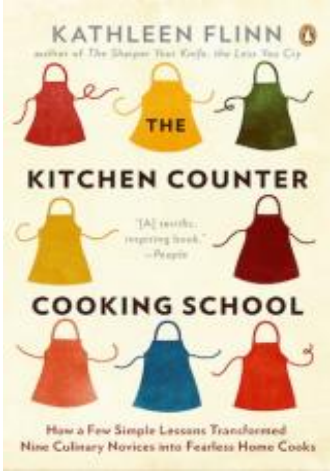
The Kitchen Counter Cooking School

by Kathleen Flinn



About the Book

After graduating from Le Cordon Bleu in Paris, writer Kathleen Flinn returned with no idea what to do next, until one day at a supermarket she watched a woman loading her cart with ultraprocessed foods. Flinn's "chefternal" instinct kicked in: she persuaded the stranger to reload with fresh foods, offering her simple recipes for healthy, easy meals.

The Kitchen Counter Cooking School includes practical, healthy tips that boost readers' culinary self-confidence, and strategies to get the most from their grocery dollar, and simple recipes that get readers cooking.

Discussion Guide

1.To which of the volunteers did you most relate?

2.Who did you feel had the most pivotal transformation, and did her shifts feel realistic?

3.Did you feel frustrated with any of the volunteers? Why?

4.What lesson do you think would have most impact on you specifically and the way that you cook? Alternately, what lesson are you most likely to incorporate into your daily routine?

5.What are your own cooking disasters? Most people learn the most from their greatest failures. Did you?

6.What are your top kitchen triumphs? Has a successful dish, meal or other experience changed you as a cook? Do you find it offered you confidence to cook more?

7.What keeps you from cooking? Time? Planning? Fussy kids? Everyone has a story.

8.What did you eat growing up? How did your familial food habits impact you as an adult?

9.How much food do you think you waste? Have you ever documented or kept track of it?

Author Bio

Kathleen Flinn is the author of "The Sharper Your Knife, the Less You Cry," a memoir with recipes about leaving her corporate life to study at the venerable Le Cordon Bleu in Paris and falling in love along the way. Her next book is "The Kitchen Counter Cooking School: How a Few Simple Lessons Transformed Nine Culinary Novices Into Fearless Home Cooks" (Viking/Penguin 2011).

A long-time writer, her work appeared in dozens of publications, including the Chicago Sun-Times, Smithsonian, Men's Fitness, the Globe & Mail (Canada) and USA Today. She serves as the chair of the Food Writers, Editors & Publishers section for the International Association of Culinary Professionals (IACP). She is at work on two additional books and teaches both cooking and food writing Seattle.

The Kitchen Counter Cooking School
by Kathleen Flinn

Publication Date: September 25, 2012
Genres: Food, Health, Recipes
Paperback: 304 pages
Publisher: Penguin (Non-Classics)
ISBN-10: 0143122177
ISBN-13: 9780143122173