



Eat: The Little Book of Fast Food

Nigel Slater

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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.

Eat is a beloved author's homage to those times when "we just want to eat." Pairing a fresh, compact package with the same witty prose and straightforward recipes that captivated fans of *Tender*, *Ripe*, and *Notes from the Larder*, *Eat* is devoted to simple food--done well. Whether it's a humble fig and ricotta toast or sizzling chorizo with shallots and potatoes, Nigel Slater provides endless ideas for fast food that can be prepared in under an hour and that busy parents, novice cooks, and discerning food aficionados will savor. With delightful photography throughout, this highly giftable volume is sure to be the new go-to tome for wholly enjoyable, everyday meals.

From the Hardcover edition.

Eat: The Little Book of Fast Food Details

Date : Published September 30th 2014 by Ten Speed Press (first published September 26th 2013)

ISBN :

Author : Nigel Slater

Format : Kindle Edition 464 pages

Genre : Food and Drink, Cookbooks, Food, Cooking, Nonfiction, Reference

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From Reader Review Eat: The Little Book of Fast Food for online ebook

Odette Cortés says

Okay, so here is the problem. I love food. I love cooking food. But there are times when I want simple, fast, and delicious food because I don't have the energy to cook a 12 ingredient 20 step meal. Fast food and gourmet are words that don't always share the same sentence. So when I see cookbooks like that, written in more than two pages, my brain shuts down. Nigel Slater's *Eat* is a cookbook that addresses that problem.

Compact. This is how many recipes in the book can be described. I was excited when reading the introduction as Slater announced that some of them were the size of a tweet. Food economy and word economy combine in the page and the result is a book that has tons of suggestions on cooking easy, yet delicious fast (super fast) food.

Eat contains recipes for all moods and situations. You can find an assortment of dishes you can eat in your hand or perhaps to sit down and enjoy in a bowl. Different flavors, textures and ingredients are combined in the creation of speedy recipes.

So I put the book to the test. The recipe I tried was the "Tomato Focaccia". Five ingredients, two paragraphs, tons of flavor, ate it with one hand. Most elaborate part of the dish was cutting the tomatoes. And in a few minutes I had a fragrant sandwich in my hands, which I ate very gladly.

I got this book from NetGalley.

Rebecca says

Post-cooking review:

Nah mate, this is not a good cookbook. Nigel says the recipes are 'inspired by tweets' (which, firstly, sounds like pure wank) - is that a covert way of saying they haven't been properly tested? Because I am a pretty competent cook, but NOTHING from this book has worked the way Nigel says - either recipes are almost inedibly bad or sad, or they need really substantial, base-level altering to work out. For a book that's meant to inspire quick dinners, such unreliable recipes are really not on. And it's extra sad because normally I love Nigel... until he started joining the food writer scramble to churn out a cookbook a year

Original, just received as a present, review:
(view spoiler)

Linette says

The bangers and mash recipe in this book has become my go to go sausages. This is why it got a 4. Not a 5 though because I had it from the library and don't feel the need to go and buy it.

Dan says

Well, Slater definitely loves chorizo...

Jay says

ARC kindly provided by NetGalley on behalf of the publishers

a simply presented cook book full of amazing dishes & delicious deserts

Cassandra says

ARC kindly provided by the publisher via NetGalley in exchange for an honest review.

I was attracted to this cookbook because the description advertised quick and easy meals. I'm a bit of a novice in the kitchen, so 'easy' is definitely what I need. And I always wait until the last minute to cook, so 'quick' was another a big draw for me.

The recipes are nicely organized based on how you cook them (e.g., in the frying pan, on the grill, in the oven, in a wok, etc.). There is also a quick guide to recipes based on the main ingredient at the beginning of the book (e.g., chicken, beef, cod, vegetables, etc.). The back of the book has an alphabetized index based on ingredients. This allows you to look for recipes based on things you may already have (or have a craving for), which is really cool! The ingredients are listed at the top of the recipes, but the amounts are not listed until the instructions. There are also a bunch of really appetizing photos to go with many of the recipes!

The recipes are quite versatile, with quite a few that were not really my style. However, with over 600 options, that wasn't really a problem. There were a number of recipes that I bookmarked for follow-up, with my favorite being the Bacon Boulangere! It's simple (only 3 ingredients!), combines my favorite foods, and doesn't take a lot of work!

The book description for Eat suggests that the recipes might appeal to busy parents and while I agree that they might appeal to the parents, the children might not be a huge fan. At least the children in my life. They tend to be really picky eaters that don't appreciate good food, if that makes any sense. However, the novice cooks and discerning food aficionados the book description also mentioned would definitely love the recipes in this book and that is who I would recommend it for!

Nat says

I really liked the simplicity of the recipes in here. Most of them have very few ingredients, which makes the food quick to prepare. Some of the recipes aren't quite as simple as they seem, but I've enjoyed everything I've made in here. I really like how a lot of the recipes suggest tweaks you can make once you get tired of the

original.

Kevin Burke says

Nigel's recipes rarely disappoint, and I cook from this book all the time. As always, his little asides and observations are as delicious as the food. Worthy of its place beside the cooker!

Karen Foster says

Nigel Slater is my absolute favorite food writer, cook, kitchen-gardener and all round food enthusiast. He has a way of waxing lyrical about the simplest of life's culinary pleasures and humblest ingredients, that sets him apart...His writing is passionate and evocative, yet somehow down to earth.

This book may be diminutive in size, but it is really quite beautiful. The text, cover design & photography (which Slater art directs himself) are utterly gorgeous- but it's the philosophy of the book that really won my heart. It's a book of dinner inspirations rather than strict recipes, of making the mundane and every-day, just a little bit more special. All you need are a few fresh ingredients (often only four of five) and the most basic of equipment. This wonderful book will sit on my desk at work, where I hope a quick browse can encourage me to create my own little bit of deliciousness, when I need a spot of inspiration...

Tina says

I don't know if this will be one of my favorite Nigel Slater books yet as I haven't had time to delve into the entire volume. I do know I'm loving it so far.

It's rather hard to beat The Kitchen Diaries, for me anyway, but this book Eat will give it a run for it's money.

How wonderful it would be to follow Nigel around for a few months and learn some of his methods. Gardening is the challenge for me and he has such lovely gardens, but I digress. If you are looking for a cookbook with a traditional format then this may not be for you. He writes in a smooth flow embedding recipes into the conversation. For me, I love it as I am a fan of Nigel's writing.

What I liked

Well, just about everything ! The writing style, the simplicity of the recipes, his focus on nutrition and the variations you can try with each recipe.

The cloth cover is lovely but I will worry about stains. The size is compact enough to be tossed into a bag when we travel so I'll have a reference book for my temporary kitchen.

What I didn't like

It's a conundrum when addressing the cloth cover of this book. It reminds me of cookbooks from 40+ years ago I would find in my grandmother's home. As I mentioned above, my concern is when I am cooking my

hands get oily or stained with juices. I don't want to mar this gorgeous book but it is bound to happen sooner or later.

This (image below on my blog) looks like the European version. I like that cover better:

So many recipes to try but I was lucky enough to have a friend who lives in England share a few from her copy. Eat wasn't available in the US until very recently.

I have made Marmalade Chicken and Pork and Figs so far. Next up will be a pasta dish with cream, mushrooms and bacon – Yum!

It feels a cheat to say I am done with this book because I am still reading it here and there. I have made the squash mushroom bake since writing the first part of my review. Good food.

Elizabeth Grieve says

I have an old paperback of the Nigel Slater book, Real Fast Food, (and a couple of others) and love its simplicity and wealth of ideas (and lack of illustrations). This new one was, I thought, not quite as good, being a little more 'style over substance' with lots of white space and perhaps less actual content. Some of the recipes are not what I would call 'fast', such as stews and slow roast meat dishes etc so not sure the title is quite right for this collection. Nevertheless I did find some great ideas which I've bookmarked and look forward to trying.

Review of an advance digital copy from the publisher.

Sharon Wildfang says

Liked the relatively simple recipes and numerous variations thereon. If I had room for even one more cookbook, I would definitely consider adding this to my collection!

Sunil says

I've been a fan Nigel Slater for a while now. I believe he is more practical with his instructions and less of a pedant which is very welcome in a field dominant by pedants. This book is an extension of first, but is still able to hold on its own. The recipes are eclectic and drawn from different cultures and cuisines. They are easy to prepare with ingredients that are readily available in the market. A handy investment if you are a novice or have early level interest in cooking.

Nerisa Eugenia Waterman says

When I received this cookbook I was surprised how exceptionally small this book was, with 600 recipes I

was expecting something huge. However, I could not stop thinking how this book reminded me of those Holy Bibles you still find in some of those fancy hotels.

Sure enough when I turned to the back cover of this cookbook I was not surprised when the first sentence read... "The Holy Grail of home cooking is food that is quick to make but not thoughtless or compromised." What a big statement...for a cookbook that is truly amazing in size... with truly amazing innovative recipes... this cookbook has definitely taken the meaning of fast food to an entirely new level.

Now as I stated this book is smaller than the average cookbook that I believe could be a blessing... Why? Well...I could just throw this cookbook in my tote bag and head to the supermarket or farmers market and decide on a whim what to cook for dinner tonight.

However with every blessing... there is a curse....the book is smaller than your average cookbook and that means so is the writing. I also had a very hard time getting this cookbook to stand upright in my cookbook holder and I found myself grabbing the book to read the recipe...which is... a big NO in my world. I try to keep my cookbooks as pristine as possible...it's hard to do... but I try.

However this is not enough of a reason to give up on this cookbook, this cookbook is a treasure trove of simple and amazing recipes and I had a hard time choosing which recipe to start with...this cookbook is definitely one of those cookbooks you just have to cook your way through...and I did for three days.

With amazing food photography by photographer Jonathan Lovekin, and each recipe having an amazing photograph to accompany it, this foodie was definitely inspired and hit the kitchen and start cooking.

So what recipes did I choose?

"Miso Soup with Beef and Kale" on Day 1, "Lentil Bolognese" on Day 2, "Summer Squash Gratin" and a "Strawberry and Cucumber Salad" on Day 3. Now the "Strawberry and Cucumber Salad" was listed in the dessert section...now to each their own...I started with the salad and let me tell you it was the most refreshing and delicious salad I ever had...the combination of strawberries, cucumbers, mint, honey and elderflower syrup was simply....amazing!

I love a cookbook that takes you on the wild side and encourages you to try something new....there is no way you can ever be bored with a meal ever again.... Especially with this cookbook on your kitchen shelf. And so with that said....

Yes...I highly recommend this book...and it should be on every cook's wish list for the holidays.

MY FULL REVIEW: <http://myohosisters.webs.com/apps/blo...>

Amyf says

Brief but beautifully written. Actually tried a few recipes which were very simple and only needed a few basic ingredients. What can I say? They tasted great!
