



Hungry Monkey: A Food-Loving Father's Quest to Raise an Adventurous Eater

Matthew Amster-Burton

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A memoir about the joys of food and parenting and the wild mélange of the two

Matthew Amster-Burton was a restaurant critic and food writer long before he and his wife, Laurie, had Iris. Now he's a full-time, stay-at-home Dad and his experience with food has changed . . . a little. He's come to realize that kids don't need puree in a jar or special menus at restaurants, and that raising an adventurous eater is about exposure, invention, and patience. He writes of the highs and lows of teaching your child about food--the high of rediscovering how something tastes for the first time through a child's unedited reaction, and the low of thinking you have a precocious vegetable fiend on your hands only to discover that a child's preferences change from day to day (and may take years to include vegetables again). Sharing in his culinary capers is little Iris, a budding gourmand and a zippy critic herself who makes huge sandwiches, gobbles up hot chilis, and even helps around the kitchen sometimes. Hungry Monkey takes food enthusiasts on a new adventure in eating and offers dozens of delicious recipes that "little fingers" can help to make.

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