



# Quicklet - Anthony Bourdain's A Cook's Tour

*Shauna Korinne Patton*

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Quicklets: Your Reading Sidekick!

This Hyperink Quicklet includes an overall summary, chapter commentary, key characters, literary themes, fun trivia, and recommended related readings.

### ABOUT THE BOOK

Viewed simply, A Cook's Tour is one man's quest to discover just what the perfect meal might be. Unfortunately, things are rarely so cut and dried. As Bourdain's travels, at least for this book, took place pre-September 11th, there is still a little elasticity in the travel. Yes, Bourdain experiences certain moments of unease while on his journey, but not in the way that travelers are forced to take added precautions today.

Food is the great equalizer: a shared passion, simply made up of different ingredients, depending on where you are in the world. It is able to evoke the strong, visceral reactions related not only to taste, but also touch, smell, sound, and sight. Given food's shared cultural arc, it's not a stretch to see how something as basic as food could be considered transformative.

### MEET THE AUTHOR

Shauna Patton grew up in the wilds of Northern California and thus removed from populous cities, she turned to the expanse of her imagination for entertainment. This would include writing short stories and plays, and roping unsuspecting friends/family into producing and performing. This led to a four-year tenure at UC Santa Cruz, where she majored in Theatre Arts, with a year abroad at a University in Southern England. When not concocting crazy stories, she loves to watch movies (especially Bollywood, anything Christian Bale and 1940's film noir), read, knit, watch the Dropkick Murphys in concert, rock out to cheesy 80's pop and hang out with friends.

### EXCERPT FROM THE BOOK

Inspired by the idea of the perfect meal, Anthony Bourdain's novel A Cook's Tour: Global Adventures in Extreme Cuisines is part foodie travel diary and part memoir of the man himself. Not for those with weak stomachs, Bourdain launches himself on a tour around the globe on a quest for good food, movie-style adventure and once-in-a-lifetime experiences. Whether he's chowing down on the still-beating heart of a cobra in Vietnam, lamb gonads in the Sahara, haggis in Scotland, or shuddering through the horrors of bird's nest soup, Bourdain's food encounters offer a great sensory delight for the reader, especially secondhand.

Much of the developed world is far removed from their food. There is little knowledge about the actual gathering and preparation of food, as the glossy supermarkets hide the behind-the-scenes carnage. As Bourdain notes, Respecting the ingredients may no longer be an economic necessity in much of the emerging world; it is now a pleasure, to be experienced and enjoyed at one's chosen time and place.

Bourdain's quest for culinary excellence is grandiose: I knew that the best meal in the world...is rarely the most sophisticated or expensive one...context and memory play powerful roles in the truly great meals in one's life.

Buy a copy to keep reading!

## CHAPTER OUTLINE

- Quicklet On Anthony Bourdain's A Cook's Tour: Global Adventures in Extreme Cuisines
- Anthony Bourdain's A Cook's Tour
  - About Anthony Bourdain
  - About the Book
  - Overall Summary
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