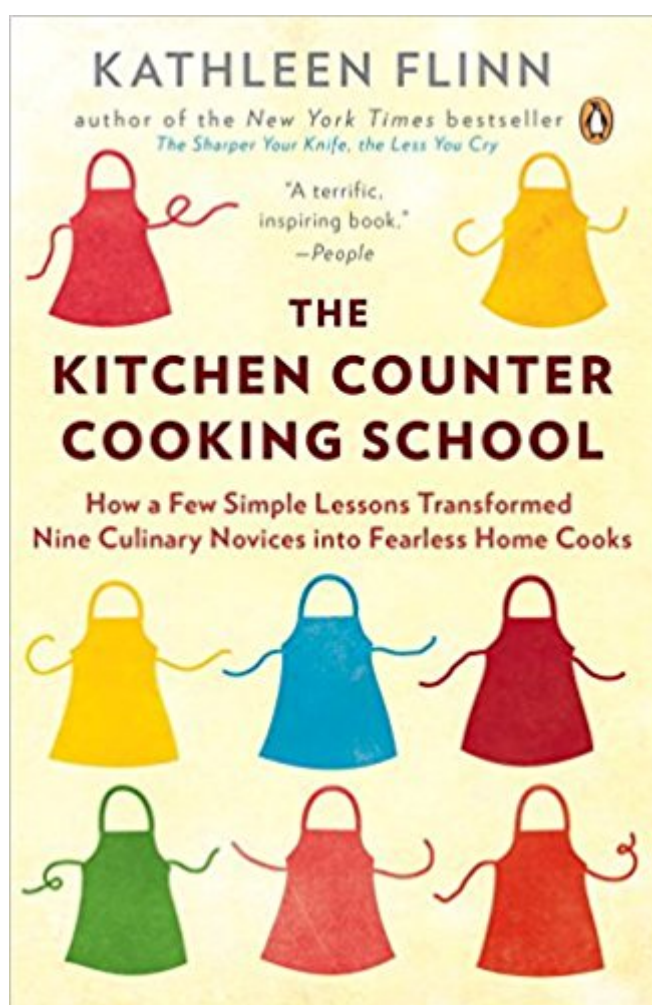


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The Kitchen Counter Cooking School: How A Few Simple Lessons Transformed Nine Culinary Novices Into Fearless Home Cooks



Synopsis

The author of the New York Times bestseller *The Sharper Your Knife, The Less You Cry* tells the inspiring story of how she helped nine others find their inner cook. After graduating from Le Cordon Bleu in Paris, writer Kathleen Flinn returned with no idea what to do next, until one day at a supermarket she watched a woman loading her cart with ultraprocessed foods. Flinn's "chefternal" instinct kicked in: she persuaded the stranger to reload with fresh foods, offering her simple recipes for healthy, easy meals. *The Kitchen Counter Cooking School* includes practical, healthy tips that boost readers' culinary self-confidence, and strategies to get the most from their grocery dollar, and simple recipes that get readers cooking.

Book Information

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Customer Reviews

"This could be the most important book you'll ever read." --Morgan Spurlock, *Super Size Me* "A terrific, inspiring book" --People (A People Pick, 4 stars) "If you are going to read one book to change your diet and your life, *The Kitchen Counter Cooking School* is it." --AP "Kathleen entered the kitchens of strangers and took the time to understand how they think about food before changing their cooking forever." --Amanda Hesser, *Food 52*, *The Essential New York Times Cookbook* "A life-changing book--entertaining, inspiring, and deeply educational." --Erica Bauermeister, *The School for Essential Ingredients* "A funny, thoroughly engrossing book...get ready to be inspired--and to eat well along the way." --Molly Wizenberg, *Orangette.com*, *A Homemade Life* "An engaging...book on the joys of home cooking and the teaching thereof." --The

Wall Street Journal "The author's humble approach is inviting and shows why her students were enthusiastic." -Kirkus Reviews (Starred Review) "Flinn guides you patiently in the kitchen like the mom you always wish you'd had to learn to cook from...the women gained confidence under Flinn's wonderfully encouraging tutelage, and fearlessly faced their kitchens and grocery stores with useful knowledge." -Publishers Weekly "Flinn winningly offers inspiration to anyone who cares about cooking but lacks basic tools and skills." -Booklist "An amiable companion to cookbook stalwarts such as Mark Bittman's *How To Cook Everything*, Pam Anderson's *How To Cook Without a Book*, and Michael Ruhlman's *Ratio*, this title provides encouragement where the others offer direction. A mash-up of inspiration and reference, it will appeal to readers who enjoy a story with their instruction." -Library Journal " The Kitchen Counter Cooking School

"I feel there is a disconnect in this country when it comes to food and cooking. On one hand, there's a culture of hero worship around celebrity chefs that fuels cooking-as-a-spectator-sport on television. At the same time, marketers worked for decades to convince people that cooking themselves isn't worth their time, and that even simple dishes fall outside their grasp. All this explains why one woman in the book told me, 'I'm ashamed to admit it, but I've eaten Tuna Helper while watching Gordon Ramsey.' It's a funny line about a serious problem. The rise of convenience food and decline of home cooking are inextricably correlated to the surge of obesity and diabetes. If people think they can't cook, they put themselves at the mercy of companies whose interests are primarily financial to feed them instead. I believe in the power of home cooking and one of my life's mission is to help people find their way off the couch and into the kitchen. --This text refers to an out of print or unavailable edition of this title.

After reading her 1st book I knew I was going to buy any subsequent ones because she is such a good writer. The writing does not disappoint, it is as good as ever. What I enjoyed less about this was what it covered. The first book was about much more than just attending a prestigious cooking school in France, although that alone made it worth reading. It was also a captivating personal story of adventure and challenge. This book covers a more narrow ground. While she does try to bring her students alive with descriptions she of course knows far less about the students than herself and the difference shows. My real puzzle about this book, though, is what it is intended to do. Michael Ruhlman comes to mind as an author who wrote about cooking school and then went on to write books explaining how to cook. This book goes partway there, describing the author's foray into teaching cooking skills. But even though it includes recipes and advice, it is not detailed enough (no

drawings, for instance) for a culinary novice to learn from it alone. Certainly the 9 students she describes leading in class gained confidence and skills, but I doubt they would have found the same success if just handed this book instead.

I really enjoyed reading this book for various reasons. It was interesting to have a look into how other people approach cooking. Then the tips and simple recipes are very helpful. I had borrowed the book on my Kindle from the library. By the time I finished the book I had ordered a hardback copy for my personal use. I've always enjoyed cooking but never have felt I could do much without a recipe or prepackaged food. This book made me think about how I approach cooking and why I have this approach. My mother cooked from scratch when I was a kid. We had a garden and chickens but all of that was gone by the time I was a teenager. So I learned to cook with packaged foods and by heating up canned items. I love to follow a recipe but that is not practical to do for every dish every day. When I try to wing it I end up overwhelmed and with food that is bland or over-seasoned. I did the salt taste test between sea salt and the iodized salt. It was amazing the difference in taste. I thought salt was salt! I'm throwing out the iodized salt. The information in this book also fit in with my goals to eat better and spend less money. I hope to share the ideas from the book with my 20 year old son and get him away from cans & packages. The only reason I give it 4 instead of 5 stars is the story about her being on the cruise and some of the dinners she held seemed out of place in the book.

I listened to this from the library and decided I just had to buy it simply for the recipes as well as tips on techniques like cutting onions without tears. I found it well-written and engaging. If you are a person that doesn't know how to cook or thinks you have to buy a bottle to get a sauce you like and cooking is a lot of hard work, please buy this book. If you are someone who wants to teach another person how to cook, buy this book. Cooking from scratch is not hard and not expensive, and being healthier is not an impossible expensive dream. No one needs all the nasty chemicals that pre-made foods contain. You can enjoy yourself in the kitchen, and impress your friends and maybe even your MIL. ;)

My husband and I read this book together and loved it. The stories of the lessons and her students were engaging plus we learned a lot of practical cooking skills. We are more confident in our chopping skills as well as making roast chicken and other recipes that we had avoided before. I would recommend this book to anyone who wants to have more confidence in their cooking abilities

as well as improve their skills.

The Kitchen Counter Cooking School, took me to one of my favorite places, the grocery store. Sharing her passion for cooking and teaching, this book illustrates Kathleen Flinn's desire to help demystify cooking and get people eating real food. As a cooking teacher myself, this book not only filled me with inspiration, but gave me empathy and changed the way I share my kitchen knowledge with others. As a person, as a teacher, as a writer and as a cook; the word that describes Kathleen Flinn and her work is approachable. Her books, classes, writing and recipes are all approachable. New cooks and veteran cooks alike benefit from Kathleen Flinn's honesty and wit. I have read each of Kathleen Flinn's memoirs and they are drastically different books. They are each impeccably written and researched, full of tantalizing recipes, but travel down different roads at different places and times.

I was most interested in Flinn's bird's-eye view of food culture in the USA in the early 21st century, and her passion to help "correct" bad eating habits by upending some food culture assumptions and sneakily capitalizing on others. Those were my favorite insights from the book. As someone who has already gone on the journey that Flinn lays out, from kitchen novice to confident home cook, many years ago, I even felt like I added a few techniques and principles to my own arsenal of culinary good habits. I will definitely look up the cookbooks she name-checks and am looking forward to trying out her fish-and-vegetable roasting method. For me this goes on my virtual bookshelf next to Tamar Adler's *Everlasting Meal* and Mark Bittman's *How to Cook Everything*.

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