



# Eat Me: The Food and Philosophy of Kenny Shopsin

*Kenny Shopsin, Carolynn Carreno*

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"Pancakes are a luxury, like smoking marijuana or having sex. That's why I came up with the names Ho Cakes and Slutty Cakes. These are extra decadent, but in a way, every pancake is a Ho Cake." Thus speaks Kenny Shopsin, legendary (and legendarily eccentric, ill-tempered, and lovable) chef and owner of the Greenwich Village restaurant (and institution), Shopsin's, which has been in existence since 1971.

Kenny has finally put together his 900-plus-item menu and his unique philosophy—imagine Elizabeth David crossed with Richard Pryor—to create *Eat Me*, the most profound and profane cookbook you'll ever read. His rants—on everything from how the customer is not always right to the art of griddling; from how to run a small, ethical, and humane business to how we all should learn to cook in a *Goodnight Moon* world where everything you need is already in your own home and head—will leave you stunned or laughing or hungry. Or all of the above.

With more than 120 recipes including such perfect comfort foods as High School Hot Turkey Sandwiches, Cuban Bean Polenta Melt, and Cornmeal-Fried Green Tomatoes with Comeback Sauce, plus the best soups, egg dishes, and hamburgers you've ever eaten, *Eat Me* is *White Trash Cooking* for the twenty-first century, as unforgettable and mind-boggling as its author.

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