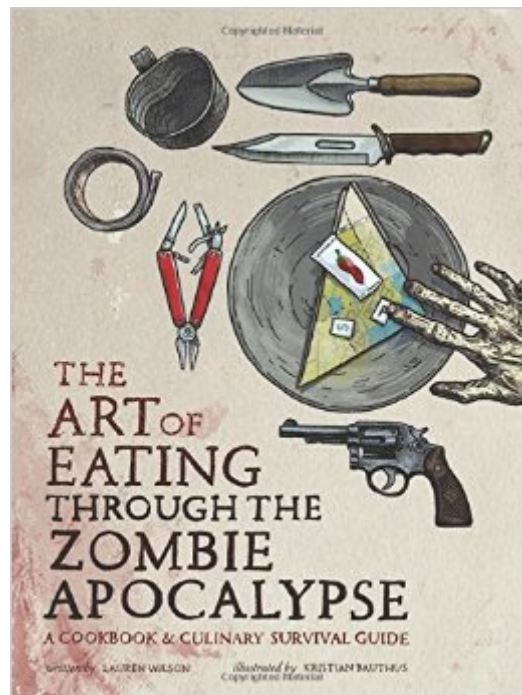


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The Art Of Eating Through The Zombie Apocalypse: A Cookbook And Culinary Survival Guide



Synopsis

Just because the undead's taste buds are atrophying doesn't mean yours have to! You duck into the safest-looking abandoned house you can find and hold your breath as you listen for the approaching zombie horde you've been running from all day. You hear a gurgling sound. Is it the undead? No! It's your stomach. When the zombie apocalypse tears down life and society as we know it, it will mean no more take out, no more brightly lit, immaculately organized aisles of food just waiting to be plucked effortlessly off the shelves. No more trips down to the local farmers' market. No more microwaved meals in front of the TV or intimate dinner parties. No, when the undead rise, eating will be hard, and doing it successfully will become an art. *The Art of Eating through the Zombie Apocalypse* is a cookbook and culinary field guide for the busy z-poc survivor. With more than 80 recipes (from Overnight of the Living Dead French Toast and It's Not Easy Growing Greens Salad to Down & Out Sauerkraut, Honey & Blackberry Mead, and Twinkie Trifle), scads of gastronomic survival tips, and dozens of diagrams and illustrations that help you scavenge, forage, and improvise your way to an artful post-apocalypse meal. *The Art of Eating* is the ideal handbook for efficient food sourcing and inventive meal preparation in the event of an undead uprising. Whether you decide to hole up in your own home or bug out into the wilderness, whether you prefer to scavenge the dregs of society or try your hand at apocalyptic agriculture, and regardless of your level of skill or preparation, *The Art of Eating* will help you navigate the wasteland and make the most of what you eat.

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Customer Reviews

This book is one of the funnest and most informative cookbooks I have laid my hands on in some time. And it is way more than recipes for the those with a short list of items to pick from during the apocalypse. It is also full of info on how to build small ovens, fire pits, where to scavenge for food, and thinking outside the box (insects rolled in kelp and smoked over an open fire?). There's also a list of tools for various projects (like setting up traps for game), how to clean your game before cooking, and even some basics on edible wild plants. And then it goes a step further and provides info on what to do after the initial apocalypse stage, once things settle down and you can too. This info includes such things as setting up a compost pile, shellfish gardening, and more. And there are recipes! Lots of very interesting and tasty (yep, I tried a few myself) recipes. The book is full of illustrations, both comical (vacant eyed zombies wandering around) and useful (animal track identification). There's plenty of illustrations of the recipes too, so you have an idea of how your food should look just before consuming it. I especially liked the Zpoc Food Pyramid! The illustrations really made this book a fully visual experience. The accompanying text has a touch of snark to it (which I loved), plenty of humor, and heaps of practical advice. Let me point out that I live on a farm, so many of the things in this books were not new ideas to me. And yet this book had more than the basics; it had some innovative ideas on ovens (that I hadn't seen before) and some food ideas that had not occurred to me (such as the kelp and seaweed as a major source of nutrients). I live in a land-locked state, so I hope you will forgive my ignorance on such things.

Lauren Wilson's *The Art of Eating through the Zombie Apocalypse: A Cookbook and Culinary Survival Guide* is a fun, lighthearted way to pick up a few survival tips. Obviously, a guide to survival without many modern conveniences is potentially useful for reasons other than a zombie apocalypse (or a zpoc), but this makes a really fun way to introduce people to the subject; it should have a much wider audience than a straight survival guide. There's clearly an obsession in modern horror with the question of how we would survive given a civilization-destroying event; *The Art of Eating* addresses that head-on. There are suggestions for putting together survival bags so that you immediately have a few essentials when the zpoc comes, and those would be potentially useful for everyday. Is there a chance your car could break down in an area where you can't immediately get help? Then keeping these sorts of resources in your car could make such an event much easier to cope with. This book covers all sorts of things from short-term needs to long-term planning. It presents ways to cook foods that range from extremely simple fire-building to a myriad of oven hacks and methods for building more long-term cooking essentials. There are instructions for judging the temperature of your fire to help you cook things properly. You'll

find directions for preserving food, skinning animals, and scavenging foods from the ruins of civilization. Thereâ™s a list of buildings to raid for food and supplies that probably wonâ™t be first on everyone elseâ™s lists, giving you a bit of a head-start. Instructions for preparing yourself and what to do first vary depending on whether youâ™re planning on holing up where you are, going out into the wild, or running off to a pre-prepared safehouse.

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