



## How to Cook a Wolf... and Other Ideas to Whet Your Palate

### **Cooking the Wolf**

At the height of the World War Two food crisis, M.F.K Fisher wrote a remarkable book. *How to Cook a Wolf* gave advice in a time of scarcity, inspiring American readers to find the spirit of culinary adventure in an otherwise dreary and fearful period. Rationing programs meant that sometimes even staples like sugar and meat were hard to come by, but Fisher's pages inspired courage in the kitchen. Chapters ranged from the practical ("How to Boil Water") to the philosophical ("How to Pray for Peace"). At once witty and heartening, Fisher's book demonstrates just how intricately food is tied to the daily reality and spirits of adults and children alike, no matter how dark the times.

Inspired by Fisher, the writer Tamar Adler published a collection of essays in 2011 called *An Everlasting Meal*. With titles like "How to Season a Salad" and "How to Strive Ahead," Adler's book borrows Fisher's practical and poetic charm, reminding readers to never skimp on the joys of preparing and sharing food.

So, dear writers, these books make us think of you. If you're at loss for where to begin your Food Writing entry, check out these books from your [local library](#), and then come up with your own "How To" food topic: commonsensical, whimsical, or abstract.

### **Endless Options**

Another surefire way to get the keys tapping is to read through the topics below. Perhaps one will bring to mind a particular memory, or remind you how food is actually connected to something you're already passionate about. Alternatively, these might bring to the surface questions you didn't know you had, even inspiring you to delve into some research.

#### **Topics**

Diet

Cost



Health  
Trends  
Climate  
Identity  
Religion  
Food waste  
Agritourism  
Conservation  
Food allergies  
Urban farming  
School lunches  
Privilege, poverty  
Taste and tolerance  
Antibiotic resistance  
Genetic Modification  
Growing your own food.  
Rituals, holidays, celebration, tradition  
Michelin 5 star review, World's 50 best restaurants  
Historical connection (check out this [list](#) of food named after people!)

### **Questions**

What is a food scientist?  
How is food an art form?  
Where did your breakfast come from?  
Why is dumpster diving for food a trend?  
How do brands and/or industries control our diets?  
What are your food habits? How are habits in diet formed?  
What are the inner workings of the tuna fish/watermelon/hotdog industry?  
Where does methane come from and what is its impact on the environment?  
How are prices arrived at? Shouldn't a kiwi flown from Chile to Chicago cost more than 25 cents?