

The Adventures Of Fat Rice Recipes From The Chica

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The Adventures Of Fat Rice Recipes From The Chica

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GOOD AUGUST

Salt Sugar Fat Ballantine Books

Cooking for teens, like finding the perfect gift for teen boys and girls, is almost impossible. Teenagers like what they like, and they will only eat what they like. But instead of causing mealtime strife, now they can learn to cook those foods themselves. With over 75 delicious recipes for meals at all times of the day—breakfast, snacks, sides, dinners, and dessert, too—Teens Cook is a guide to everything teenagers (and tweens) need to learn about conquering the kitchen without accidentally setting the house on fire. Written by teens and for teens in easy-to-follow instructions, authors Megan and Jill Carle give young readers advice on how to maneuver their kitchen in a language they'll understand (and actually listen to). The Carle sisters pass on their knowledge of how to decipher culinary vocabulary, understand kitchen chemistry (why stuff goes right and wrong when cooking), adapt recipes to certain dietary restrictions (like vegetarianism), and avoid all sorts of possible kitchen disasters. Teens Cook is not only a fantastic teen gift—it's the perfect cookbook to inspire young adults to take interest in their diets, and empower them to try a new and tasty hobby.

Cook Korean! National Geographic Books

The rapper, chef, TV star, and author of *Stoned Beyond Belief* offers up a love letter to food inspired by his childhood, family, tours, and travels. This ain't no cookbook. This ain't no memoir. This is Action Bronson's devotional, a book about the overwhelming power of delicious—no, f*cking amazing—food. Bronson is this era's Homer, and *F*ck, That's Delicious* is a modern-day Odyssey, replete with orgiastic recipes, world travel,

siren songs, and weed. Illustrated, packed with images, and unlike any book in the entire galaxy, Bronson's *F*ck, That's Delicious* includes forty-plus recipes inspired by his childhood, family, tours, and travels. Journey from bagels with cheese that represent familial love to the sex and Big Macs of upstate New York fat camp and ultimately to the world's most coveted five-star temples of gastronomy. And: the tacos in LA. The best Dominican chimis. Jamaican jerk. Hand-rolled pasta from Mario. Secrets to good eating from Massimo. Meyhem Lauren's Chicken Patty Potpie. And more! more! more! New York Times Bestseller Winner of the IACP Cookbook Design Award "This magnificent tome is filled with both the recognizable and the perplexing. And, best of all, I can make it at home and so can you. . . . This is a book that is at once a testament to a wild palate, to a man with a gastronomic vision, to a hip-hop artist of the top of the top category, and a student of life with legendary curiosity." —Mario Batali, from the foreword "Through his career on *VICELAND*, Bronson has become one of the Internet's most entertaining food personalities—and his book delivers just as much loud enthusiasm for eating fucking delicious things as his show by the same name." —GQ magazine

Rise and Run Clarkson Potter

Over seventy-five salad recipes, with contributions and interviews by artists & creatives like William Wegman, Tauba Auerbach, Laurie Anderson, and Alice Waters. Julia Sherman loves salad. In the book named for her popular blog, Sherman encourages her readers to consider salad an everyday indulgence that can include cocktails, soups, family style brunch dishes, and dinner-party entrées. Every part of the meal is reimaged with a fresh, vegetable obsessed perspective. This compendium of savory recipes will tempt readers in search of diverse offerings from light to hearty organized by season. Recipes include: Collard

Chiffonade Salad with Roasted Garlic Dressing and Crouton
Crumble Heirloom Tomatoes with Crunchy Polenta Croutons
Flank Steak and Bean Sprouts with Miso-Kimchi Dressing
Grilled Hearts of Palm with Mint and Triple Citrus
Golden Crispy Lotus Root with Asian Pear and Yuzu Dressing
Shaved Cauliflower and Candy Cane Beet Salad with Seared Arctic Char
Curly Carrots with Candied Cumin
And many more
The recipes, while not exclusively vegetarian, are vegetable-forward and focused on high-quality seasonal produce. Sherman also includes insider tips on pantry staples and growing your own salad garden of herbs and greens. Salad—with its infinite possibilities—is a game of endless combinations, not stifling rules. And with that in mind, *Salad for President* offers a window into how artists approach preparing their favorite dishes. She visits sculptors, painters, photographers, and musicians in their homes and gardens, interviewing and photographing them as they cook. Utterly unique in its look into the worlds of food, art, and everyday practices, *Salad for President* is at once a practical resource for healthy, satisfying recipes and an inspiring look at creativity. Praise for *Salad for President* "Part relational art, part self-discovery, *Salad for President* turns our notion of 'salad' on its head in a funny, beautiful, and most personal way." ?Bon Appétit "Makes even the most unrepentant meat eater consider their leafy greens; it is a decidedly bitter, yet delicious, pill to swallow." —John Martin, *Munchies*

Asian Pickles Signal

Gaston the alligator is invited to Mardi Gras in New Orleans.

Bottom of the Pot H&h Books

He's undead, overweight, and can't get a date
Vampire, nosferatu, creature of the night—whatever you call him—Jules Duchon has lived (so to speak) in New Orleans far longer than there have been drunk coeds on Bourbon Street. Weighing in at a

whopping four hundred and fifty pounds, swelled up on the sweet, rich blood of people who consume the fattiest diet in the world, Jules is thankful he can't see his reflection in a mirror. When he turns into a bat, he can't get his big ol' butt off the ground. What's worse, after more than a century of being undead, he's watched his neighborhood truly go to hell—and now, a new vampire is looking to drive him out altogether. See, Jules had always been an equal opportunity kind of vampire. And while he would admit that the blood of a black woman is sweeter than the blood of a white man, Jules never drank more than his fair share of either. Enter Malice X . Young, cocky, and black, Malice warns Jules that his days of feasting on sisters and brothers are over. He tells Jules he'd better confine himself to white victims—or else face the consequences. And then, just to prove he isn't kidding, Malice burns Jules's house to the ground. With the help of Maureen, the morbidly obese, stripper-vampire who made him, and Doodlebug, an undead cross-dresser who (literally) flies in from the coast—Jules must find a way to contend with the hurdles that life throws at him . . . without getting a stake through the heart. It's enough to give a man the blues.

My Adventures with Your Money Oxford University Press

The perfect way to send your little one off to sleep! Includes the first three volumes of the Fat Cat Series: Fat Cat Finds a Home, Fat Cat Wants a Bath, and Fat Cat Wants Outside. Join sweet old Fat Cat in her adventures with her new family. She loves her favorite girls, Poppy, Mimi, and Wee, but sometimes they just don't understand what she wants! Experience Fat Cat's disappointment, hope, and ultimate happiness in these three heartwarming stories.

Mister Jiu's in Chinatown Ten Speed Press

From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. Salt Sugar Fat is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting,

access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). Salt Sugar Fat is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

Unforgettable Ten Speed Press

From authentic Korean kimchi, Indian chutney, and Japanese tsukemono to innovative combinations ranging from mild to delightfully spicy, the time-honored traditions of Asian pickling are made simple and accessible in this DIY guide. Asian Pickles introduces the unique ingredients and techniques used in Asian pickle-making, including a vast array of quick pickles for the novice pickler, and numerous techniques that take more adventurous cooks beyond the basic brine. With fail-proof instructions, a selection of helpful resources, and more than seventy-five of the most sought-after pickle recipes from the East—Korean Whole Leaf Cabbage Kimchi, Japanese Umeboshi, Chinese Preserved Vegetable, Indian Coconut-Cilantro Chutney, Vietnamese Daikon and Carrot Pickle, and more—Asian Pickles is your passport to explore this region's preserving possibilities.

Ideas in Food Rodale Books

Winner of The IACP 2019 First Book Award presented by The Julia Child Foundation Like Madhur Jaffrey and Marcella Hazan before her, Naz Deravian will introduce the pleasures and secrets of her mother culture's cooking to a broad audience that has no idea what it's been missing. America will not only fall in love with Persian cooking, it'll fall in love with Naz." - Samin Nosrat, author of Salt, Fat, Acid, Heat: The Four Elements of Good Cooking Naz Deravian lays out the multi-hued canvas of a Persian meal, with 100+ recipes adapted to an American home kitchen and interspersed with Naz's celebrated essays exploring the idea of home. At eight years old, Naz Deravian left Iran with her family during the height of the 1979 Iranian Revolution and hostage crisis. Over the following ten years, they emigrated from Iran to Rome to Vancouver, carrying with them books of Persian poetry, tiny jars of saffron threads, and always, the knowledge that home can be found in a simple, perfect pot of rice. As they traverse the world in search of a place to land, Naz's family finds comfort and familiarity in pots of hearty aash, steaming pomegranate and

walnut chicken, and of course, tahdig: the crispy, golden jewels of rice that form a crust at the bottom of the pot. The best part, saved for last. In Bottom of the Pot, Naz, now an award-winning writer and passionate home cook based in LA, opens up to us a world of fragrant rose petals and tart dried limes, music and poetry, and the bittersweet twin pulls of assimilation and nostalgia. In over 100 recipes, Naz introduces us to Persian food made from a global perspective, at home in an American kitchen. *Oysters: A Celebration in the Raw* Simon and Schuster The behind-the-scenes story of America's most famous underground restaurant, featuring more than eighty-eight deceptively simple and unbelievably delicious pan-Asian recipes and dozens of luscious full color photos. In 2008, as the American economy cratered, newly unemployed Nguyen Tran and his newly unemployed wife-to-be, Thi, opened an off-the-grid eatery in their small Los Angeles studio apartment. Word of their fabulous food quickly spread, turning their culinary "speakeasy," Starry Kitchen, into an underground sensation—and the #1 Asian fusion restaurant in L.A. on Yelp. Threatened by the city's health inspector, Nguyen and Thi transformed Starry Kitchen into an acclaimed and wildly popular pop-up restaurant in a downtown sushi joint. But their success was only beginning. As their clientele exploded, thanks to raves in the Los Angeles Times, Nguyen and Thi moved to a bigger space of their own in Chinatown, where they helped make the neighborhood the epicenter of L.A.'s burgeoning food scene. Adventures in Starry Kitchen chronicles Starry Kitchen's DIY evolution—"this beautiful accident gone right"—the mayhem, mishaps, misdemeanors, milestones, and amazing meals that have contributed to (and nearly derailed) its success. As they tell their story, the Trans share more than eighty-eight easy-to-follow pan-Asian recipes—mouthwatering and flavorful comfort cuisine, including Claypot Striped Bass, Buttermilk Beer Beignets, Singaporean Chili Crab, Double-Fried Chicken Wings and, of course, Starry Kitchen's trademark Crispy Tofu Balls. Whether you're cooking for two, four, or sixty, Adventures in Starry Kitchen demonstrates you don't have to be a desperately hip (or even trained) chef to master sensational modern food that will amaze and delight.

*F*ck, That's Delicious* Clarkson Potter

With 100 recipes, this is the first book to explore the vibrant food culture of Macau—an east-meets-west melting pot of Chinese,

Portuguese, Malaysian, and Indian foodways—as seen through the lens of the cult favorite Chicago restaurant, Fat Rice. An hour's ferry ride from Hong Kong, on the banks of the Pearl River in China, lies Macau—a modern, cosmopolitan city with an unexpected history. For centuries, Macau was one of the world's greatest trading ports: a Portuguese outpost and crossroads along the spice route, where travelers from Europe, Southeast Asia, South Asia, and mainland China traded resources, culture, and food. The Adventures of Fat Rice is the story of how two Chicago chefs discovered and fell in love with this fascinating and, at least until now, unheralded cuisine. With dishes like Minchi (a classic Macanese meat hash), Po Kok Gai (a Portuguese-influenced chicken curry with chouriço and olives), and Arroz Gordo (if paella and fried rice had a baby), now you, too, can bring the eclectic and wonderfully unique—yet enticingly familiar—flavors of Macau into your own kitchen.

The Sound of Stars The S5 Publishing Group

A beautiful and lavishly photographed cookbook focused on authentic Japanese clay-pot cooking, showcasing beloved recipes and updates on classics, with background on the origins and history of donabe. Japanese clay pot (donabe) cooking has been refined over centuries into a versatile and simple method for preparing both dramatic and comforting one-pot meals. In Donabe, Tokyo native and cooking school instructor Naoko Takei Moore and chef Kyle Connaughton offer inspiring Japanese home-style recipes such as Sizzling Tofu and Mushrooms in Miso Sauce and Dashi-Rich Shabu-Shabu, as well as California-inspired dishes including Steam-Fried Black Cod with Crisp Potatoes, Leeks, and Walnut-Nori Pesto or Smoked Duck Breast with Creamy Wasabi-Green Onion Dipping Sauce. All are rich in flavor, simple to prepare, and perfect for a communal dining experience with family and friends. Donabe also features recipes from luminary chefs such as David Kinch, Namae Shinobu, and Cortney Burns and Nick Balla, all of whom use donabe in their own kitchens. Collectible, beautiful, and functional, donabe can easily be an essential part of your cooking repertory.

I Dream of Dinner (so You Don't Have To) Time Inc. Books Unforgettable tells the story of culinary legend and author of nine award-winning cookbooks, Paula Wolfert, who was diagnosed with Alzheimer's in 2013. This biographical cookbook written by Emily Kaiser Thelin and photographed by Eric Wolfinger, shares more

than fifty of her most iconic dishes and explores the relationship between food and memory. The gripping narrative traces the arc of Wolfert's career, from her Brooklyn childhood to her adventures in the farthest corners of the Mediterranean: from nights spent with Beat Generation icons like Allen Ginsberg, to working with the great James Beard; from living in Morocco at a time when it really was like a fourteenth century culture, to bringing international food to America's kitchens through magazines and cookbooks. Anecdotes and adventuresome stories come from Paula's extensive personal archive, interviews with Paula herself, and dozens of interviews with food writers and chefs whom she influenced and influenced her—including Alice Waters, Thomas Keller, Diana Kennedy, André Daguin, and Jacques Pepin. Wolfert's recipes are like no other: each is a new discovery, yielding incredible flavors, using unusual techniques and ingredients, often with an incredible backstory. And the recipes are organized into menus inspired by Wolfert's life and travels—such as James Beard's Easy Entertaining menu; a Moroccan Party; and a Slow and Easy Feast. Unforgettable also addresses Wolfert's acknowledgement of the challenges of living with Alzheimer's, a disease that often means she cannot remember the things she did yesterday, but can still recall in detail what she has cooked over the years. Not accepting defeat easily, Wolfert created a new brain-centric diet, emphasizing healthy meats and fresh vegetables, and her recipes are included here. Unforgettable is a delight for those who know and love Paula Wolfert's recipes, but will be a delicious discovery for those who love food, but have not yet heard of this influential cookbook writer and culinary legend.

Chop Suey WW Norton

JAMES BEARD AWARD WINNER • The acclaimed chef behind the Michelin-starred Mister Jiu's restaurant shares the past, present, and future of Chinese cooking in America through 90 mouthwatering recipes. **ONE OF THE TEN BEST COOKBOOKS OF THE YEAR:** The New Yorker, San Francisco Chronicle • **ONE OF THE BEST COOKBOOKS OF THE YEAR:** Glamour • “Brandon Jew's affection for San Francisco's Chinatown and his own Chinese heritage is palpable in this cookbook, which is both a recipe collection and a portrait of a district rich in history.”—Fuchsia Dunlop, James Beard Award-winning author of *The Food of Sichuan* Brandon Jew trained in the kitchens of California cuisine

pioneers and Michelin-starred Italian institutions before finding his way back to Chinatown and the food of his childhood. Through deeply personal recipes and stories about the neighborhood that often inspires them, this groundbreaking cookbook is an intimate account of how Chinese food became American food and the making of a Chinese American chef. Jew takes inspiration from classic Chinatown recipes to create innovative spins like Sizzling Rice Soup, Squid Ink Wontons, Orange Chicken Wings, Liberty Roast Duck, Mushroom Mu Shu, and Banana Black Sesame Pie. From the fundamentals of Chinese cooking to master class recipes, he interweaves recipes and techniques with stories about their origins in Chinatown and in his own family history. And he connects his classical training and American roots to Chinese traditions in chapters celebrating dim sum, dumplings, and banquet-style parties. With more than a hundred photographs of finished dishes as well as moving and evocative atmospheric shots of Chinatown, this book is also an intimate portrait—a look down the alleyways, above the tourist shops, and into the kitchens—of the neighborhood that changed the flavor of America.

Gaston Goes to Mardi Gras Ten Speed Press

A comic book cookbook with accessible ramen recipes for the home cook, including simple weeknight bowls, weekend project stocks, homemade noodles, and an array of delicious accompaniments, with insights and tips from notable ramen luminaries. **ONGLISTED FOR THE ART OF EATING PRIZE • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY CHICAGO TRIBUNE • ONE OF THE YOUNG ADULT LIBRARY SERVICES ASSOCIATION'S GREAT GRAPHIC NOVELS FOR TEENS** Playful and instructive, this hybrid cookbook/graphic novel introduces the history of ramen and provides more than 40 recipes for everything you need to make the perfect bowl at home including tares, broths, noodles, and toppings. Authors Hugh Amano and Sarah Becan present colorful, humorous, and easy-to-follow comics that fully illustrate the necessary steps and ingredients for delicious homemade ramen. Along the way, they share preparation shortcuts that make weeknight ramen a reality; provide meaty tidbits on Japanese culinary traditions; and feature words of wisdom, personal anecdotes, and cultural insights from eminent ramen figures such as chef Ivan Orkin and Ramen Adventures' Brian MacDuckston. Recipes include broths like Shio,

Shoyu, Miso, and Tonkotsu, components such as Onsen Eggs, Chashu, and Menma, and offshoots like Mazemen, Tsukemen, and Yakisoba. Ideal for beginners, seasoned cooks, and armchair chefs alike, this comic book cookbook is an accessible, fun, and inviting introduction to one of Japan's most popular and iconic dishes.

Authentic Vietnamese Cooking Chronicle Books

For centuries, oysters have had the power to sustain and delight, inspiring writers and artists, lowly cooks and four-star chefs, laborers and gourmards, and everyone in between. A feast for the eyes and the palate oysters also are rich in history and lore. In *Oysters: A Celebration in the Raw*, Marion Lear Swaybill presents a wide-ranging visual exploration of this iconic shellfish, including stunning portraits of more than fifty oyster varietals, the latest photographs from some of the country's most renowned and beautiful oyster farms, and notable illustrations of oysters in the arts and culture, all alongside a lively and informative text.

Acclaimed chef and restaurateur Jeremy Sewall provides personal insights, drawing on his New England lineage and his stature in the forefront of the current oyster revival. *Oysters: A Celebration in the Raw* is true to its title from start to finish. Chapter One is a primer on all things oyster. Chapter Two introduces readers to legendary oystermen and women from around the country. Chapter Three offers exquisite photographs of more than fifty varieties of North American oysters, along with flavor profiles and "merroir." *Oysters: A Celebration in the Raw* concludes with highlights from the oyster timeline, depictions of oysters in art through the ages and stories of oysters as aphrodisiacs, and parses oyster myths and metaphors. The book also features an oyster glossary and resource list. It is the only book of its kind—a definitive visual companion to this iconic, much loved mollusk. Overflowing with gorgeous original photography and fascinating anecdotes, *Oysters: A Celebration in the Raw* is the perfect book for oyster aficionados and newbies, foodies and chefs of all stripes, lovers of photography and art, the environment, history, and the sea.

Teens Cook Ten Speed Graphic

NEW YORK TIMES BESTSELLER • A cookbook and training manual dedicated to helping you revamp your morning routine, from the authors of *Run Fast. Cook Fast. Eat Slow.* NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE WASHINGTON POST

Shalane Flanagan and Elyse Kopecky believe (and science confirms) that what you eat at the start of the day impacts everything: your mood, your work output, your cravings, your sleep, and even your long-term health. In *Rise and Run*, discover a better a.m. routine and nourish your entire day with more than 100 recipes for nutrient-dense breakfasts, recovery drinks, packable snacks, and best-of-all: twenty-four new Superhero Muffin recipes (both savory and sweet). These veggie-forward recipes can also double as lunch or dinner. Think Savory Red Lentil Oatmeal, Tempeh Sausage, Brunch Power Salad, Pesto Zucchini Superhero Muffins, Everything Bagel Muffins, and homemade breads, biscuits, cookies, and bars. Every recipe includes make-ahead tips for busy families, and they are crafted with the ideal balance of protein, complex carbs, and healthy fats to keep you sustained. But Shalane and Elyse don't just leave it there. Along with recipes, they share expert advice from trainers and pros, as well as morning rituals, intention-setting tools, predawn running tricks, and injury-prevention advice. And, to top it off, *Rise and Run* includes a fourteen-week marathon-training program designed by Shalane that will have you breaking personal bests. This book will teach athletes how to spend more time chasing the sunrise—without sacrificing the most important meal of the day.

The Brief Wondrous Life of Oscar Wao HarperCollins

Long a favorite of in-the-know foodies, Korean cuisine is a hot food trend, with dishes like bibimbap and kimchi popping up on menus nationwide. In a PBS series, Marja Vongerichten and three-star Michelin chef Jean-Georges Vongerichten gave viewers an insider's look at Korea as they travel the country and experience its authentic flavors and cultural traditions. As the show's companion cookbook, *The Kimchi Chronicles* includes a recipe for every dish featured, explaining how they can be easily duplicated in an American kitchen. Chef Vongerichten also offers original dishes with a lighter, modern flair, showing how the flavors of the Korean table can be readily integrated into any meal. For lovers of Korean food, those eager to experiment in search of an accessible introduction to this intriguing cuisine, and readers who just want a little taste of culinary and cultural exploration outside the Western Hemisphere, *The Kimchi Chronicles* is sure to provide plenty of inspiration, information, and entertainment.

Taste of Macau New York Review of Books

An accessible and easy-to-follow comic book cookbook for bringing Asian dumplings into the home kitchen, with recipes for savory and sweet dumplings, dipping sauces, riffs, and more—from the authors of *Let's Make Ramen!* ONE OF THE BEST COOKBOOKS OF THE YEAR: *Time Out*, *Glamour*, *Wired*, *Publishers Weekly*, *Booklist* • "A fun-filled, information-packed romp through the magnificent world of Eastern dumplings, anchored by chef Hugh Amano's rich Japanese heritage and artist Sarah Becan's dynamic illustrations."—Andrea Nguyen, *James Beard Award*-winning author of *The Pho Cookbook* and *Asian Dumplings* Chef Hugh Amano and comics artist Sarah Becan invite you to explore the big little world of Asian dumplings! Ideal for both newbies and seasoned cooks, this comic book cookbook takes a fun approach to a classic treat that is imbued with history across countless regions. From wontons to potstickers, buuz to momos, Amano's expert guidance paired with Becan's colorful and detailed artwork prove that intricate folding styles and flavorful fillings are achievable in the home kitchen. *Let's Make Dumplings!* includes dumpling lore; a master folding guide that familiarizes readers with popular styles, like the pleated crescent of a potsticker or the 4-pointed star of a crab rangoon; and a series of cooking directions to choose from, such as steaming or pan-frying. The recipes range from savory Gyoza to sweet Cambodian Num Kom; from classic Baozi to riffs such as Sesame Chicken Dumplings. Whether it is the family-style eating experience of stacked steamer baskets filled with succulent shumai and plump xiaolongbao or the interactive process of working together to fold hundreds of jiaozi for a celebration, *Let's Make Dumplings!* captures the deep level of connection that dumplings bring to any gathering and shows you how to re-create it in your own home.

Damn Delicious Ten Speed Graphic

"This feel-good, easy-to-read book...is sure to inspire many readers" as Eric meets Peety and their journey together saves both of their lives and creates a lifelong bond (*Booklist*). Eric was 150 pounds overweight, depressed, and sick. After a lifetime of failed diet attempts, and the onset of type 2 diabetes due to his weight, Eric went to a new doctor, who surprisingly prescribed a shelter dog. And that's when Eric met Peety: an overweight, middle-aged, and forgotten dog who, like Eric, had seen better days. The two adopted each other and began an incredible journey together, forming a bond of unconditional love that

forever changed their lives. Over the next year, just by going on walks, playing together, and eating plant-based foods, Eric lost 150 pounds, and Peety lost 25. As a result, Eric reversed his

diabetes, got off all medication, and became happy and healthy for the first time in his life—eventually reconnecting with and marrying his high school sweetheart. *Walking With Peety* is for anyone who is ready to make a change in his or her life, and for

everyone who knows the joy, love, and hope that dogs can bring. This is more than a tale of mutual rescue. This is an epic story of friendship and strength.