



Good Eats: The Middle Years

Alton Brown

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Good Eats 2: The Middle Years picks up where the bestselling *Good Eats: The Early Years* left off. Showcasing everything Alton Brown fans (and they are legion!) have ever wanted to know about his award-winning television show, *The Middle Years* is chock-full of behind-the-scenes photographs and trivia, science-of-food information, cooking tips, and—of course—recipes.

Brown's particular genius lies in teaching the chemistry of cooking with levity and exuberance. In episodes such as "Fit to Be Tied" (meat roulades), "Crustacean Nation" (crab), and "Ill-Gotten Grains" (wheat products), Brown explains everything from how to make the perfect omelet to how to stuff your own sausages. With hundreds of entertaining photographs, along with Brown's inimitable line drawings and signature witty writing, this comprehensive companion book conveys the same wildly creative spirit as the show itself.

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