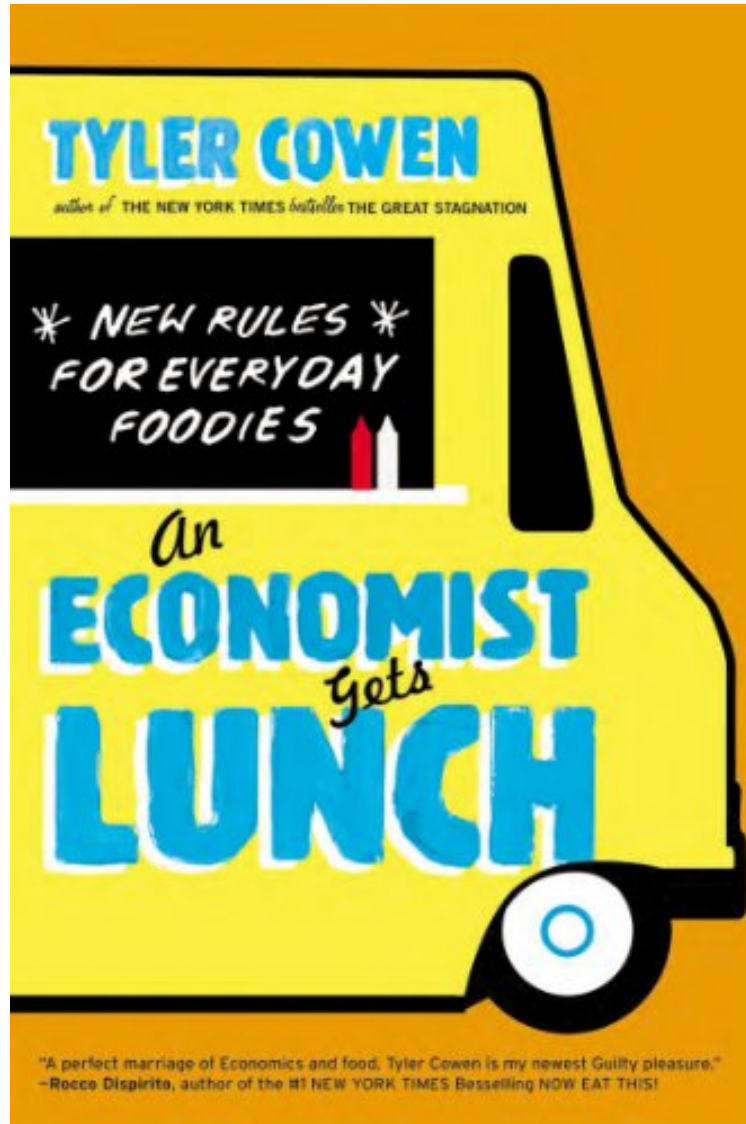


(Free download) An Economist Gets Lunch: New Rules for Everyday Foodies

## An Economist Gets Lunch: New Rules for Everyday Foodies

*Tyler Cowen*

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**Tyler Cowen : An Economist Gets Lunch: New Rules for Everyday Foodies** before purchasing it in order to gage whether or not it would be worth my time, and all praised An Economist Gets Lunch: New Rules for Everyday Foodies:

3 of 3 people found the following review helpful. Quirky, Fun, Informative, Wide-RangingBy timothylordI'd especially recommend this book to anyone with an interest in expanding their food horizons downwards and sideways, rather than only up-up-up (in price, Michelin star ratings, social status rankings). That's not to say downwards on tastiness or interest, though, which is the point: Cowen emphasizes that he is an "everyday foodie," and while he's got strong opinions about \*food,\* he's not in it for the atmosphere, or at least not for nice tablecloths and obsequious

waiters. More the opposite: he advises finding places where the diners look a little serious rather than glibly happy, the cooks have incentive to cook their best for you, the customers aren't glamorous, and the rent is cheap. He concentrates on "ethnic" food, with the important proviso that \*all\* food is ethnic food. For the U.S., he gives a lot of attention to the creative possibilities of BBQ, one food that may be less available in authentic form in some parts of the country, but in wide-ranging profusion across a wide belt. This book has less to offer for vegetarians, never mind vegans, than it does for people willing -- as is the author -- to eat the weird bits of meat and seafood, though he has great things to say about the greens, and the prices, at Chinese groceries. Cowen lives in Northern Virginia, and a lot of his examples reflect that. He does travel world-wide, and some of the most inspiring stories are from his low-budget eating adventures in Asia and South America, but readers in the Maryland / NoVa / D.C. area get some extra luck here. Not everyone will like all of Cowen's rules of thumb (I think happy diners \*can\* be just as good a guide as angry-looking, family-fighting ones, as long as it's the food they're happy about), but they make a good starting point. Bonus, for some people, and the main attraction for others: this is a book about food by an unconventional economist, and a book about economics by a broad-thinking foodie. Not many books about food make economic history a central component; with Cowen, you're going to learn some thought-provoking bits about incentives and supply chains. Why is America good at sauces, but bad at Cantonese food? He's got stories. My 4-star rating loses the 5th only to account for some repetition and phrasing that I just found off; also (totally unfair) because I wish this book was a bit longer. Would like to hear more about coffee (he's got an upbeat assessment of Starbucks, which I share but for different reasons), about foods of the midwest and northwest, about central and eastern Europe ... Highly recommended. It's already inspired me to get some local Texas barbecue, which turned out to include one of the greasiest and tastiest sausages I've ever had ;) 0 of 0 people found the following review helpful. I feel both hungry and smart By Pedro Benitez Cowen does a great job at breaking down cooking and explaining the incentives that affect its ingredients, preparation, and innovation. Written in a clear language and with various entertaining anecdotes, the book is very accessible and entertaining. I must that my instinct does want to cry out "subjectivity!", yet after delving into the reasoning behind his claims, I find myself agreeing. This book, essentially teaches you how to get the most bang for your buck. It also really makes you want to eat good, traditional barbecue. 0 of 0 people found the following review helpful. Unique outlook on the dining world By Jens B. Fiederer This book is more about a way of LOOKING at dining than about dining itself. You'll get some interesting history and some interesting approaches. His advice to order the worst-sounding food at a good restaurant (it wouldn't be on the menu if nobody liked it, so it probably has considerable appeal to remain there) might not be the SAFE way to order, but you'll certainly have richer experiences if you try it at times (I would never have tasted "fish with fried gluten balls" if I hadn't read this book). I've also tried restaurants in rather unappealing locations (this advice led us to a really good and inexpensive Asian restaurant in Hawaii) such as small strip malls with good results. Really worth a read.

One of the most influential economists of the decade--and the New York Times bestselling author of *The Great Stagnation*--boldly argues that just about everything you've heard about food is wrong. Food snobbery is killing entrepreneurship and innovation, says economist, preeminent social commentator, and maverick dining guide blogger Tyler Cowen. Americans are becoming angry that our agricultural practices have led to global warming--but while food snobs are right that local food tastes better, they're wrong that it is better for the environment, and they are wrong that cheap food is bad food. The food world needs to know that you don't have to spend more to eat healthy, green, exciting meals. At last, some good news from an economist! Tyler Cowen discusses everything from slow food to fast food, from agriculture to gourmet culture, from modernist cuisine to how to pick the best street vendor. He shows why airplane food is bad but airport food is good; why restaurants full of happy, attractive people serve mediocre meals; and why American food has improved as Americans drink more wine. And most important of all, he shows how to get good, cheap eats just about anywhere. Just as *The Great Stagnation* was Cowen's response to all the fashionable thinking about the economic crisis, *An Economist Gets Lunch* is his response to all the fashionable thinking about food. Provocative, incisive, and as enjoyable as a juicy, grass-fed burger, it will influence what you'll choose to eat today and how we're going to feed the world tomorrow.