

Sunrise

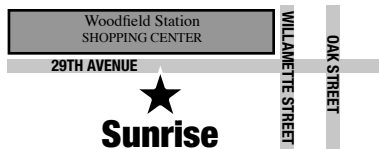
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BOOKS BY MOLLY TEMPLETON

All That You Can Eat

Practical food for real people

FOOD MATTERS: A Guide to Conscious Eating with More Than 75 Recipes by Mark Bittman. Simon & Schuster, 2008. Hardcover, \$25.

Salon.com pretty much hit the nail on the head by calling *Food Matters* "applied Pollan." Early last year, Michael Pollan's *In Defense of Food* served as a highly readable exploration of the thesis "Eat food. Mostly plants. Not too much." With *Food Matters*, Mark Bittman takes a page from Pollan and builds, ever so practically, on it.

Bittman is already a familiar name in the food world; he's the author of the endlessly useful, go-to cookbook *How to Cook Everything* and writes "The Minimalist" column in *The New York Times*, where his best offerings are often the simplest recipes, endlessly and deliciously variable. His approach here is the same: simple, straightforward and flexible. The book's first third is background, the story of how and why Bittman came to eat the way he does, and how meat production, global warming, food lobbyists, government recommendations and more relate to his diet (at times he gets a bit repetitive, but not unbearably so). The latter two-thirds provide practical information, from meal plans to recipes, for eating the way Bittman recommends. And what he recommends is pretty much what Michael Pollan

recommended — with a bit of elaboration. The *Food Matters* diet involves eating less meat, fewer refined carbohydrates, less junk food and "far more vegetables, legumes, fruits, and whole grains — as much as you can."

Whether or not that's as easy as it sounds, particularly for harried, overworked, infrequent cooks who tend to fall back on, say, endless bean and cheese quesadillas, is of course debatable. But to Bittman's credit, his easygoing, explanatory presentation of facts sprinkled with philosophy makes following his suggestions sound both manageable and logical. He's not obsessing over organic items, though he does

approve of eating locally; his appealing, versatile recipes don't call for anything you won't find at Market of Choice; he's forthcoming about how he found his way into "sane eating," as he calls it, and how it's not about strictness or depriving yourself. He's not writing mindblowing prose, and Pollan fans will find the first few chapters familiar going. But the steadfast, mellow but enthusiastic tone in which Bittman presents his arguments makes *Food Matters* a likable and pragmatic handbook for a certain kind of thoughtful consumption. **EW**

Mark Bittman discusses *Food Matters* at 7:30 pm Thursday, Jan. 15, at Powell's on Burnside, Portland.

THE BESTSELLING NEW YORK TIMES AUTHOR
Mark Bittman

FOOD MATTERS

A Guide to Conscious Eating*



*WITH MORE THAN 75 RECIPES

BOOK NOTES

Jill Sager speaks on "Beyond the Book – Marketing and Selling a Bigger Picture," 6:30 pm 1/8, Tsunami Books. \$10. A tribute to **John O'Donohue**, 5 pm 1/9, Tsunami Books. As part of Johanna Mitchell's annual astrology presentation, **Demetra George** discusses *Astrology and the Authentic Self*, 2 pm 1/11, Tsunami Books. \$8-\$12. **Jayne Ann Phillips** reads from *Lark and Termite*, 7:30 pm 1/12, Powell's on Burnside, Portland. UO Creative Writing students read works in progress, 8 pm 1/16, Tsunami Books. Poet **Cecilia Hagen** and poet and novelist **John Addiego** read, 5 pm 1/17, Tsunami Books. Poets **Carlos Reyes** and **Travis Champ** read, 7 pm 1/17, Newport Visual Arts Center. \$5. Community reading to celebrate poet **William Stafford**, 3 pm 1/18, Tsunami Books (Donations of food, drink or money accepted.) **Beren De Motier**, **K.B. Dixon**, **Jill Kelly** and **Linda Zuckerman** read selections from their Oregon Book Award-nominated books, 7 pm 1/20, Downtown Library. **Peter Galison** gives a lecture based on his forthcoming book *Assassin of Relativity*, 7:30 pm 1/21, 182 Lillis, UO.

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