



# The Man Who Ate Everything

*Jeffrey Steingarten*

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# The Man Who Ate Everything

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**The Man Who Ate Everything** Jeffrey Steingarten  
**Winner of the Julia Child Book Award**

**A James Beard Book Award Finalist**

When Jeffrey Steingarten was appointed food critic for **Vogue**, he systematically set out to overcome his distaste for such things as kimchi, lard, Greek cuisine, and blue food. He succeeded at all but the last: Steingarten is "fairly sure that God meant the color blue mainly for food that has gone bad." In this impassioned, mouth-watering, and outrageously funny book, Steingarten devotes the same Zen-like discipline and gluttonous curiosity to practically everything that anyone anywhere has ever called "dinner."

Follow Steingarten as he jets off to sample choucroute in Alsace, hand-massaged beef in Japan, and the mother of all ice creams in Sicily. Sweat with him as he tries to re-create the perfect sourdough, bottle his own mineral water, and drop excess poundage at a luxury spa. Join him as he mounts a heroic--and hilarious--defense of salt, sugar, and fat (though he has some nice things to say about Olestra). Stuffed with offbeat erudition and recipes so good they ought to be illegal, **The Man Who Ate Everything** is a gift for anyone who loves food.

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