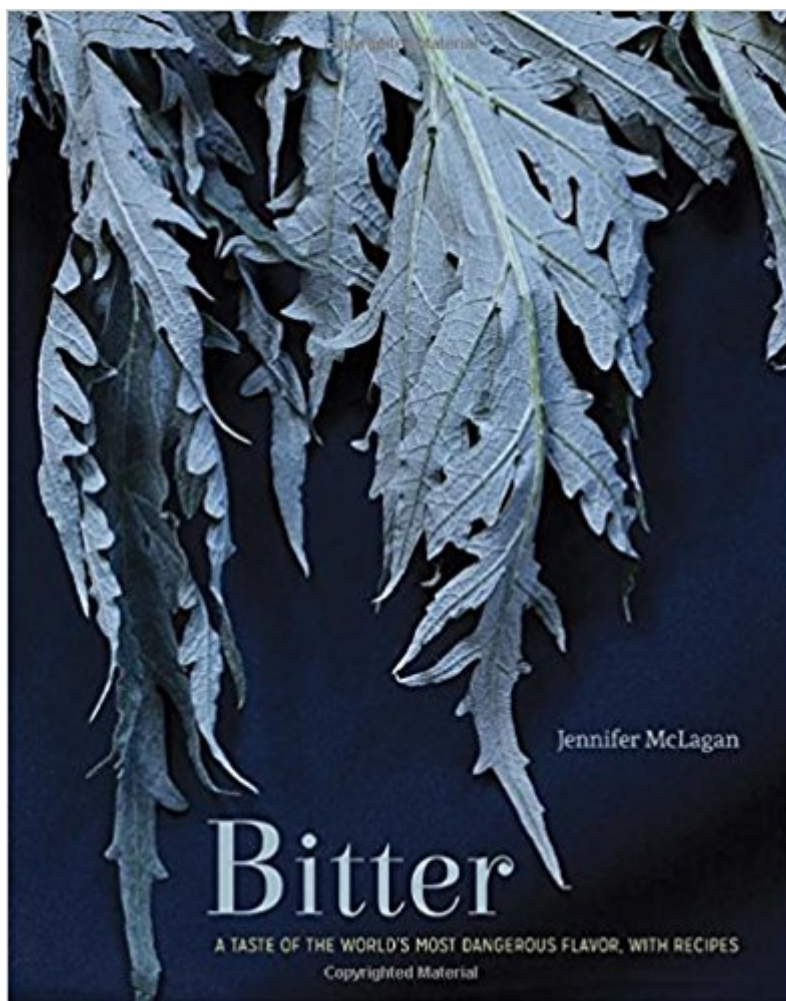


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Bitter: A Taste Of The World's Most Dangerous Flavor, With Recipes



Synopsis

The champion of uncelebrated foods including fat, offal, and bones, Jennifer McLagan turns her attention to a fascinating, underappreciated, and trending topic: bitterness. What do coffee, IPA beer, dark chocolate, and radicchio all have in common? They're bitter. While some culinary cultures, such as in Italy and parts of Asia, have an inherent appreciation for bitter flavors (think Campari and Chinese bitter melon), little attention has been given to bitterness in North America: we're much more likely to reach for salty or sweet. However, with a surge in the popularity of craft beers; dark chocolate; coffee; greens like arugula, dandelion, radicchio, and frites; high-quality olive oil; and cocktails made with Campari and absinthe—all foods and drinks with elements of bitterness—bitter is finally getting its due. In this deep and fascinating exploration of bitter through science, culture, history, and 100 deliciously idiosyncratic recipes like Cardoon Beef Tagine, White Asparagus with Blood Orange Sauce, and Campari Granita—award-winning author Jennifer McLagan makes a case for this misunderstood flavor and explains how adding a touch of bitter to a dish creates an exciting taste dimension that will bring your cooking to life.

Book Information

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Customer Reviews

"Tobacco panna cotta? Gorgeous moody photos? This book flirts with the dark side and goes deep into the one taste often ignored."—TheKitchn.com "McLagan's book strikes the perfect balance between essayistic exploration, lush photography and

recipes. **New York Times Book Review** “Jennifer McLagan serves as an enthusiastic evangelist and expert guide by demystifying the dark and dangerous flavors of all things bitter and inspiring readers to explore and embrace this often unappreciated taste on the plate and in the glass. **Brad Thomas Parsons**, author of *Bitters: A Spirited History of a Classic Cure-All* “McLagan’s book strikes the perfect balance between essayistic exploration, lush photography and recipes. **New York Times Book Review** “Take a bow, Jennifer McLagan. With your newest book, *Bitter*, you’ve given foodists the chance to chew on a topic made for adults. **Washington Post** “McLagan has found a strong theme in *Bitter*. In this latest cookbook, McLagan’s recipes seem to say: this is exactly what I mean when I say ‘Bitter.’ You scan them, with their slightly conservative edginess, and immediately you want to taste. . . . The recipes I tried were excellent. McLagan writes clearly and well, with the voice of a practiced cook. **Art of Eating** “In her new cookbook, McLagan delves into this once underappreciated taste. The James Beard Award-winning author celebrates the flavor’s revival in a tome packed with awesome recipes. **Good Housekeeping**

JENNIFER McLAGAN is a chef and writer who has worked in Toronto, London, and Paris as well as her native Australia. She has been called courageous, a contrarian, and even a little crazy. She is definitely a provocative iconoclast who challenges us and makes us rethink our relationship to what we eat. Her award-winning books, *Bones* (2005), *Fat* (2008), and *Odd Bits* (2011), were widely acclaimed, and *Fat* was named Cookbook of the Year by the James Beard Foundation. Jennifer has presented at the highly prestigious Food & Wine Classic in Aspen, the Melbourne Food & Wine Festival master class series, the Epicurean Classic in Michigan, the Terroir Symposium in Toronto, and the Slow Food University in Italy. Jennifer divides her time between Toronto and Paris. To learn more, visit www.jennifermclagan.com.

Because I loved her other books and I read a review, I bought this. This book should win a prize. The book reads very well and has a lot of information about taste buds and taste. But I started thumbing through the recipes and they were so interesting. I thought, I would make that, then turn the page and think I am going to try that. How often do you buy a cookbook, that so many recipes look like something I must try? They are not rehashes. You must not be a timid taster or cook. But so much of the food is good for you. She has good looking recipes for Brussel Sprouts, which we

called Gag Balls at our house. I am only joking a little when I say that I could join a group and cook my way through this. There is only one thing I do not like and it is the organization. It is hard to find things especially on a Kindle, but none the less this gets five stars.

I adore McLagan's cookbooks, and this is no exception- though it's even more potentially controversial than her previous books. Bitterness does round out many flavors. It's why I prefer dark chocolate to milk or white chocolates. And I love coffee, and brassicas, and... well you get the idea. The information in the book about the ingredients is entertaining reading and very useful. That and the gorgeous photography make it a great coffee-table book... Although as I read it (I read cookbooks cover to cover, like novels), I ended up marking at least 20 recipes with post-its, meaning ones I REALLY want to try ASAP! Highly recommended for adventurous cooks who like some contrast in their meals.

This book is unique in that it addresses a taste instead of a type of cuisine. Bitterness is a very important nutritional element to food, signalling to our taste buds that the food is slightly poisonous, but in small doses these chemical elements are helpful to our bodies. Bitter not only presents stunning and unusual recipes but also the history of various foods and drinks. It is a book to inspire and think differently about what we eat. Unfortunately many of the recipes require foods that are uncommon, however I have thus far attempted her chocolate tart which was sinfully divine.

can't wait to try the adult recipes that use a cigar!

Great info on an obscure subject. Beautifully designed and photographed. I love this book.

This is a great food topic about the taste of bitter. We often stay away about this taste type, but I think the author went to Asia especially to other countries like the Philippines, Indonesia and others that may cook with bittermelon and coconut milk. That's a classic in Filipino and Bicolano cooking where they cook with coconut milk and bittermelon vegetable stew. It tames the flavor of the bitterness of the bittermelon. Then on the last chapter covers on dessert elements that can be charred and has a smokey flavor. But bitterness.... I say....hmmmm... this gives you another insight how bitter can be complemented with flavors that can go well together. I just loved how the author emphasizes that bitterness is not a bad thing... and she talks about how to either complementing contrasting flavors or use a technique to lessen the bitterness of an ingredient. This is probably one

of great food books about this topic that doesn't stay away from the existence of bitter foods in our foods. Different cultures has dealt with bringing another cooking technique and another ingredient or 2 to tame the bitterness and the assertiveness to make a great dish. With her knowledge and know-how, this is a great book that elevates different food items and dishes that has bitter as part of the component of tasting, and gives you a different take on this food experience. There are recipes involved too.

I am not bitter that I bought this and I have a much better understanding of the depth of bitter. Love, love & love it to the bitter end.

Remarkable insights into a neglected area. Would be worth it for the pictures alone, but the text is remarkable.

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