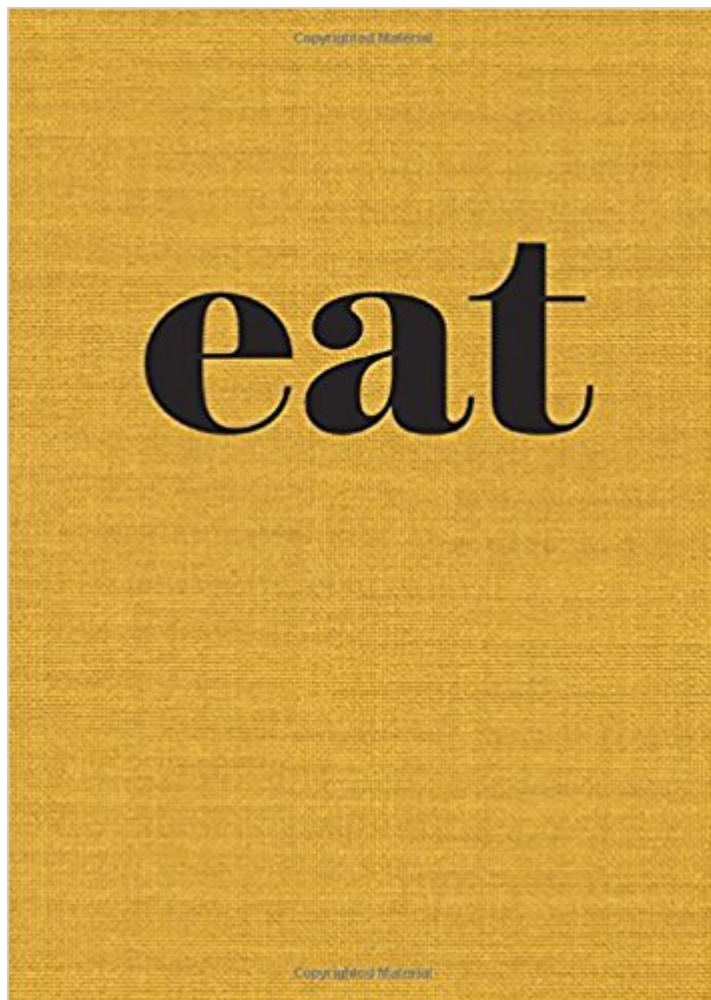


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# Eat: The Little Book Of Fast Food



## Synopsis

Britain's foremost food writer returns with a deliciously simple collection of over 600 ideas for satisfying meals that are quick and easy to get to the table. In this little book of fast food, Nigel Slater presents a wholly enjoyable ode to those times when you just want to eat. Pairing more than 600 ideas for deliciously simple meals with the same elegant prose and delightful photography that captivated fans of *Tender*, *Ripe*, and *Notes from the Larder*, *Eat* is bursting with recipes that are easy to get to the table, oftentimes in under an hour: a humble fig and ricotta toast; sizzling chorizo with shallots and potatoes; a one-pan Sunday lunch. From quick meals to comfort food, Nigel Slater has crafted a charming, inspired collection of simple food—done well.

## Book Information

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## Customer Reviews

“The Holy Grail of home cooking is food that is quick to make but not thoughtless or compromised. Nigel Slater’s recipes achieve this in such a skillful and satisfying manner that you may begin to wonder why you’d even bother with longer format cooking again.” —Deb Perelman, author of *The Smitten Kitchen Cookbook*

“Nigel Slater is such a joyful writer. But what I love best about his books is the way he thinks about flavor, dreaming up combinations I’m eager to taste. He’s done it again: I want to make every recipe in this book.” —Ruth Reichl, author of *Delicious!*

“Nothing [is] ever going to come close to *Eat*. An instant classic.” —2013 Cookbook of the Year, *The Times of London*

“As I paged through *Eat*, I stuck a Post-it note on every recipe I

was excited to try. By the time I was done, the book looked like a porcupine with pink paper quills. . .  
.The weeknight-friendly recipes call for few ingredients, but they're intriguingly and  
intelligently combined.

•Fine Cooking

NIGEL SLATER is the author of numerous bestselling books, including *Notes from the Larder* and the James Beard Award-winning *Ripe* and *Tender*. He has written a column for the *Observer* for twenty years and is the host of the BBC series *Simple Suppers*. His memoir, *Toast*, won British Biography of the Year, and has been adapted into a feature film. He lives in London.

Yes, I know it says "Fast Food", but like all of Slater's books, this is a cookbook to savor in your quiet, slower times. Once you get acquainted with it, you'll have found many simple, flavorful, beautiful meals that you can turn to over and over again--whether you're pressed for time, or not.

NOTE: I am reviewing the US Edition of this book, published by Ten Speed Press on Sept. 30, 2014. There is an earlier UK Edition, and this is not it. The book on this product page has been edited by Ten Speed Press to include US measurements.

ANOTHER NOTE: What does "Turtleback" cover mean? It means this is not really a "hard cover" book. The cover is very thin cardboard, covered with some kind of a cloth material. It bends easily and is not very substantial. Now that I have the book in hand, I am somewhat disappointed in the quality of the cover. Content of the book has my 5-star rating--I love Slater's work. Quality of the book, size and cover, is definitely not five-star.... But it is the only choice with this US Edition. Just know ahead of time what you are getting and you can rationalize it.

The first thing I wondered when I saw this book was how closely it resembled Slater's paperback "Real Fast Food" from 1995 and 2008. Turning the first few pages, it looked nothing like the older book: This new one--still dealing with "Fast Food"--was divided by cooking technique, the older book was divided by main food type or ingredient. To double-check, I quickly looked up the array of beef sandwiches in both books. No, definitely not, the new book is jam-packed with fresh ideas. And Slater even makes reference to the older book in his realization that we have come very far in our "everyday eating" in the past 20 years. I know these new recipes carry the experience from that book (and subsequent books) forward, but that is to be expected. (And that's the last I will say of that old book, which I will keep around for sentimental value only, 'cause this one beats it by miles.)

As big as the book is (almost 500 pages), it is tongue-in-cheek called a "little" book by the author. So the reader deserves a little help finding their way around in it--and they get it: Following the listing of the chapters, there are a few pages to guide

you on your way if you have a certain food in hand and want to use it. It breaks down meat, seafood, vegetables, fruit, pasta, beans, grains, eggs and cheese, and even leftovers into categories. (I love the "Leftovers" listings, and will be forever grateful for the idea of leftover chicken creamy lasagna.) Except for the time you spend browsing through the book, the index will be indispensable: It is a worthy index, thank goodness. Recipes presented, as has been the case in his past books, are for two servings, but they can easily be doubled, or halved, in most cases. Also, like his previous books, this one is perfect for a couple, especially those with a little space and time in their lives to savor and linger. Fast is not only important to young people with families and commutes and taxing jobs. Fast, simple, and uncomplicated is valuable to folks at the other end of the scale, too: Retirees who eat less, want to spend less time with cooking chores and get off their feet, who have downscaled their lives and living space, but want to relish and savor and live their meals to the fullest. Browsing through one of Slater's books is calming, peaceful, rewarding, inspiring, and leads easily to introspection. It is a combination of his creations, the way he writes and the fabulous pictures. There is so much here, so many ideas, that it is hard for me to go about this review in my normal way of mentioning specific recipes that worked and inspired. If this book has a fault, it is that it is overwhelming in the amount of terrific ideas. The recipes are over the top in flavor and eye appeal. I tried, but I can't even begin to pick out and list favorites. I suggest that you browse through the "Look Inside" feature on this product page. Take a look at the index and you will see the variety, and you can get a very good idea if this is your type of food. My thoughts as I progressed through it: Nothing overly salty. Nothing overly sweet. Nothing overly rich. Slater tries to keep his ideas and combinations healthy, but he does not make recipes too lean, and he does not sacrifice the good life. The color and the beauty of the final dish is very important: Visual appeal is (almost) as important as taste. There is a lot of leeway, lots of "give", in Slater's recipes: Make a recipe as presented, alter it with what you have on hand, or just use the fabulous ideas. Recipes are told in paragraph form. Ingredients are listed in bold face in the midst of sentences. I find it a bit hard to keep my place, but Slater has always written his recipes this way. Considering how few ingredients are necessary for each recipe, and how forgiving the quantities are, (but you'll want to get your spices and herbs correct the first go-round of any recipe), it is not a major--and hardly a minor--problem. Pictures are plentiful and beautiful. I scrutinized the measurement editing that publisher Ten Speed Press added to this book, but I couldn't really find any glaring errors.\*I received a temporary download of this book from the publisher. I have been working with it for several months. I am so enthralled with this book, that I will be purchasing this one for myself soon. Yes, this book is suitable for everyone, but I think it would make a terrific gift for someone you know

who loves to cook and is retiring and will have a bit extra time on their hands, empty nesters at loose ends, or has found themselves alone and looking for inspiration.

Nigel Slater never disappoints and is never redundant. This is fast food for the home cook. Wonderful as always!

Inventive and magical. Are you hungry? Nigel has some wonderfully inspired ideas for good, fast, flavorful feasting.

Nigel Slater is one of my favorite cookbook writers and I enjoyed this book. Lots of fresh ideas.

Well-written and cross-culturally instructive .

I just bought 2 copies of this book. One I will take with me when I go to visit my 2 grandsons aged 10 who -- at their mother's urging -- are now preparing a family dinner one night a week. The other I will to one of my other daughters who is a good cook, but likes to follow a recipe. Let me state at the beginning, that the books arrived today and I looked through a copy quite carefully, but I have not followed any of the recipes. That said, I find his combinations of ingredients and flavors, and the simplicity of his preparations -- yet capable of producing really good food -- quite good and worth a full 5 stars. For my daughter, I thought Slater's laid back approach would loosen her up so that she would feel freer to make variations as she cooks. I think she will enjoy this book and for a busy mom who nevertheless prepares home cooked from scratch meals every night, I think this will be very successful for her and a good starting point for feeling a little more confident on her own. As for my grandsons, I think it will not be as easy for them to follow as a more traditional layout and this is why only 4 stars. Let me explain. Most cookbooks give a list of ingredients such as: 1 cup diced onions; 1/2 cup diced carrots, etc. Then the actual cooking directions follow and last there may be notes about substitutions or variations. In this book, the variations are given on the opposite page. That's fine. By putting them on their own page it makes the user realize where he or she can go with this basic recipe. But Slater doesn't give a separate list of ingredients first. He incorporates them into the directions -- although they are often in bold letters. One of the reasons for this may be that Slater wants the user to realize that nothing is written in stone. Still, it is something that everyone who has ever taught cooking stresses: PLEASE read through the whole recipe before beginning, see that you have all the ingredients -- or an appropriate substitution -- and equipment on hand before you

get halfway through and find that you only have 1 egg on hand for a souffle that required 6! So in this sense, Slater's layout shouldn't matter because you should read through the whole recipe before you start. HOWEVER, in teaching a complete novice how to cook, you want them also to understand the layout of their kitchen, their ingredients and the order of things in the kitchen and in their recipe. The French call it a *mis en place*. It makes cooking so much easier, faster and smoother. If you are making an omelette you don't want to stop to grate some cheese while the eggs are cooking. You want the cheese on hand ready to add at the time you need it. In my experience as a cooking teacher, not understanding the need for *mis en place* was the biggest cause of home cooks getting frazzled. Once they understood how to prepare themselves and their ingredients the cooking went so much more smoothly and became a pleasure -- even with a very complicated recipe. I think Slater adopted the format he did in an attempt to stress that cooking should not be stressful, that you can vary and change a recipe and still have it as the template for a wonderful dish. And that is why I bought 2 copies! I agree with him. But I think that for a less experienced cook, for someone with minimal knife skills who is slow to cut an onion or to crush a clove of garlic, it would be better to have these things done first and marshaled at your side before beginning to cook. Hence only 4 stars. Having written that, I would say to an inexperienced cook: buy this book, read through the whole recipe, assemble all the ingredients first in the form they will be needed -- chopped, crushed, minced, cans opened, etc -- and then cook. You'll be happy with the results because with these lovely combinations, how could you fail.

Thx!

Great cookbook, one of my favorites at the moment

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