



Spring 2021

10 TEN SPEED PRESS
FOOD & DRINK

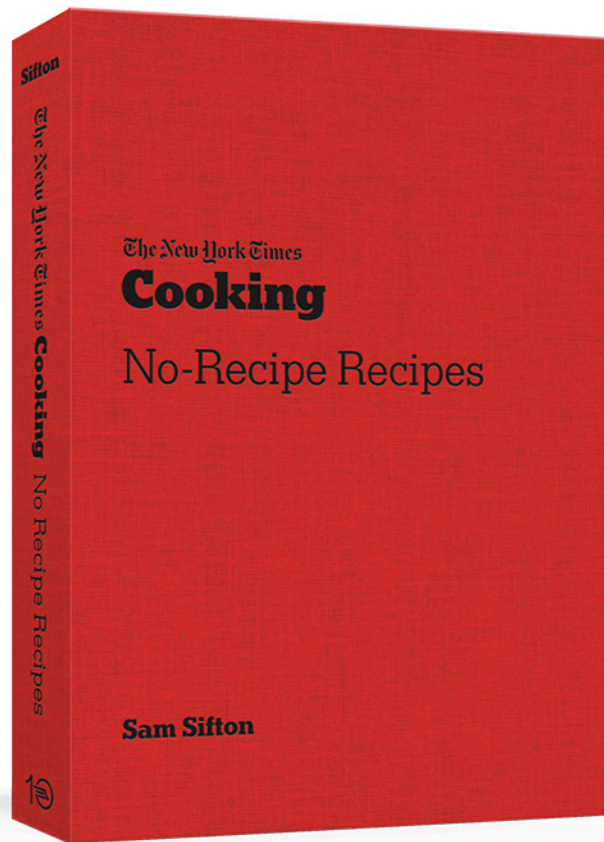


WELCOME

to the spring 2021 collection

At Ten Speed Press we are dedicated to publishing authors who bring unique and diverse expertise, curiosity, and perspectives to our tables. The home cooks, bartenders, and chefs who you'll meet here all have their singular tastes and talents, that come alive on the page, encouraging you to explore in the kitchen and beyond. We are honored to work with these creatives to craft beautiful, life-enriching books that we hope will grace kitchen countertops for decades to come, and we're excited to share this latest collection with you.

The New York Times Cooking No-Recipe Recipes



The debut cookbook from The New York Times website and mobile app NYT Cooking, featuring 100 photographed No-Recipe Recipes to make weeknight cooking more inspired and delicious.

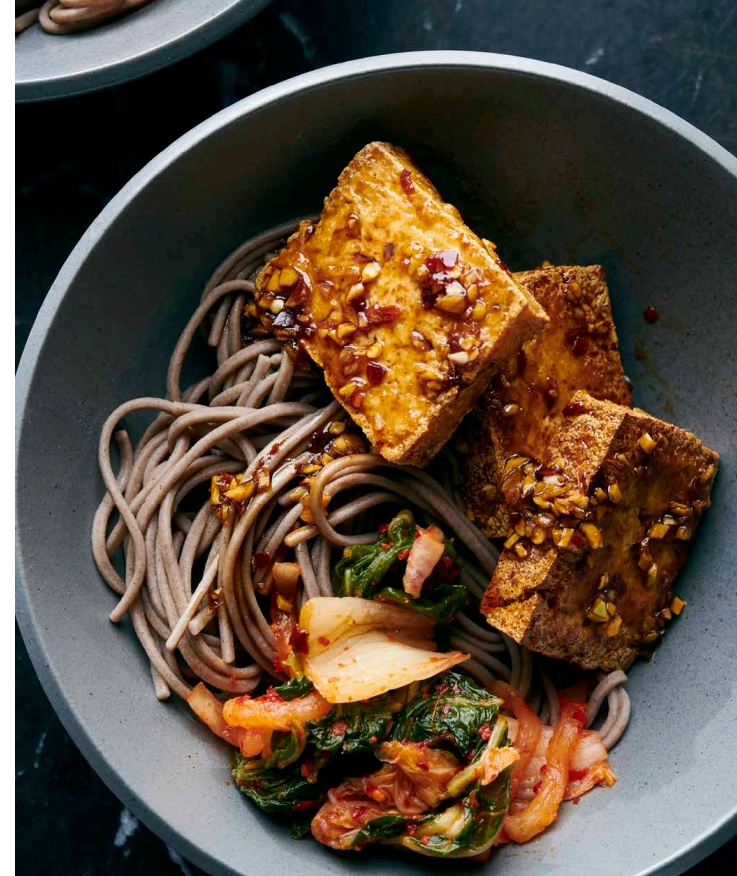
Sam Sifton, founding editor of NYT Cooking, has inspired millions of home cooks with his informal, improvisational No-Recipe Recipes, published in his newsletter, "What to Cook." Sifton's argument is a simple one: Cooking without a recipe is a kitchen skill every home cook can develop. This compact handbook of 100 no-recipe-required dishes, each photographed and presented with essential ingredients and informal instructions, brings the brilliance of NYT Cooking's improvisational approach to the dinner table every night.

“Cooking without recipes is a kitchen skill, same as cutting vegetables into dice or flipping an omelet. It’s a proficiency to develop, a way to improve your confidence in the kitchen and makes the act of cooking fun when it sometimes seems like a chore.”

SAM SIFTON is an assistant managing editor of The New York Times, overseeing culture and lifestyle coverage; an “Eat” columnist for The New York Times Magazine; and the founding editor of NYT Cooking. He is also the author of *Thanksgiving* and *See You on Sunday*.

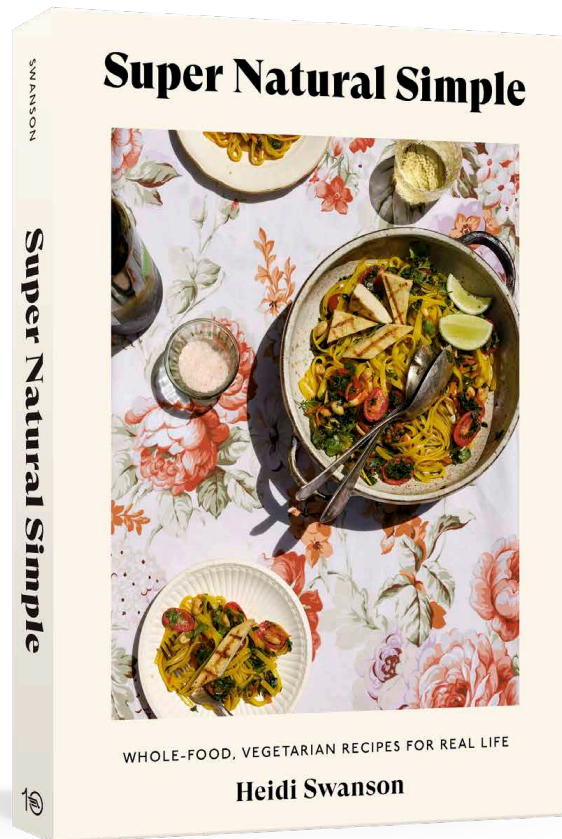
978-1-9848-5847-4 • 3/16/21
TR • \$28.00 U.S. (\$37.00 CAN)
256 pages • 6½ x 9 inches
100 color photographs





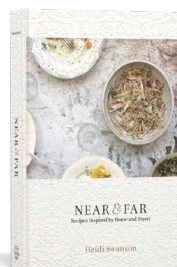
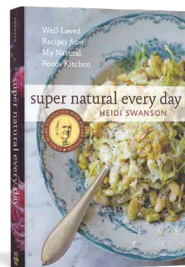
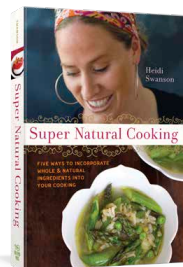
Super Natural Simple

Whole-Food, Vegetarian Recipes for Real Life



More than 120 whole-food, vegetarian recipes for quick weeknight meals full of flavor, spice, color, and nutrition from the *New York Times* bestselling author of *Super Natural Cooking*.

In this book, James Beard Award-winning author and beloved blogger Heidi Swanson delivers approachable ways to work more vegetables and whole foods into easy dishes, with recipes that have short ingredients lists, make-ahead techniques, and clever methods to create high-impact meals. *Super Natural Simple* features recipes for make-ahead mornings; weeknight noodles; one-bowl baking; the best salads, soups, and stews; easy-drinking refreshers; single skillet; sheet-pan meals; and easy grills, while a power pantry provides essential staples. *Super Natural Simple* makes eating well second nature.



HEIDI SWANSON is the *New York Times* bestselling author of *Super Natural Cooking*, *Super Natural Every Day*, and *Near & Far*, as well as a photographer and website publisher. She is the winner of two James Beard Awards and she lives in Los Angeles.

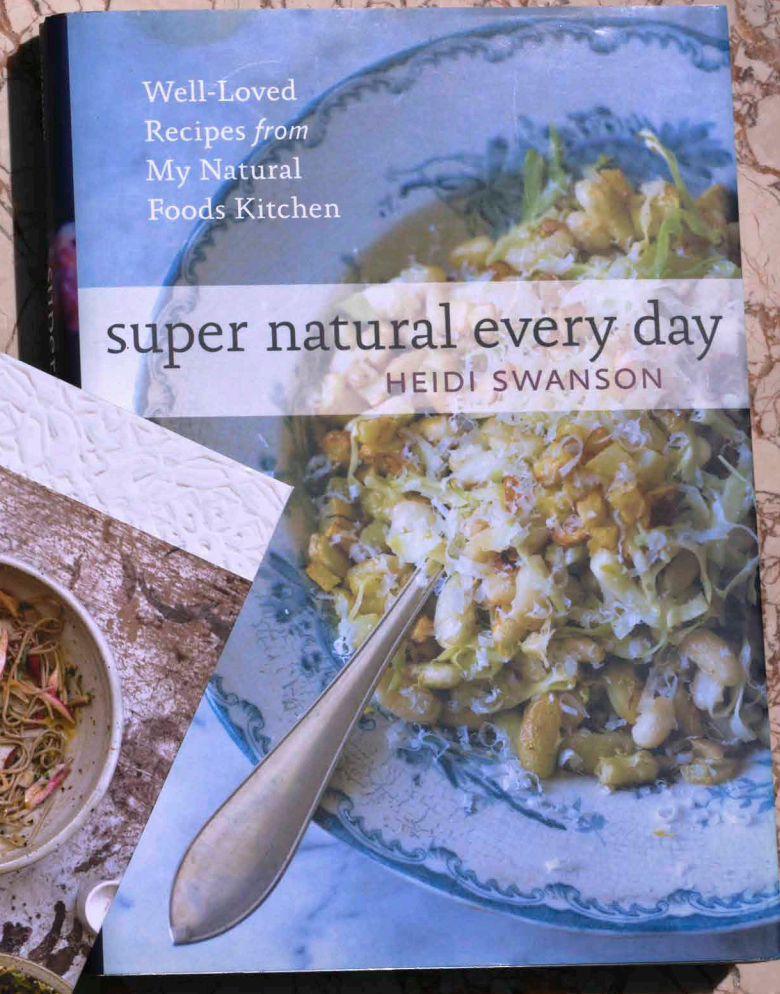
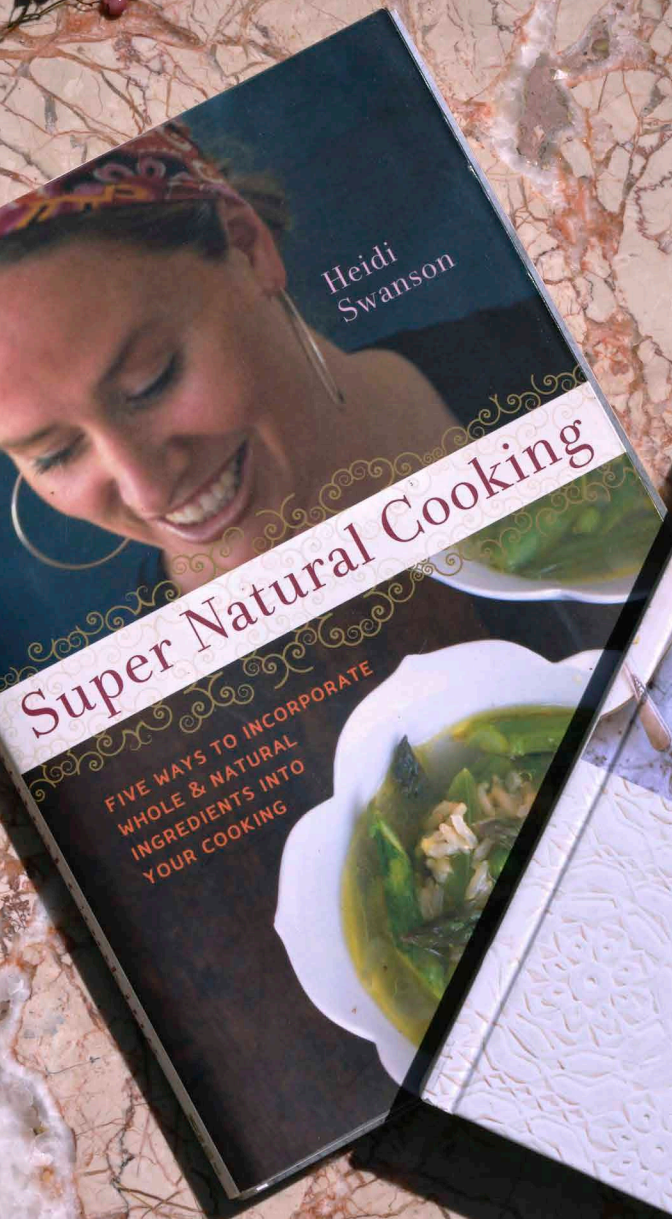
ALSO BY HEIDI SWANSON
SUPER NATURAL COOKING
 978-1-58761-275-6

SUPER NATURAL EVERY DAY
 978-1-58008-277-8

NEAR & FAR
 978-1-60774-549-5

978-1-9848-5688-3 • 3/23/21
 TR • \$28.00 U.S. (\$37.00 CAN)
 288 pages • 7 x 10 inches
 125 color photographs



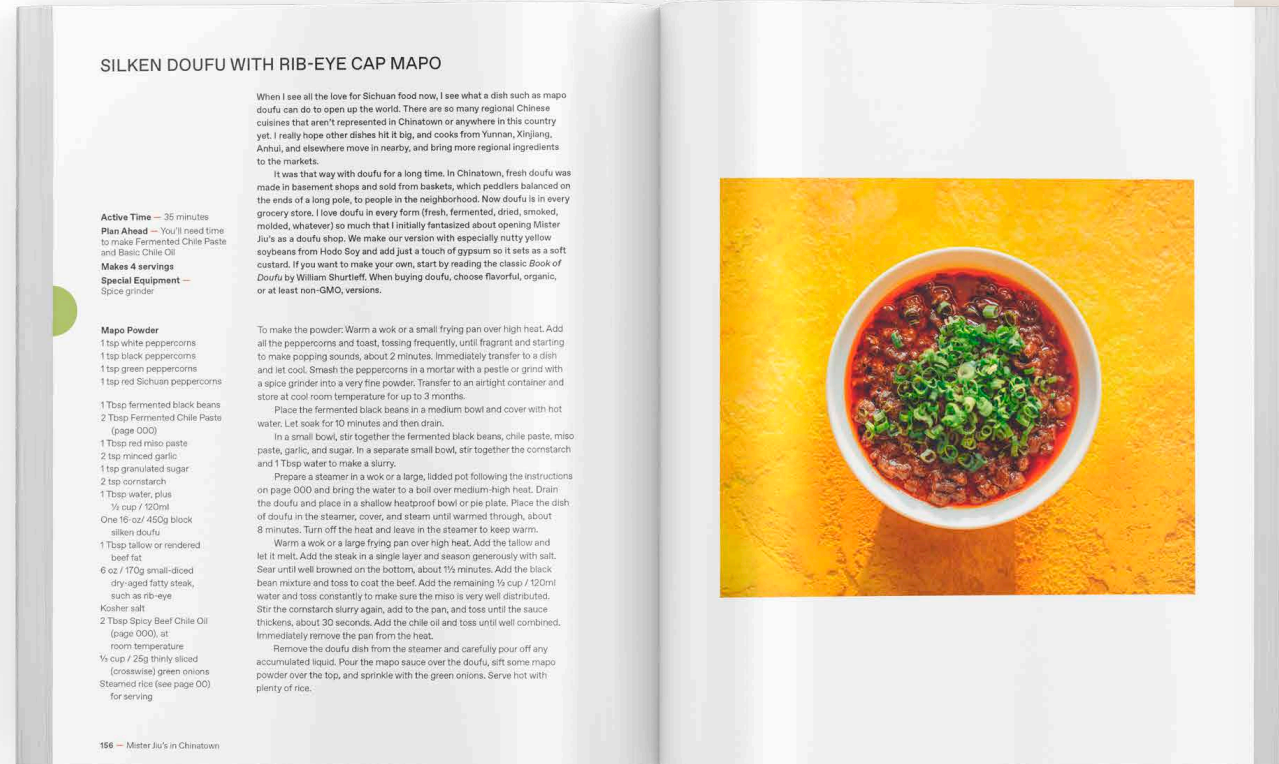
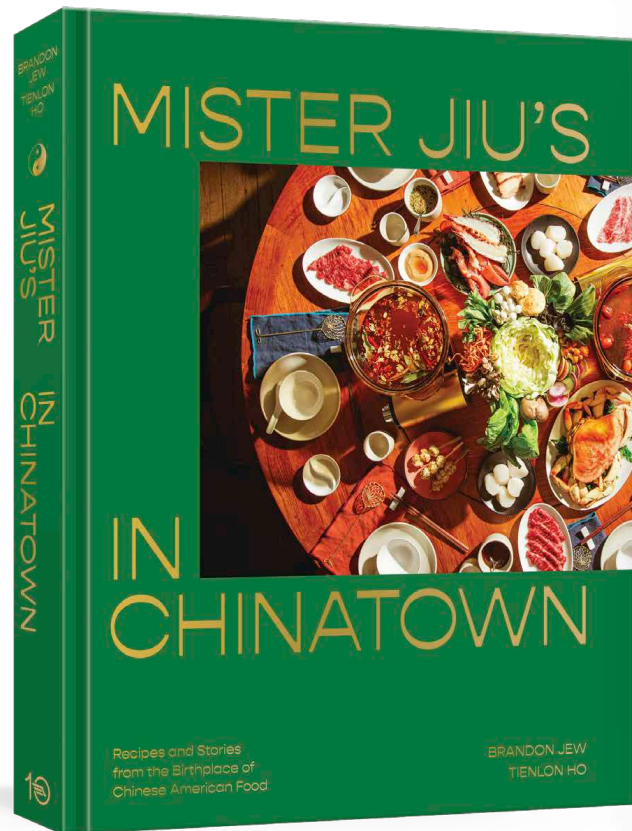




“What you’ll find here is a collection of whole food, vegetarian recipes, all of which have been pared down for quick weeknight cooking.”



Mister Jiu's in Chinatown



SILKEN DOUFU WITH RIB-EYE CAP MAPO

Active Time — 35 minutes
Plan Ahead — You'll need time to make Fermented Chile Paste and Basic Chile Oil.
Makes 4 servings
Special Equipment — Spice grinder

Mapo Powder

1 tsp white peppercorns
 1 tsp black peppercorns
 1 tsp green peppercorns
 1 tsp red Sichuan peppercorns
 1 Tbsp fermented black beans
 2 Tbsp Fermented Chile Paste (page 000)
 1 Tbsp red miso paste
 2 tsp minced garlic
 1 tsp granulated sugar
 2 tsp cornstarch
 1 Tbsp water, plus
 ½ cup / 120ml
 One 16-oz / 450g block silken doufu
 1 Tbsp tallow or rendered beef fat
 6 oz / 170g small-diced dry-aged fatty steak, such as rib-eye
 Kosher salt
 2 Tbsp Spicy Beef Chile Oil (page 000), at room temperature
 ½ cup / 25g thinly sliced (crosswise) green onions
 Steamed rice (see page 00) for serving

When I see all the love for Sichuan food now, I see what a dish such as mapo doufu can do to open up the world. There are so many regional Chinese cuisines that aren't represented in Chinatown or anywhere in this country yet. I really hope other dishes hit it big, and cooks from Yunnan, Xinjiang, Anhui, and elsewhere move in nearby, and bring more regional ingredients to the markets.

It was that way with doufu for a long time. In Chinatown, fresh doufu was made in basement shops and sold from baskets, which peddlers balanced on the ends of a long pole, to people in the neighborhood. Now doufu is in every grocery store. I love doufu in every form (fresh, fermented, dried, smoked, molded, whatever) so much that I initially fantasized about opening Mister Jiu's as a doufu shop. We make our version with especially nutty yellow soybeans from Hodo Soy and add just a touch of gypsum so it sets as a soft custard. If you want to make your own, start by reading the classic *Book of Doufu* by William Shurtleff. When buying doufu, choose flavorful, organic, or at least non-GMO, versions.

To make the powder: Warm a wok or a small frying pan over high heat. Add all the peppercorns and toast, tossing frequently, until fragrant and starting to make popping sounds, about 2 minutes. Immediately transfer to a dish and let cool. Smash the peppercorns in a mortar with a pestle or grind with a spice grinder into a very fine powder. Transfer to an airtight container and store at cool room temperature for up to 3 months.

Place the fermented black beans in a medium bowl and cover with hot water. Let soak for 10 minutes and then drain.

In a small bowl, stir together the fermented black beans, chile paste, miso paste, garlic, and sugar. In a separate small bowl, stir together the cornstarch and 1 Tbsp water to make a slurry.

Prepare a steamer in a wok or a large, lidded pot following the instructions on page 000 and bring the water to a boil over medium-high heat. Drain the doufu and place in a shallow heatproof bowl or pie plate. Place the dish of doufu in the steamer, cover, and steam until warmed through, about 8 minutes. Turn off the heat and leave in the steamer to keep warm.

Warm a wok or a large frying pan over high heat. Add the tallow and let it melt. Add the steak in a single layer and season generously with salt. Sear until well browned on the bottom, about 1½ minutes. Add the black bean mixture and toss to coat the beef. Add the remaining ½ cup / 120ml water and toss constantly to make sure the miso is very well distributed. Stir the cornstarch slurry again, add to the pan, and toss until the sauce thickens, about 30 seconds. Add the chile oil and toss until well combined. Immediately remove the pan from the heat.

Remove the doufu dish from the steamer and carefully pour off any accumulated liquid. Pour the mapo sauce over the doufu, sift some mapo powder over the top, and sprinkle with the green onions. Serve hot with plenty of rice.

Recipes and Stories from the Birthplace of Chinese American Food

The acclaimed chef behind the Michelin-starred Mister Jiu's in San Francisco's Chinatown shares stories of the past, present, and future of Chinese cooking in America through 90 mouthwatering recipes and 200 evocative food and location photographs.

Mister Jiu's in Chinatown shares the stories of how celebrated chef Brandon Jew took a roundabout journey to cooking and eventually found his way back the Chinese food he grew up with, and began connecting his classical Italian training and American roots to the traditions of Chinese cuisine.

In this groundbreaking cookbook, Jew takes inspiration from classic Chinatown recipes to create innovative spins like Sizzling Rice Soup, Squid Ink Wontons, Orange Chicken Wings, Liberty Roast Duck, Mushroom Mu Shu, and Banana Black Sesame Pie. Recipes and techniques are interwoven with stories about their roots in Chinatown and in Jew's own family history. With pages devoted to dim sum and dumplings, and throwing a party Chinese-banquet style, both occasional and experienced cooks will benefit from Jew's way of using Chinese cooking techniques and come away with a deeper understanding of how Chinese food became American food.

BRANDON JEW is chef and owner of Mister Jiu's, a Chinese American restaurant in the heart of San Francisco's Chinatown. Mister Jiu's earned a Michelin star in its first six months of opening and was named third best restaurant in the country by *Bon Appétit*. **TIENLON HO** is an award-winning writer focused on food, science, and culture.

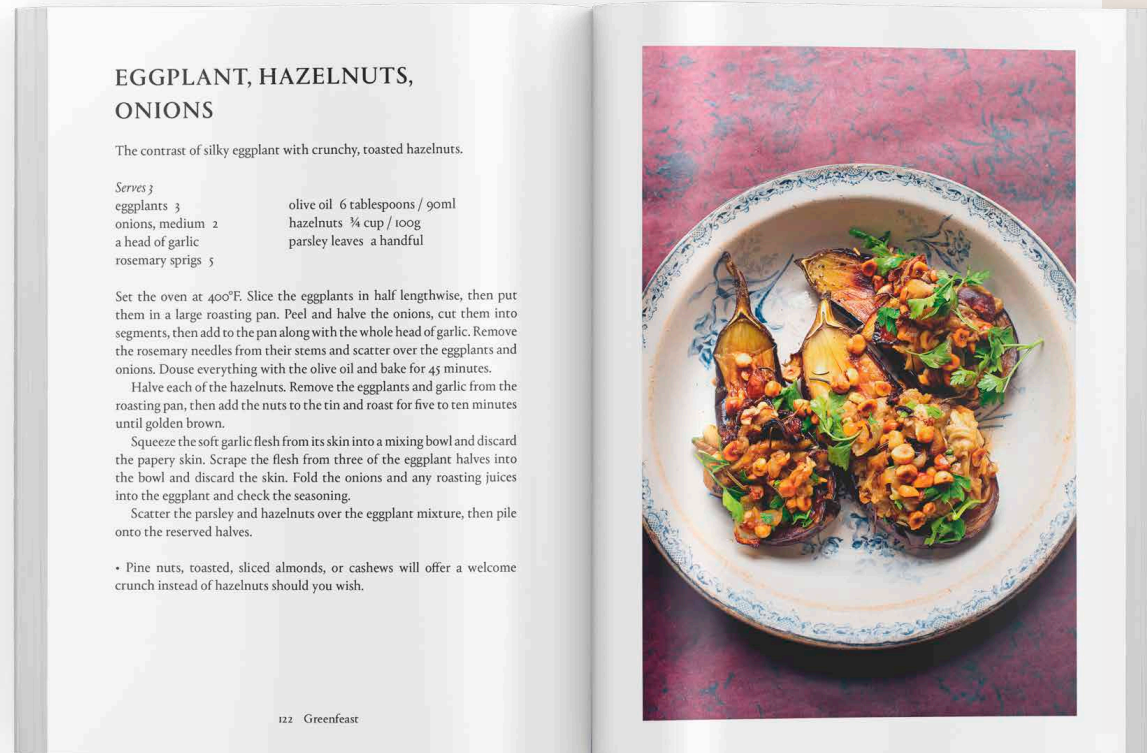
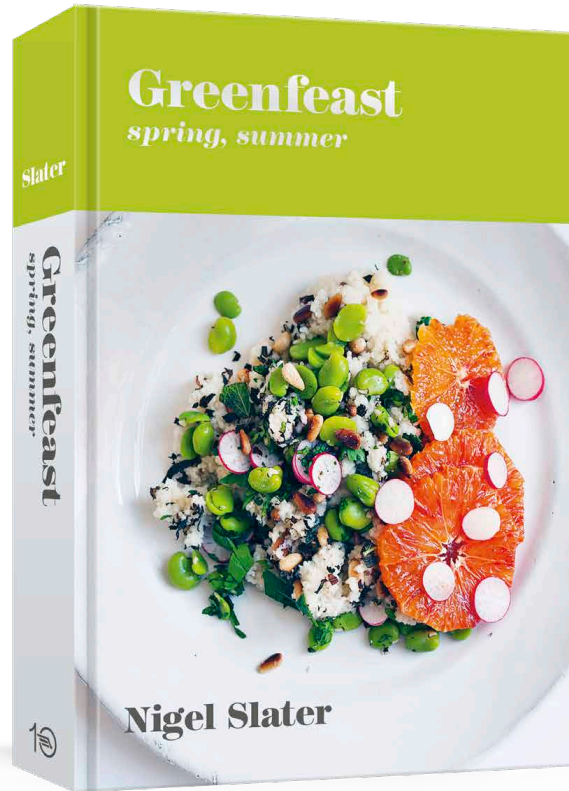
978-1-9848-5650-0 • 3/6/21
 HC • \$40.00 (CAN \$54.00)
 304 pages • 8 x 10 inches
 200 color photographs





“Where I arrived with Mister Jiu’s is exactly where I’ve always been: in between. A little of this and a little of that. American and Chinese. Modern and traditional. Mister Jiu’s connects everything I’ve ever learned—from Ying Ying, from my mentors, from all the parts of the world where I’ve lived and eaten. It is a place that celebrates all those influences, standing in the heart of Chinatown, the place where Chinese American food began.”

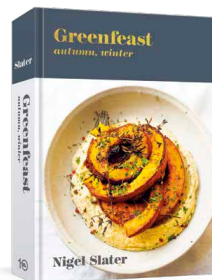
Greenfeast Spring, Summer



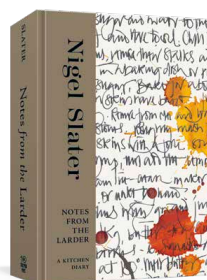
A collection of 110 vegetarian spring and summer recipes that provide nourishing and simple plant-based suppers while paying homage to the warm seasons—from the beloved author of *Tender*.

Beloved British food writer Nigel Slater's newest book is a collection of simple recipes, perfect for people who want to eat less meat, but don't want to compromise on flavor and ease of cooking. With Slater's famous one-line recipe introductions, the recipes are quick and easy and inspire you to dip into your pantry for ingredients. Inventive recipes showcase the creative ingredients and provide a plant-based guide for those who wish to eat with the seasons.

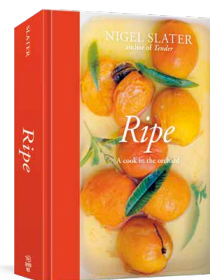
“A few pieces of melon rolled in the juice of a passion fruit for breakfast. A deep cut of miso soup with shreds of spring greens and lemon for lunch. The uppermost points of early summer asparagus tossed with ground sesame seeds and a trickle of toasted oil to accompany a salad of sprouted seeds and green peas.”



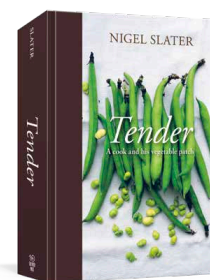
ALSO BY NIGEL SLATER
GREENFEAST: AUTUMN, WINTER
978-1-9848-5873-3



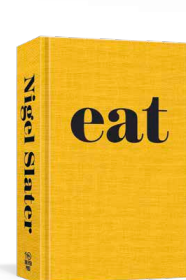
NOTES FROM THE LARDER
978-1-60774-543-3



RIPE
978-1-60774-332-3



TENDER
978-1-60774-037-7



EAT
978-1-60774-726-0



Britain's foremost food writer, **NIGEL SLATER** is the author of numerous bestselling books including *Notes from the Larder*; *Tender*; *Eat*; *Greenfeast: Autumn, Winter*; and the James Beard Award-winning *Ripe*. He has written a column for the *Observer* for over twenty years and hosts the BBC series *Simple Suppers*. He lives in London.

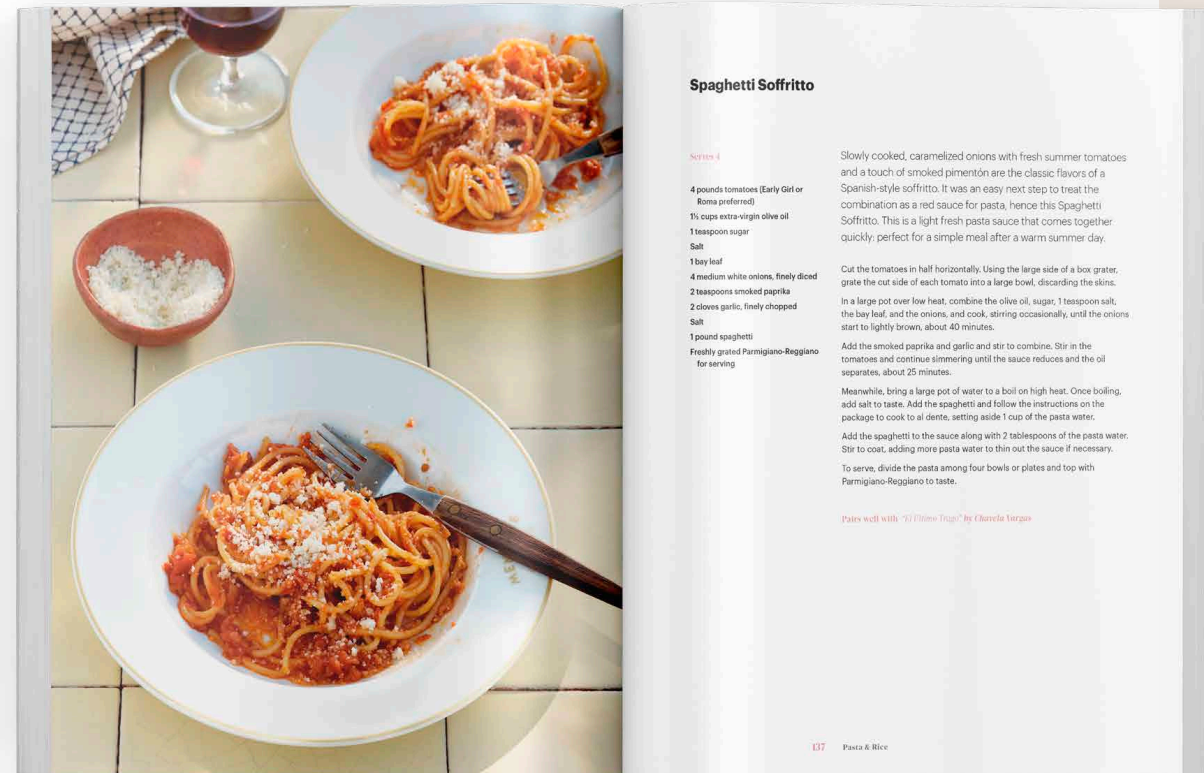
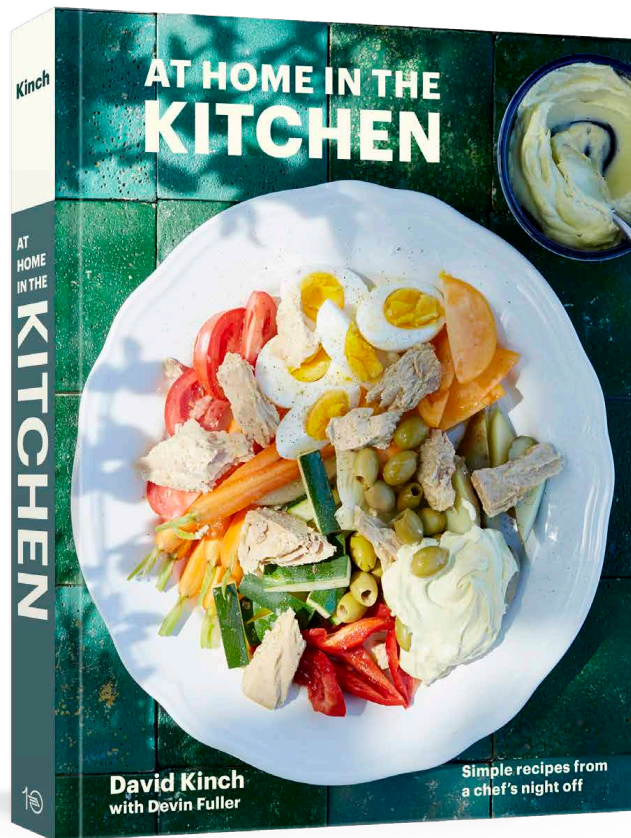
978-1-9848-5871-9 • 4/20/21
HC • \$26.00 U.S.
320 pages • 5½ x 7½ inches
110 color photographs





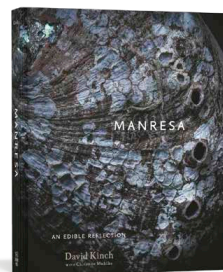
At Home in the Kitchen

Simple Recipes from
a Chef's Night Off



120 recipes for the casual meals—from simple breakfasts to 2 a.m. snacks—that the James Beard Award-winning, three-Michelin-starred chef of Manresa cooks at home.

In *At Home in the Kitchen*, chef David Kinch shares his recipes for the unfussy dishes he cooks most often in his Northern California home. While each recipe has no more than a few key ingredients, David's techniques, subtle twists, and fresh flavor combinations guarantee delicious results quickly. This fun and festive cookbook also features his recommendations for songs to listen to while cooking and recipes for cocktails to precede every meal. This is the perfect book for bringing a deliciously laidback vibe to your weeknight dinners.



ALSO BY DAVID KINCH
MANRESA
978-1-60774-397-2



DAVID KINCH is the James Beard Award-winning chef and co-owner of Manresa, a three-Michelin-starred restaurant; Manresa Bread; The Bywater; and Mentone. He is the author of the *New York Times* bestseller *Manresa*, and won an Emmy Award for his role in the series *The Mind of a Chef*. He lives in Northern California. **DEVIN FULLER** is a writer and culinary professional who formerly worked at Manresa.

978-1-9848-5850-4 • 3/23/21
HC • \$35.00 U.S. (\$47.00 CAN)
288 pages • 8 x 10 inches
160 color photographs

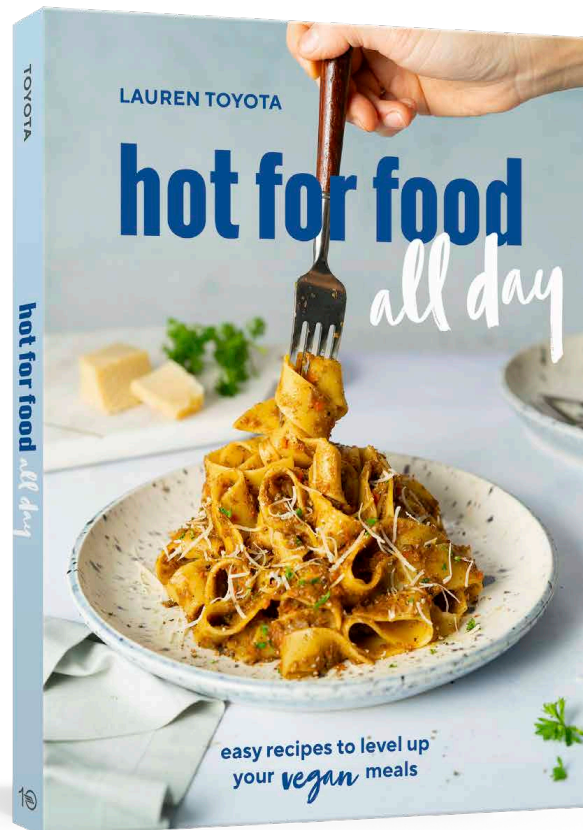




“I can’t come to your house to make the pesto, but I can tell you to chill your mortar and pestle—and listen to Aretha Franklin while you do it.”

hot for food all day

Easy Recipes to Level Up Your Vegan Meals



More than 100 utterly simple, crazy-delicious vegan recipes that satisfy cravings all day, every day, from a vegan YouTube guru and bestselling author.

Lauren Toyota's newest book is a collection of her simplest, tastiest recipes for weeknight meals, easy lunches, and satisfying breakfasts. Separated by meal type, and with customizable recipes for mac & cheese, snack mixes, and more, this book has all of the comfort food dishes you can expect from Lauren, as well as tips for turning leftovers into amazing vegan meals, and ideas for dressings, sauces, and more. In *hot for food all day*, Lauren proves yet again that vegans can eat whatever they want.



ALSO BY LAUREN TOYOTA
HOT FOR FOOD VEGAN
COMFORT CLASSICS
978-0-399-58014-7

LAUREN TOYOTA is the author of the bestselling cookbook *Vegan Comfort Classics*. She's appeared on national television sharing her expertise for making vegan food fast and fun, and her hot for food YouTube channel, Instagram, and website, have amassed millions of views and devoted fans. She lives in Los Angeles.

978-1-9848-5752-1 • 3/16/21
TR • \$23.99 U.S.
256 pages • 7½ x 10 inches
120+ color photographs



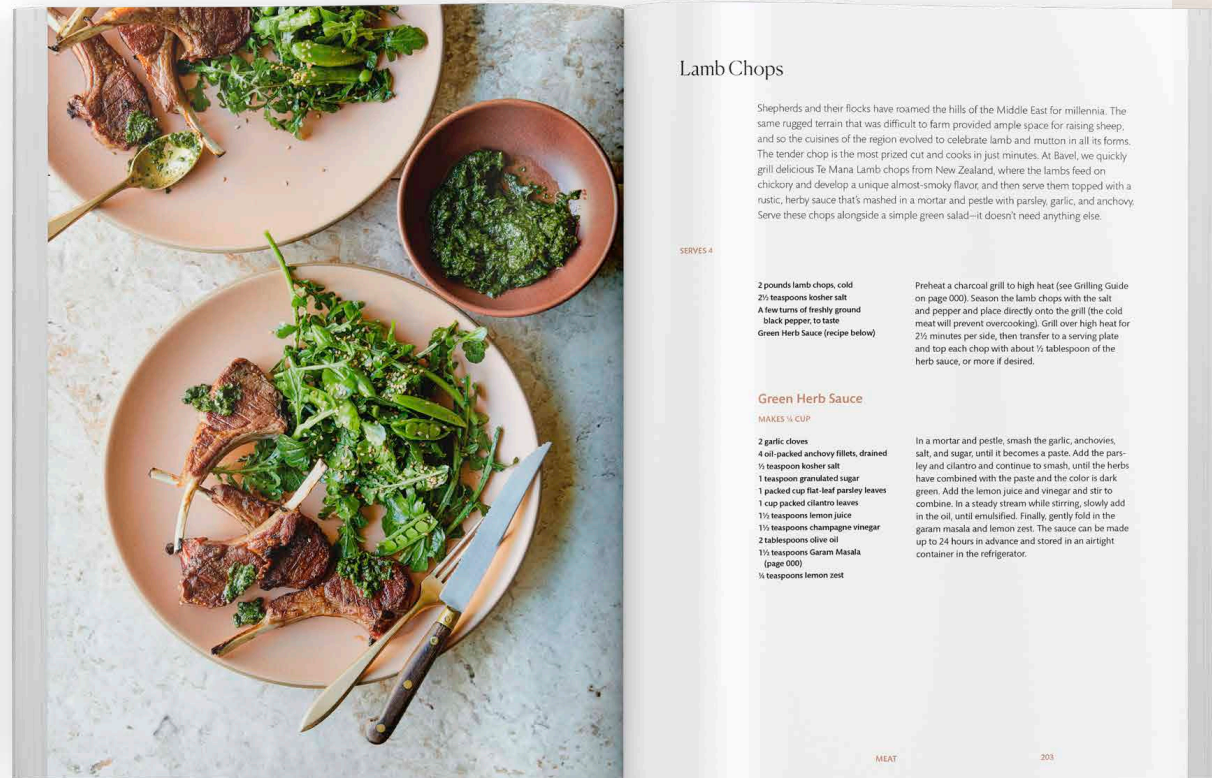
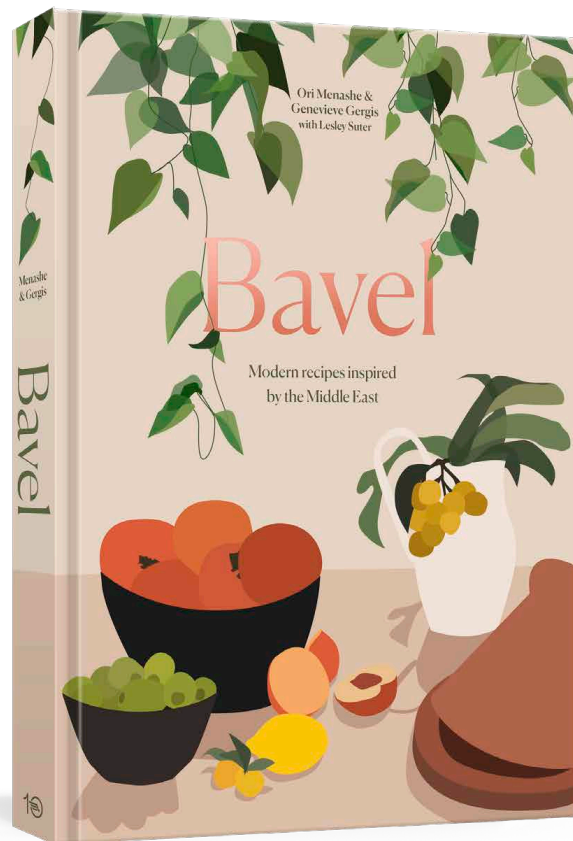


“Dive into this cookbook, trusting that each and every meal you create for yourself is going to be delectable and delicious and just happens to be made from plants.”



Bavel

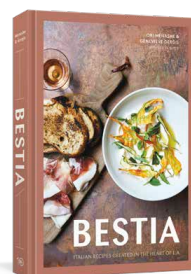
Modern Recipes Inspired
by the Middle East



From the acclaimed chefs behind the wildly popular Los Angeles restaurant **Bavel** comes a gorgeous cookbook featuring personal stories and more than **85 recipes** that celebrate the diversity of Middle Eastern cuisines.

Bavel welcomes you to explore the broad and varied cuisines of the Middle East through fragrant spice blends; sublime zhougs, tahini, labneh, and hummus; tender flatbreads; buttery pastries; and more. The food of Bavel (pronounced bah-VELLE) tells the stories of the countries defined as the Middle East and many are inspired by the authors' Israeli and Egyptian roots. Bavel represents a world before the Middle East was divided into separate nations. This is cooking without borders.

“Bavel is a restaurant of family and heritage; it’s an ode to the food we grew up eating and the food we love to eat today.”



ALSO BY ORI MENASHE
AND GENEVIEVE GERGIS
BESTIA
978-0-399-58090-1

ORI MENASHE is co-owner and executive chef of Bestia and Bavel. **GENEVIEVE GERGIS** is the co-owner and pastry chef of Bestia and Bavel. **LESLEY SUTER** is the travel editor for Eater and the former food editor for *Los Angeles* magazine, and has won two James Beard awards for food writing. They live in Los Angeles.

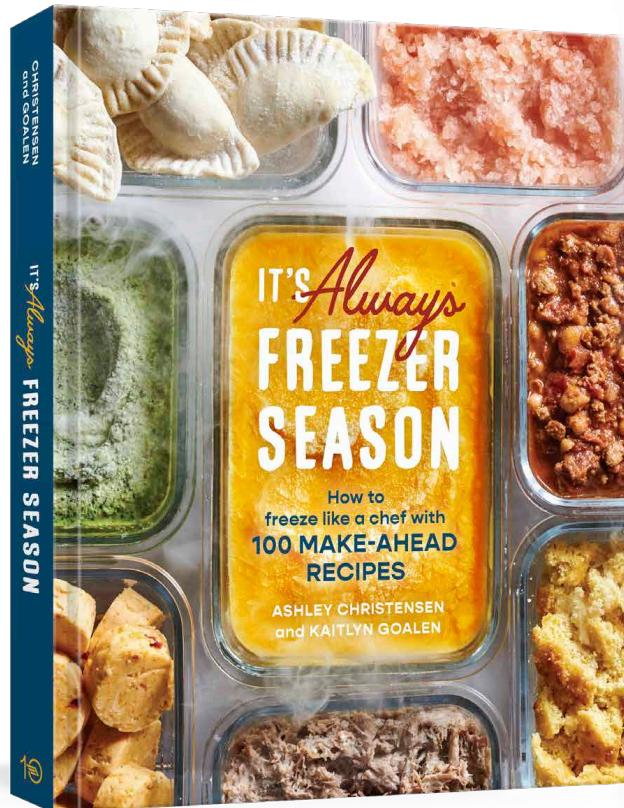
978-0-399-58092-5 • 4/20/21
HC • \$37.50 U.S. (\$50.00 CAN)
304 pages • 7½ x 10¾ inches
125 color photographs





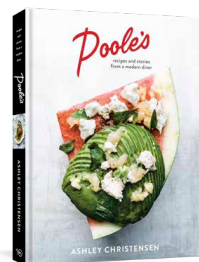
It's Always Freezer Season

How to Freeze Like a Chef with 100 Make-Ahead Recipes



Transform the way you use your freezer with 100 flavorful meal prep recipes that can be brought to the table in fewer than 30 minutes, from a two-time James Beard Award-winning chef and restaurateur.

The freezer is your trick to doing it all in your home kitchen. It makes convenience eating delicious, makes project meals worth the effort, and makes cooking less wasteful and more economical. In *It's Always Freezer Season*, you'll learn how the freezer can easily become the single most important "kitchen tool" of a home kitchen. With delicious recipes, bright photography, helpful technical information, and tips on stocking a freezer pantry, this book will change the way you think about your freezer.



ALSO BY ASHLEY CHRISTENSEN
AND KAITLYN GOALEN
POOLE'S
978-1-60774-687-4



ASHLEY CHRISTENSEN is the owner of five restaurants in Raleigh, North Carolina: Poole's, Beasley's Chicken + Honey, Fox Liquor Bar, Death & Taxes, and Poole's Pie. She was named Chef of the Year by Eater and is a two-time James Beard Award winner. **KAITLYN GOALEN** is a writer, editor, cook, and the executive director of AC Restaurants. She co-founded the Short Stack Editions series and co-authored *The Short Stack Cookbook*, *Cook Like a Local*, *Poole's*, and *The Craft Cocktail Party*.

978-1-60774-689-8 • 4/6/21
HC • \$30.00 U.S. (\$40.00 CAN)
272 pages • 7 1/8 x 9 1/8 inches
90 color photographs

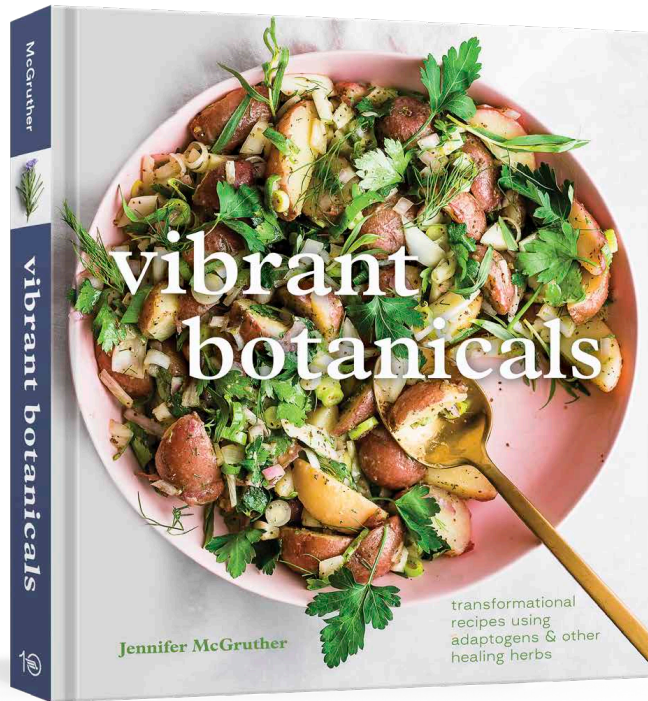




“The freezer, more than any other appliance in the kitchen, will help you cook delicious, flavorful meals in less time.”



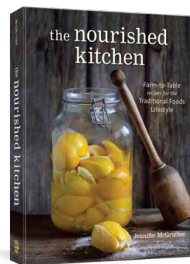
Vibrant Botanicals



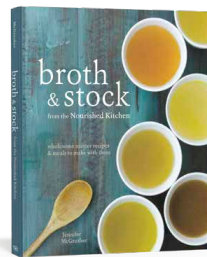
Transformational Recipes Using Adaptogens & Other Healing Herbs

75 nourishing recipes using adaptogens, herbs, and botanicals to heal, energize, and calm.

Adaptogens (plant extracts that help the body adapt to stress) and herbs are some of the most potent sources of energy and immunity, and they deliver many additional health benefits. *Vibrant Botanicals* guides you through the properties of herbal energetics and how to gain the most from them. While store-bought elixirs may set you back about \$40 per jar, Jennifer McGruther's creations only cost a few dollars to create at home. Whether you're looking to fortify digestion, balance hormonal rhythms, lift your spirit, or get better sleep, *Vibrant Botanicals* provides the natural solution.



ALSO BY JENNIFER
MCGRUTHER
THE NOURISHED KITCHEN
978-1-60774-468-9



BROTH AND STOCK FROM
THE NOURISHED KITCHEN
978-1-60774-931-8



JENNIFER MCGRUTHER is a certified nutritional therapy practitioner, herbalist, and writer living in the Pacific Northwest. She is the author of *The Nourished Kitchen* and *Broth and Stock from the Nourished Kitchen*. An advocate for sustainable food systems, she teaches workshops on traditional food pathways and runs Nourished Kitchen, a website about cooking with whole foods.

978-1-9848-5895-5 • 4/27/21
HC • \$26.00 U.S. (\$35.00 CAN)
224 pages • 8 x 9 inches
100 color photographs

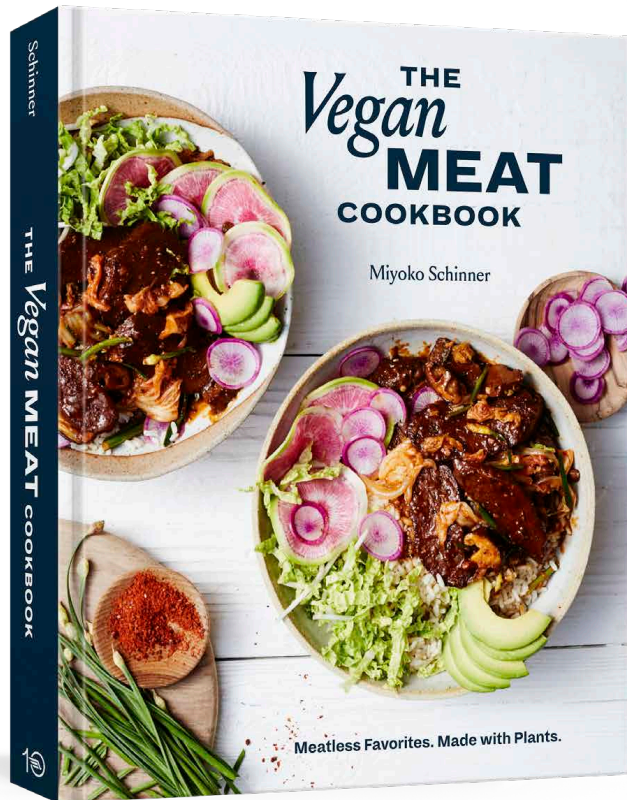




“More than just satisfying flavor, herbs hold a profound and transformational power, tapping into your body’s innate healing wisdom.”



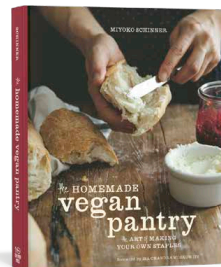
The Vegan Meat Cookbook



Meatless Favorites.
Made with Plants.

More than 100 hearty, succulent, people-pleasing meals featuring vegan meat, plus recipes for DIY vegan meats and cheeses, from bestselling author Miyoko Schinner.

Plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don't want to give up the meaty flavors they love. *The Vegan Meat Cookbook* guides you through the maze of products available, and offers guidance on how to use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon, to Carne Asada Enchiladas. Whether you're cutting back on meat for your health, the environment, animal welfare, or for affordability, *The Vegan Meat Cookbook* will satisfy the cravings of flexitarians, vegans, vegetarians, and even carnivores.



ALSO BY MIYOKO SCHINNER
THE HOMEMADE VEGAN PANTRY
978-1-60774-677-5



MIYOKO SCHINNER is the founder of Miyoko's, the fastest growing plant-based cheese and butter company in the country, carried in more than 15,000 retailers nationwide, plus Canada and Australia. Schinner is the author of four cookbooks, including *The Homemade Vegan Pantry*; co-host of the national PBS cooking show *Vegan Mashup*; and cofounder of Rancho Compasión, an animal sanctuary. She lives in Northern California.

978-1-9848-5888-7 • 5/11/21
HC • \$28.00 U.S. (\$37.00 CAN)
256 pages • 7 1/2 x 9 inches
65 color photographs

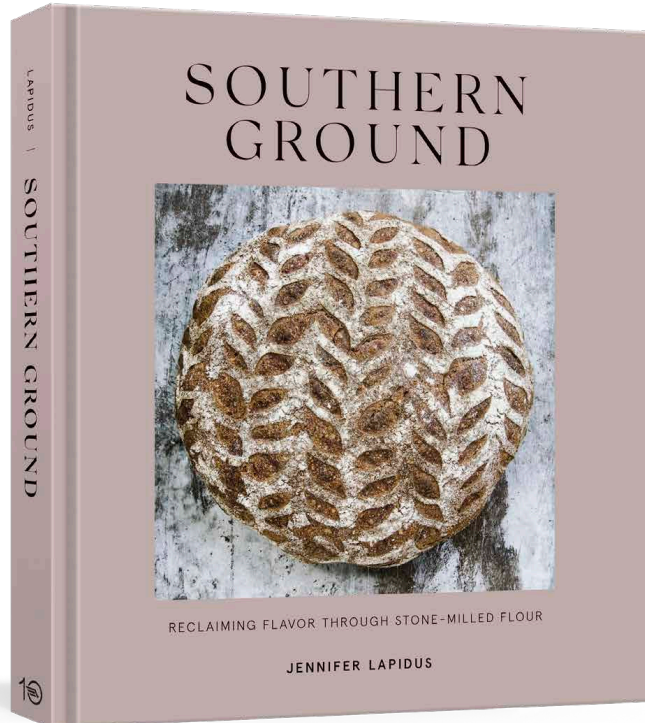


“As a vegan of almost thirty-five years, I am happiest just feasting on veggies . . . but at times, nothing short of a delicious meaty concoction will do.”



Southern Ground

Reclaiming Flavor Through Stone-Milled Flour



A curated collection of 80 recipes from twenty acclaimed craft bakeries in the South that showcases the superior quality of cold stone-milled flour and highlights the importance of baking with local ingredients.

Many home bakers are opting for flavor-driven, regionally grown and ground cold-stone milled flour over industrial commodity flour, and it is delivering extraordinary taste, texture, and story to their baking. In this book, Jennifer Lapidus, founder and principal of Carolina Ground Flour Mill in North Carolina, celebrates the work of bakers all over the South, showing you how to use these flavor-forward flours of geographic distinction. With profiles of top Southern bakers and recipes arranged by grain, this is a love story to Southern baking and a call for home bakers to understand more about the most important of ingredients: flour.

“The choice of stone over steel to process our grain into flour was a given, as cold-milling with stone produces flavor-forward flours that highlight the *terroir* of our region.”

JENNIFER LAPIDUS is the founder of Carolina Ground Flour Mill in Asheville, North Carolina. She’s been featured in numerous national publications, sits on the board of the Carolina Farm Stewardship Association, and is co-organizer of the Asheville Bread Festival.

978-1-9848-5748-4 • 4/13/21
 HC • \$32.50 U.S. (\$42.50 CAN)
 288 pages • 9 x 10 inches
 75 color photographs

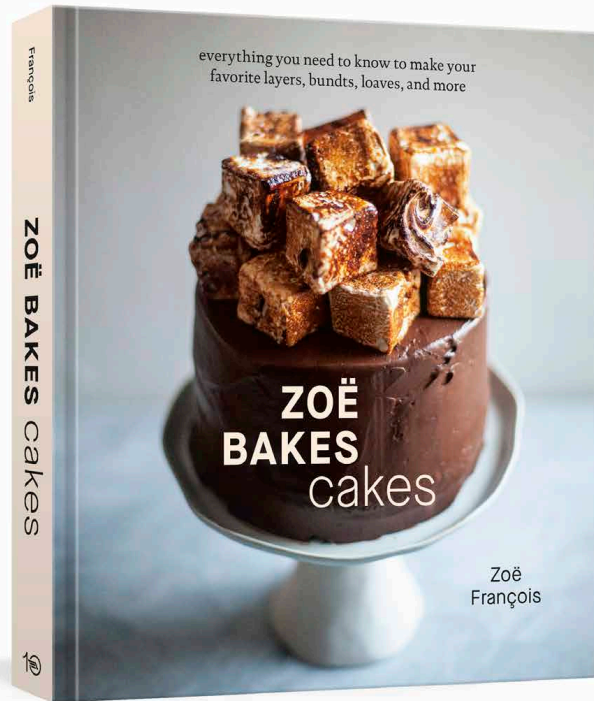




“There is simply no mistaking fresh, stone-ground flour, especially when working with whole grains. It is the difference between an original piece of artwork and a print.”



Zoë Bakes Cakes



Everything You Need to Know to Make Your Favorite Layers, Bundts, Loaves, and More

The expert baker and bestselling author behind the Zoë Bakes website explores her favorite dessert—cakes!—with more than 100 recipes to create flavorful and beautiful treats any day of the week.

In her debut solo cookbook, bestselling author Zoë François demystifies the craft of cake baking with easy-to-use recipes, showing readers how to get gorgeous confections on the table to celebrate any occasion. Using step-by-step photos and clear, encouraging instruction, Zoë explores the techniques of baking and gives straightforward recipes for loaf cakes, layers, fillings, frostings, decorating, and more. With this book, delicious homemade cake—from the simple snack cakes to towering tiers—is within reach for any celebration imaginable.

“A cake can turn a Tuesday into an occasion. There is no day that can’t be made better with a little slice.”

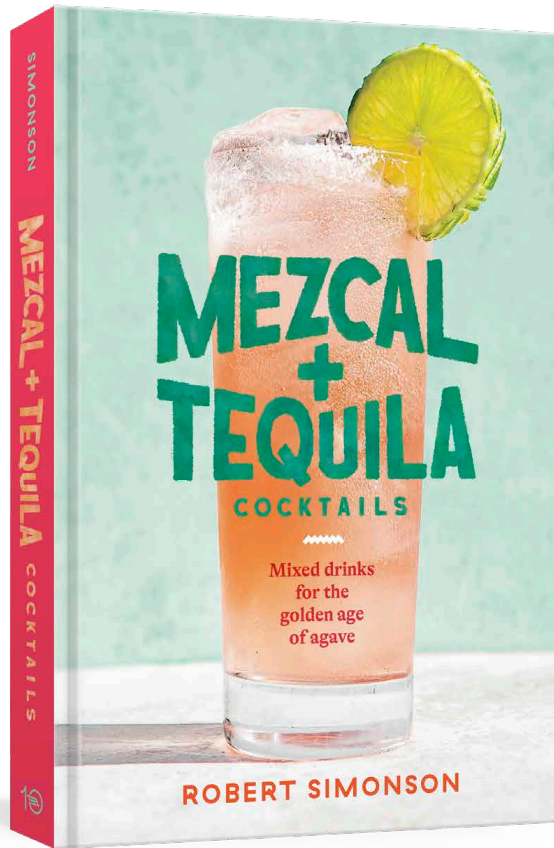
ZOË FRANÇOIS studied at the Culinary Institute of America in New York, and has been a pastry chef at several Twin Cities restaurants. She coauthored *Artisan Bread in Five Minutes a Day*, which turned into a bestselling series. She runs the Zoë Bakes website and lives in Minneapolis with her husband, Graham, and two sons.

978-1-9848-5736-1 • 3/16/21
 HC • \$30.00 U.S. (\$40.00 CAN)
 272 pages • 8½ x 9½ inches
 245 color photographs





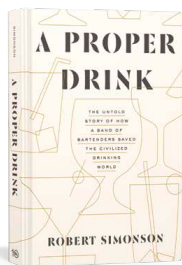
Mezcal and Tequila Cocktails



Mixed Drinks for the Golden Age of Agave

Indulge your thirst for new ways to drink tequila and mezcal with this collection of more than 60 recipes for agave cocktails from *New York Times* spirits writer Robert Simonson.

Artisanal mezcal and tequila bars can be found in every major American city, and mezcal remains the current “it” spirit. This book is a straightforward guide to mixing cocktails using agave spirits, with simple recipes that are easy to assemble, with most requiring only three or four ingredients. From riffs on classics such as the Mezcal Mule to new favorites such as Smoke and Ice, you’ll discover how to use tequila and mezcal to create cocktails that highlight the smoky, edgy flavors of these unique and popular spirits.



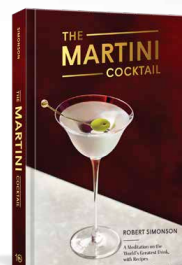
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ROBERT SIMONSON writes about cocktails, spirits, bars, and bartenders for the *New York Times*. He is the author of *A Proper Drink*, *The Old-Fashioned*, *3-Ingredient Cocktails*, and *The Martini Cocktail*. His writings have appeared in many national publications, and he is a contributing editor at PUNCH. He lives in New York City.

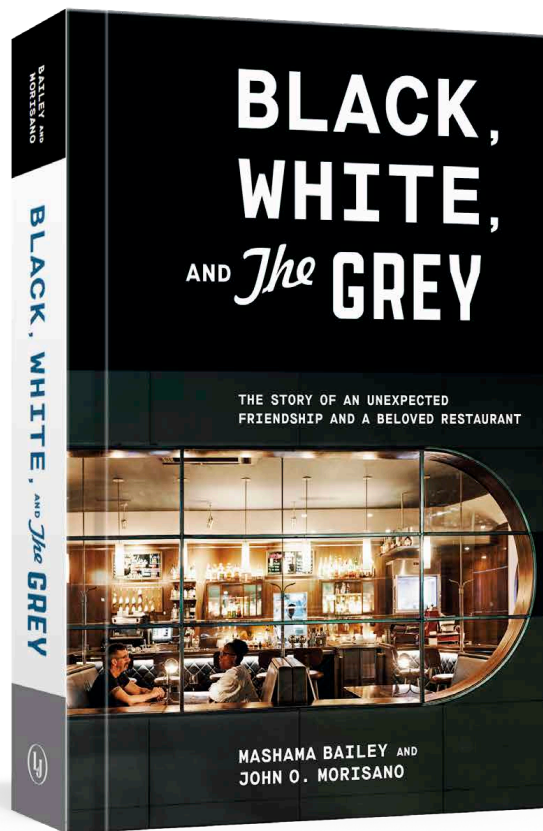
978-1-9848-5774-3 • 4/6/21
HC • \$18.99 U.S. (\$24.99 CAN)
176 pages • 5½ x 8 inches
50 color photographs



“Mezcal is a spirit on hyperdrive, something tailor-made for the modern American palate’s ever-growing need for more—more flavor, more sensation, a greater challenge.”

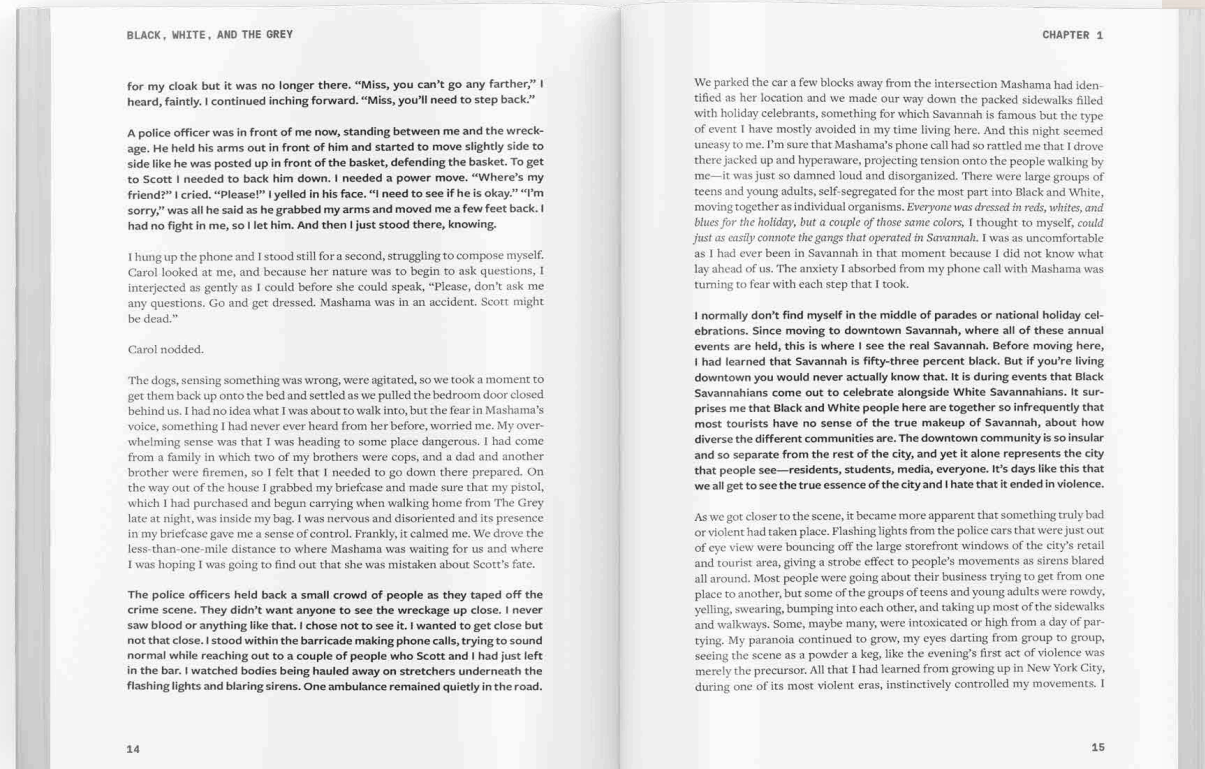


Black, White, and The Grey



“All we can hope is that through our work we can heal, gain perspective, continue to grow, and work from a place of trust and respect.”

—Mashama Bailey



MASHAMA BAILEY is the executive chef and partner at The Grey and The Grey Market, winner of the James Beard Award for best chef Southeast, and chairs the board of the Edna Lewis Foundation. **JOHN O. MORISANO** is the founding partner at The Grey and The Grey Market.

978-1-9848-5620-3 • 1/12/21
HC • \$28.00 U.S. (\$37.00 CAN)
304 pages • 5½ x 8½ inches
Lorena Jones Books



The Story of an Unexpected Friendship and a Beloved Restaurant

At The Grey restaurant in Savannah, Georgia, James Beard Award winner Mashama Bailey and restaurateur John O. Morisano are business partners and friends who are bridging their lived experiences—one meal, conversation, and business challenge at a time.

Black, White, and The Grey is a story about the mission, trials, and triumphs of two individuals seemingly with little in common—a Black woman chef from Queens and a White media entrepreneur from Staten Island—who partnered up, relocated to the South, and built a relationship and a restaurant that they believed would get people talking about race, gender, class, and culture.

Bailey and Morisano take turns telling how they went from tentative business partners to dear friends as they turned a dilapidated, formerly segregated Greyhound bus station into one of the most celebrated restaurants in the country. They recount their troubling and joyous times, disclosing how they came to understand their differences, recognize their biases, continuously challenge themselves and each other to be better, and always keep talking and eating together. Throughout the book, a recipe caps each chapter, peppering the narrative with food that's important to the authors and their story.

At a time when division is at the center of our national discourse, Bailey and Morisano show how two friends have worked hard to stay close and seed a more equitable future.

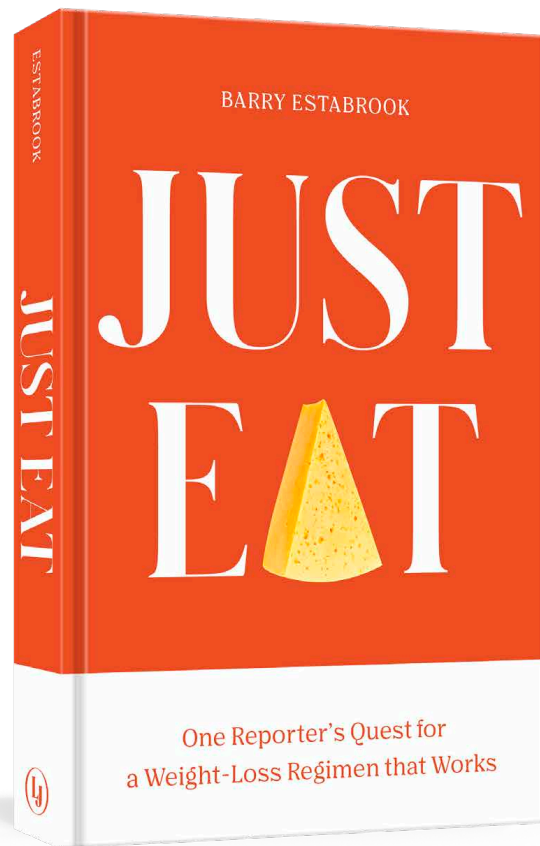


Just Eat

One Reporter's Quest
for a Weight-Loss Regimen
that Works

The *New York Times* bestselling author of *Tomatoland* investigates the most popular diets of our time to reveal how we should (and shouldn't) be dieting.

Investigative journalist Barry Estabrook tried the most popular diets of the past forty years, from paleo to the Master Cleanse, Whole30, Atkins, Weight Watchers, keto, gluten-free, and veganism, examining the people, claims, and science behind the diets, all while recording his mental and physical experience with each one. He discovered that over fifteen branded programs are derived from just three diets, and that although there are effective takeaways, popular diets are mostly marketing. This is a look into how we try to improve our health through dieting—and how the answer may be to just eat.



“Most diets come and go...But some early diets have become fixtures in our food culture. Their current promoters are clever enough to repackage them, tweak them a bit, and rebrand them with catchy new names to lend the appearance of novelty each time they come around...”

BARRY ESTABROOK is the author of *Pig Tales* and the *New York Times* bestselling *Tomatoland*, which won an International Association of Culinary Professionals award and inspired the documentary *Food Chains*. Estabrook was an editor at *Gourmet*, where his writing won a James Beard Award, and he was the founding editor of *Eating Well* magazine. He lives in Vermont.

978-0-399-58027-7 • 2/2/21
HC • \$26.00 U.S. (\$35.00 CAN)
256 pages • 5½ x 8¼ inches
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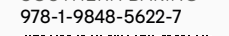
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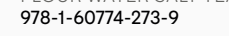
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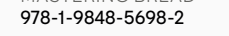
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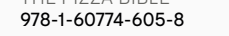
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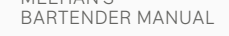
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