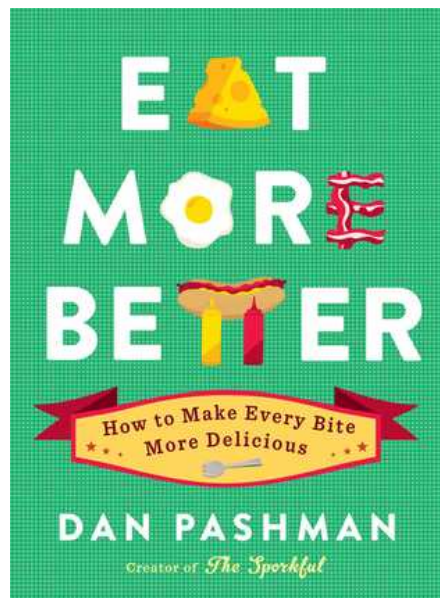




Eat More Better: How to Make Every Bite More Delicious

Dan Pashman , Alex Eben Meyer (Illustrations)

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What if you could make everything you eat more delicious?

As creator of the WNYC podcast *The Sporkful* and host of the Cooking Channel web series *You're Eating It Wrong*, Dan Pashman is obsessed with doing just that. *Eat More Better* weaves science and humor into a definitive, illustrated guidebook for anyone who loves food. But this book isn't for foodies. It's for eaters.

In the bestselling tradition of Alton Brown's *Good Eats* and M.F.K. Fisher's *The Art of Eating*, Pashman analyzes everyday foods in extraordinary detail to answer some of the most pressing questions of our time, including: Is a cheeseburger better when the cheese is on the bottom, closer to your tongue, to accentuate cheesy goodness? What are the ethics of cherry-picking specific ingredients from a snack mix? And what role does surface-area-to-volume ratio play in fried food enjoyment and ice cube selection?

Written with an infectious blend of humor and smarts, *Eat More Better* is a tongue-in-cheek textbook that teaches readers to eat for maximum pleasure. Chapters are divided into subjects like engineering, philosophy, economics, and physical science, and feature hundreds of drawings, charts, and infographics to illustrate key concepts like The Porklift—a bacon lattice structure placed beneath a pancake stack to elevate it off the plate, thus preventing the bottom pancake from becoming soggy with syrup and imbuing the bacon with maple-based deliciousness.

Eat More Better combines Pashman's award-winning writing with his unparalleled field research, collected over thirty-seven years of eating at least three times a day. It delivers entertaining, fascinating, and practical insights that will satisfy your mind and stomach, and change the way you look at food forever.

Read this book and every bite you take will be better.

Eat More Better: How to Make Every Bite More Delicious Details

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From Reader Review Eat More Better: How to Make Every Bite More Delicious for online ebook

Kat says

Dan Pashman heaps a huge dose of comedy onto his advice for eaters. The book is fun to flip through, but doesn't come close to being a source of advice for people interested in true eating bliss. If Pashman set out to have some fun and be silly, then mission accomplished. He is very witty and not afraid to be ridiculous and hold strong opinions on things of little importance. I love his gusto in incorporating every subject into this book of advice, even if some topics are quite a stretch. Still, it's a fun book to give as a gag gift. Listeners of The Sporkful podcast might be familiar with a lot of these ideas already and more willing to dive in (or possibly sick of hearing these ideas again...)

Jenny says

This was really terrible. The author is not remotely as funny as he thinks he is, and I had to stop after a stretch of reading felt too much like listening to the geeky guy at work making dad jokes he thinks are risqué.

I'll admit I have never heard the podcast, and perhaps he's easier to take in that form. I have a soft spot for knowledgeable nerds, whatever the topic of their enthusiasm, but this was a bridge too far.

Mdbeltrano says

Fun read!

Nanci says

Enjoyed the science of it. Got a little bogged down in psychology and math of it all but I appreciated the thoughtfulness of the book. Smart. It was cheeky too. I could hear the author/reader smile along with me.

Angelic says

Book Riot Read Harder Challenge - An audiobook

This book could've been better written in places, but I laughed a lot and got occasionally hungry so 4 stars it is.

Brian says

Pashman is very clever - and he knows he is very clever, which is reflected a bit in the book. Good book, but a bit much at times.

***May says

Listening to the audiobook, I found the author's voice super annoying and not engaging. The information was kind of over the top and, at some point it was just blah, blah, blah for me. He was obviously passionate about the topics he discussed, but it just felt so righteous and extreme. And "homework" after each chapter? Urgh!

Thomas says

Fun and humorous look at food and eating. A good companion for The Sporkful.

Christi says

I pretty much read this book because I needed a satirical book for the 2016 PopSugar Reading Challenge. I heard Dan Pashman on the America's Test Kitchen podcast and since he said his book was satire, it sounded like a fit to me. I like eating. I like science. I put in the hold request at the library.

This book is just way too long. It goes into depth over the most mundane minute details. At first it's funny and informative. Like flipping a cheeseburger over so the cheese is closer to your tongue and the bigger top bun absorbs any juices. Or holding a tortilla chip by the point when you dip because the larger area gives you more dip and less breakage. Or plating a grilled cheese on the cut edge instead of flat on the plate to retain the crispy exterior. Even the lengthy section on pasta is interesting. But then there's pages and pages of philosophers debating the proper way to eat snack mix. And diagrams on optimal buffet strategies.

This just isn't a book you read from cover to cover. Like I just did, unfortunately. Maybe it's better to just flip around and read blurbs.

I'm going to be generous and give this 3 stars but I feel it's more like 2.5 stars. I just powered through the last 60 pages to be done.

This counts as **a satirical book** for the 2016 PopSugar Reading Challenge.
7/41

Tanya says

I really wanted to love this book because I love Dan Pashman. But the humor felt forced and lazy - tired racists/sexist jokes to compensate. There were a handful of great parts but overall it was pretty meh.

Marzi PECEN says

Tongue in cheek culinary instruction book from podcast host Dan Pashman. As he says the book is for eaters not foodies. Duck confit and Oreo tiramisu make appearances in the book with equal reverence. He covers everything from etiquette, wedding planning, crispness retention, wing eating techniques, wedding cakes, correct bun length for hot hogs, sandwich height, discerning your babbies brisket from Bubbas brisket, maintaining the proper buzz at a soirée. He assigns homework for the ambitious and offers proof of your matriculation at Sportful University. If you like his podcast the book will tickle you. Those new to Pashman and his idealized world with various cereal option and burger constructions, may take a while to warm up. Bon appétit - good eating to you.

Kate O'Hanlon says

I really wanted to enjoy this book but it fails even as a meaningless piece of fluff. Pashman has an obvious love of his subject but he's not nearly as clever or as interesting as he thinks he is.

The book has a cutesy structure, divided into academic topics such as engineering, language arts, etc. but Pashman's failed to organise the contents of these chapters in any logical, flitting from titbit to aside to asinine observation. Pashman frequently breaks off and changes subject just as he's starting to get interesting, for example when considering the phenomenon of "steel-cut oatmeal" he notes that you've probably never asked what regular oats are cut with. Well gee you'll have to keep wondering because we're off to the next infographic.

Moira Burke says

Fun treatise on how to most enjoy eating experiences -- basically food hacking. Things like eating a cheeseburger upside down so that the cheese touches your tongue and the thicker bun collects the grease drippings. Or turning a scoop chip upside down (becoming a dome) for guacamole so that it doesn't break or hurt the roof of your mouth. The most important concept throughout is the ratio between surface area and volume; it allows for crispy fried food and sauce adhesion (which is why waffle fries and cavatappi pasta are so good at their jobs) but can cause sog or staleness in other contexts (in soup you want dense balls with minimal surface area, and boules are better than baguettes on day two). The first half of the book's great; the second half gets a little diatribe-y and less useful (e.g., he whinges about bartenders who aren't good at their jobs but doesn't offer any workarounds). For the most part, though, this book's great and recommended to anyone who thinks about the details of eating.

Favorite quotes:

"Is sliced bread actually the worst things since itself? Every minute that fresh bread is exposed to air, it becomes more stale and less delicious. Bringing it home from the bakery is like bringing a gunshot victim into the ER."

On craft beer hipsterism: "'Have you tried Beaver Snatch Brewery's Unabomber Porter?' they ask. 'It's

fermented in the same abandoned bus in Alaska where that kid from Into the Wild died."

"Fondant? More like Fondon't! Fondant is the greatest insult to cake since Marie Antoinette. Pastry chefs like it because it's malleable and holds its shape well, so it can be made into elaborate designs that won't fall apart. The results are indeed visually stunning, which is why covering a cake with fondant is the perfect way to impress people who are superficial enough to pass judgement on a food before eating it. In truth, fondant smells like papier-mâché and has the mouthfeel of Big League Chew."

Bookworm says

Cute idea, but mostly fluff. I had heard of the book and it seemed like a fascinating premise. How to use science to make food taste better or eat more efficiently, etc. I had forgotten/was unaware it was a podcast, so I was excited to see this on BookOutlet. It was a bit more than what I typically pay for on that site, but I really liked the idea and it wasn't available at my library anyway.

Unfortunately, the cuteness wears off pretty quickly. There are some really interesting bits of information here: how to eat better on an airplane (as in, what foods are better vs. others), don't go to a buffet when they first open (you're eating leftovers from last night), etc. It's light and fun and he has nice drawings and fun diagrams demonstrating these things.

But after awhile it gets repetitive really quick. Some of the information is just not interesting. Some of his stances are pretty subjective (waffles are better than pancakes. I don't have a particular stance but I don't quite understand exactly why he took some of these positions).

The problem is that the book was filled out and deliberately upsold to possibly be a compliment to a cookbook. The US hardcover is \$24.99. Yikes. What you're paying for is that it's a hardcover and has a lot of illustrations but not a lot of substance. Which is fine (for the right person this would make a GREAT gift), but as a substantial book I am unhappy I paid what I did (which was still a good price, but still not worth it). It would have been better as a smaller book with not so many infographics and more focus on whys and the science of it.

I realize the presentation is not the main part of the book, but be warned: it looks nice but lacks the heft. Other reviews recommend sticking with the podcast and while I'm not familiar with it, I would agree based on this book. But as I wrote before, for the right person they'd probably really enjoy this book. Recommend browsing at the library or bookstore before committing.

Lou says

I lot of good ideas here, but I felt split on which ideas were good and which ones I really, really disagreed with, figured it'd be good to list them out here.

AGREED

Freezing bread to keep it fresh
Standing grilled cheese up to keep bottom from getting soggy
Putting cheese on bottom of cheeseburger
Cheese Whiz on Philly Cheesesteaks is terrible

Milkshakes should be drinkable (if you have to eat it with a spoon, it's still ice cream)
Onion rings with too much batter are not good
Sandwiching cupcakes
Airplane food strategies interesting (good to know about taste buds losing 30% of their ability)
Craft beers are overvalued and overrated
Fried turkey should be done in parts, not whole
First date food tips are solid

DISAGREED

All grilled hot dogs are bad (that's only a problem when overcooked...)
Buffet tips interesting but unnecessary (also plays too much into "getting your money's worth", which makes me hate buffets..)
Crabs not being worth the work. WRONG, you're doing it wrong.
Waffles being better than pancakes.
The porklift option for not getting soggy pancakes, which is making a trestle of bacon, putting the cakes on top, to keep the bottom cake from getting soggy from too much syrup. The main flaw in this is that the bacon is then ruined and made soggy in syrup. Also you can just eat your pancakes immediately upon serving, thus sparing the sog.
Eating cheddar goldfish crackers like cereal, in milk. NO.
Veggieducken
The debate over spaghetti vs pasta was way too long (simple answer: both are great)
Instructions on how to twirl spaghetti unnecessary, and managed to avoid the biggest debate in my family growing up- to use a spoon or the plate to spin off of.
Cube farm food section funny in theory, not really for in practice
Section on dunking donuts in coffee
Baked ziti being better than lasagna- like other sections (hot dogs, spaghetti, pancakes) it seems like the author hasn't had a great version of the food in question. Lasagna is obviously better.

UNSURE

The part about cutting bagels into thirds. I agree that too-think bagels are not good for sandwiches, but I would argue you should just avoid large bagels altogether. There are only 2 good bagel places in Baltimore, so I on;y have bagels from them, and just avoid the chewy terribleness otherwise.
