



[Eat. Cook. L.A.](#) by Aleksandra Crapanzano, copyright © 2019.

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Our Summary:

If you want to get to know a city, you eat where the locals eat. When you find yourself in a large city, like New York, Philadelphia, or Los Angeles, the lines between local and high-brow restaurant food tend to blur. In [Eat. Cook. L.A.](#), author Aleksandra Crapanzano showcases Los Angeles' local food scene. A food scene that until recently, went largely unnoticed. Today's trending L.A. food culture is created by chefs building on rich immigrant cultures, dynamic ingredient combinations, and the plentiful markets nearby. These recipes span the intrigue that is modern L.A. and include favorites from juice bars, coffee shops, cocktail lounges, food trucks, and hole-in-the-wall faves. As you devour the pages, you feel as if you're on a private culinary tour. Beautifully presented with endless color photos of the city – the neighborhoods and the food, this is as much a

sophisticated roadmap as it is a cookbook. And it is a cookbook. One that's not too fussy for the home cook, so you can turn out food that is inspired and contemporary, even if you live far away from L.A.

What you need to know:

Get it: [Eat. Cook. L.A.](#) by Aleksandra Crapanzano, copyright © 2019. Photographs by Ray Kachatorian. Published by Ten Speed Press, a division of Penguin Random House, Inc., April 23, 2019 Hardcover \$30.00 ([Amazon \\$19.49](#); [Kindle \\$15.99](#))*

See it: 256 pages with 100 full-color photographs divided between scenes from L.A. neighborhoods and the 100 recipes. Colorful, fresh and easy to read, a *Table of Contents* leads the book, and then is further broken down into recipe titles at the beginning of each chapter. Chapters are arranged according to how the city eats, or so the author says, including *Breakfast, Light Fare, Night Fare, Sauces Sides and Salsas, Frozen Treats and Hot Sauces, Sweets* and *Cocktails*. The index is thoroughly cross-referenced so you can search by ingredient, recipe name, or restaurant it hails from. Thank you!

Make it: 100 recipes from the local chefs creating Los Angeles' trending food. Most recipes can be made from local market fare or well-stocked grocers; some health-food specialty ingredients are called for (it is Hollywood, after all).

Chef Donna's Review:

L.A. wasn't always on the top of the trending food scene list. In fact, as Aleksandra Crapanzano says in [Eat. Cook. L.A.](#), it's only recently that Los Angeles has found its way into the culinary spotlight. A city that used to merely be full of movie studios, their local commissaries and nearby restaurants, has transformed itself into a great expanse of independent local eateries. And the best way to understand that transformation is to read, cook, and eat your way through this visually captivating look at L.A., all told through the Hollywood-gorgeous voice of an accomplished writer.

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When you pull your eyes away from the terrific photos – both of food, neighborhoods and people, you find the recipes. [Eat. Cook. L.A.](#) is a book of star plates and meals from star local bistros, trattorias, fine restaurants and coffee shops. Only Crapanzano makes sure the food – the recipes – are home kitchen capable, and that most of the ingredients keep you local. You may spend some time to run down ingredients for the beverages or make the cocktails, or put some effort into creating a few of the recipes like *Le Puy Lentils with Salsa Verde* or *Chantarelle Lasagne with English Peas and Parmesan Pudding*. But it's time and effort well spent. These recipes are the dishes you'd be served from the restaurants Crapanzano features.

Yes, this is a compilation cookbook, yet one like no other. The prose is so engaging and provocative you may just barely stop short of making travel arrangements. Instead, settle in and recreate this exciting and contemporary food for yourself. The majority of recipes are simple and straightforward and more of the kind of recipes you'd expect from local fare, like *Kimchi Fried Rice*, *Tuna Crudo Puttanesca*, and *Balsamic Barbecued Baby Backs*. True to the Hollywood vibe, [Eat. Cook. L.A.](#) includes plenty of vegan, vegetarian and healthy tonics to choose from. Even if that's not your style, the names are exciting, the colors are enticing, and most recipes are less than a page long.

And while most cities are home to a variety of cuisines and have plenty of restaurants and chefs that have their own cookbooks (we've cooked from quite a few from the L.A. scene!), what [Eat. Cook. L.A.](#) provides is a roadmap to some of the hottest, hippest and trending food worth finding in L.A. Only it's delivered to you in narrative form, one delicious spoonful at a time. That is Crapanzano's killer one-two punch. She writes to make you pay attention, and you can't help but pay attention to the stories she tells about the local eateries, the local arts and culture scene, and the evolution of the neighborhoods, which mostly were spawned by chefs looking for creative outlets for their voices, their cultures and their food.

Travel to any country, city, or small town and you will understand it better when you eat the local food prepared by the local people. [Eat. Cook. L.A.](#) tells *that* story for Los Angeles. The food is fresh, prepared simply, presented simply, and features abundant herbs, spice, and color. L.A.'s pantry is global, with a range of cuisines that focus on deepening flavors, while the cooking remains simple. It lets us feel like we're part of a larger urban and world community without stepping outside our home kitchens.

Recipes to cook from [Eat. Cook. L.A.](#) by Aleksandra Crapanzano, copyright © 2019. Photographs by Ray Kachatorian. Published by Ten Speed Press, a division of Penguin Random House, Inc.

[Romesco, Composed or Devoured Solo](#)

[Spicy Lamb Breast](#)

[Vietnamese Coffee Pudding](#)

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