

Foodie Books

[52 Loaves: one man's relentless pursuit of truth, meaning, and a perfect crust](#) by William Alexander

An original take on the six-thousand-year-old staple of life, *52 Loaves* explores the nature of obsession, the meditative quality of ritual, the futility of trying to re-create something perfect, our deep connection to the earth, and the mysterious instinct that makes all of us respond to the aroma of baking bread.

[Eat Up: food, appetite and eating what you want](#) by Ruby Tandoh

Tandoh celebrates the fun and pleasure of food, taking a look at everything from gluttons and gourmets in the movies, to the symbolism of food and sex. Filled with straight-talking, sympathetic advice on everything from mental health to recipe ideas and shopping tips, this is a book that clears away the fog, to help you fall back in love with food.

[In a Book Club Far Away](#) by Tif Marcelo

What brings people together like books... and food? Adelaide, Sophie, and Regina — Army wives and fast friends during a deployment — rally around both, from themed book club dinners and the comfort food caterer Regina cooks up to the waffles they bond over. And let's not forget that fried turkey leg that's too hard to resist! This is a surefire book to discuss and eat along with.

[Recipe for a Perfect Wife](#) by Karma Brown

In this novel, Alice Hale finds a vintage cookbook buried in a box in her old home's basement, and becomes captivated by the cookbook's previous owner, 1950s housewife Nellie Murdoch. As Alice cooks her way through the past, she realizes that within the cookbook's pages Nellie left clues about her life — including a mysterious series of unsent letters penned to her mother. It isn't long before Alice learns that Nellie's secrets may have been anything but harmless.

[Recipe for Persuasion](#) by Sonali Dev

This novel puts food at the center of the story where a chef struggles to break free from her dead father's recipes. From Indian ginger and cumin omelets to churros from Brazil, cultures are straddled and merged when estranged lovers pair up on a Food Network cooking show. You'll be able to smell the aroma as love blossoms along with flavors like spices blooming in hand-churned butter.

[The General's Cook](#) by Ramin Ganeshram

As one reviewer of this novel noted, "Food is one of the most vivid windows into culture, and culinary artists are granted privileged access to the rich and powerful." This is certainly the case for Hercules, a slave owned by George Washington. An accomplished chef, Hercules lives the good life in Philadelphia -- he has his own income, comes and goes as he pleases, dresses well and eats better. But he is still enslaved and is willing to risk everything for his freedom. The historical descriptions of 18th-century cookery are vividly rendered by Ganeshram, a food writer.

[Under the Southern Sky](#) by Kristy Woodson Harvey

From lemon squares at the church picnic to sweet tea with a little "something extra" to Aunt Tilley's famous strawberry pie, this book is filled with mouthwatering Southern specialties.

Sources:

Five Mouthwatering Fiction Books

<https://www.bookbub.com/blog/fiction-books-about-food>

A Historical Feast: food-centered historical novels

<http://search.ebscohost.com/login.aspx?direct=true&db=neh&tg=UI&an=448714&site=novp-live>

What We're Loving: Great British Bake Off by Stephen Ashley

<http://search.ebscohost.com/login.aspx?direct=true&db=neh&tg=UI&an=448102&site=novp-live>