



extreme-eating reading

BEACH BOOKS For fans of *Kitchen Confidential* and *The Whole Beast*, there's a new crop of adventurous foodie books to pick from. Their over-the-top culinary exploits make for sizzling beach reading: Original bad boy Anthony Bourdain's latest, *The Nasty Bits* (\$25), is a collection of his articles and essays on travel, food, and the restaurant biz, all reported with that slight swagger we've grown to love.... With guides for everything from making headcheese to constructing a biscuit-tin smokery (and recipes like gruel, 14th-century blancmange, and monkey-gland steak), *Gastronaut* (\$14), by Stefan Gates, celebrates all foodstuffs obscure and bizarre (rhinoceros soup, anyone?).... Steven Rinella traveled the country hunting elk, wild pigs, and antelope, among other things, for his memoir-travelogue *The Scavenger's Guide to Haute Cuisine* (\$24), which documents his obsession with re-creating recipes from Escoffier's *Le Guide Culinaire*. —S.S.