



I LIKE FOOD, FOOD TASTES GOOD

In the Kitchen with Your Favorite Bands

By Kara Zuaro

Ever wonder what Franz Ferdinand likes to nosh on between rock shows or what kind of culinary experiments Death Cab for Cutie cooks up while out on the road? If so, *I LIKE FOOD, FOOD TASTES GOOD* by Kara Zuaro is the cookbook for you. Jam-packed with recipes from icons such as the Violent Femmes, Belle & Sebastian, and They Might Be Giants, current favorites like Franz Ferdinand and My Morning Jacket, and up-and-coming acts like Catfish Haven and Vixen, this cookbook is sure to satisfy every food and music lover's appetite.

The cuisine is as unique as the bands in this delightfully original cookbook by music, food and travel journalist Kara Zuaro. A knowledgeable fan of the indie rock scene for many years, Zuaro got to thinking about just what it was these rockers ate while they were out on the road, or what they fantasized about eating once they got home. The result is *I LIKE FOOD, FOOD TASTES GOOD* (Hyperion; April 24, 2007; Paperback; \$17.95), a smorgasbord of recipes from breakfast to dessert, each enlivened by the contributing artist explaining the significance of the dish and adding personal flair to already intriguing titles such as Silkworm's "Cheesy Sleazy" and Sorry About Dresden's "Life of the Party Chicken on a Stick."

Divided into sections by course—Breakfast; Soups, Sides, and Starters; Sandwiches; Main Courses for Carnivores; Main Courses for Vegetarians; Drinks; Desserts—there is a satisfying bite for every palate, both discerning and, well, less-so. A sampling of the bands and their recipes:

Belle & Sebastian	HRT: Halloumi, Radicchio, and Tomato Sandwich
NOFX	El Hefe's Specialties
Death Cab for Cutie	Veggie Sausage and Peanut Butter Sandwich
Franz Ferdinand	Lemon Ginger Flapjacks
The Violent Femmes	Wild Boar Ragù
Interpol	Cacao Rosso
They Might Be Giants	Countrypolitan
Drive-By Truckers	Sissy's Banana Pudding
The Descendents	Bill's Pico De Gallo
Roots of Orchis	Sweet Potato Biscuits and Vegan Vegetable Gravy
The Bad Plus	Orecchiette with Broccoli Rabe
Camera Obscura	Vegetarian Paella

The cookbook format not only gives readers an inside look at their bands' favorite foods, but also at their entertaining personalities. The printed recipes are faithful to the original submissions, some curving down the page, others filled with exclamation points,

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and each echoing the voice of the musician. The colloquial tones vary from funny to nostalgic, with descriptions to make you laugh out loud (“10–12 large brussel sprouts,” Edie Sedgwick advises. “None of those sad little wilted baby balls, dahling!”).

Though not as exacting as Julia Child, the bands prove they are attached to their favorites, detailing particular essentials with undeniable enthusiasm. Galen Polivka from The Hold Steady, for example, requires 6 cans of Miller High Life and Milwaukee-made bratwurst for his hometown favorite, “Midwestern-style Bratwurst.” Often the instructions have less to do with the ingredients than the atmosphere the musicians want to achieve. Those with more experience in the kitchen can tackle Slowdive’s “Chicken Filo Pesto Parcel with Puy Puy,” while diners of the microwave-dinner persuasion can stick with more basic fare, like Chris Mills’s “Bologna, Mustard and Pickle Sandwich.”

The lifestyle of indie rock is indeed mimicked in the selections. These bands party hard and sleep late, and Zuaro has no qualms about listing the best-suited diner for a recipe, generally sticking to three basic categories: drunk, hungover, or really hung-over. With no home-cooking at either end of a long day, comfort food is abundant (macaroni and cheese makes two appearances), and fans of indie rock’s environmentally and politically aware grassroots groups won’t be disappointed by the plethora of vegetarian and vegan starters, entrees and desserts.

Ranging from quirky titles (“Bacon and eggs” is Tilly and the Wall’s chocolate-pretzel dessert) to quirky renditions (“Rock n’ Ramen” from Strung Out calls for two different ramen flavor packets mixed together) to the downright quirky (“The You Can Care If You Wanna Sandwich” by My Morning Jacket), the food is as creative as the artists who bring it to you. *I LIKE FOOD, FOOD TASTES GOOD* will be a sure-fire hit for anyone whose iPod is always on.

ABOUT THE AUTHOR: Kara Zuaro is a Brooklyn-based food, music, and travel journalist. She is the editor in chief of the *Brooklyn Record*, www.brooklynrecord.com.

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