

**EPISODE #6 – CRAVE WORTHY COOKING**

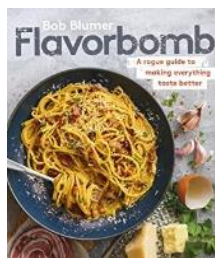
Bob Blumer

Author of *Flavorbomb*

Gastronaut, Artist, Food Network Host, Guinness World Record Holder

Bob Blumer, author of the new cookbook *Flavorbomb: A Rogue Guide to Making Everything Taste Better* (Appetite/Penguin Random House) decodes how chefs coax big flavors through ingredients, gear and techniques to achieve crave worthy cooking. We are all overwhelmed and exhausted in our Covid kitchens. Grab your pen and get ready to be inspired. Delicious is a victory. Go get yours!

ABOUT BOB - Host of Food Network's *Surreal Gourmet* and *Glutton for Punishment*, Bob has written six cookbooks and broke eight food-related Guinness World Records. He is a professional gastronaut, artist, and ambassador for Second Harvest in Toronto; personally, raising over \$250K to alleviate hunger for the perishable food bank. In his books and appearances around the globe, Bob transforms ordinary ingredients into wow-inspiring dishes through simple cooking methods and whimsical presentations that have become his culinary trademark.

[LISTEN TO EP #6 – CRAVE WORTHY COOKING: Bob Blumer, Author of Flavorbomb](#)

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TOPICS + TERMS DISCUSSED

“My book is not for chefs...It unlocks the secrets of how to create big bold flavors...not fancy pants techniques...simple techniques to coax big flavor from the ingredients at hand” [5:44:61]

- Journey from rock-n-roll manager to culinary charlatan [7:34:16]
- **Bob's Bachelor Basics** [9:12:41]
The list launched Bob's culinary writing career and gastronaut adventures. In it, he compiled all of his bachelor tips and tricks for his sister when she moved to her first apartment. He later turned it into his first cookbook, *The Surreal Gourmet*. [9:50:42]

TOPICS + TERMS DISCUSSED

- On curiosity and elevating your quality of life. [11:32:73]
 - *"I learned that if you learned how to cook, you can elevate your quality of life."*
- Bob's cooking genre. [13:09:60]
- **Trompe l'oeil Dish** - A dish that tricks the eye. [13:48:40]
- On using *Flavorbomb* and how the cookbook is organized. [17:23:55]
- On waste management. [18:18.76]
- The building blocks of building bold flavors. [21:59.79]
- On *finishing* a dish to ramp up flavor. [29:04.59]
 - Zesting, good olive oil, toasted rustic breadcrumbs.
- **The Flavorbomb15 ingredients and the importance of lists**, page 83 [34:19.47]
- **On courage and confidence**, page 82 [57:56.77]

METHODS:

- Chinois straining method. [39:29.68]
- Caramelization, page 62 [24:13.70]
- Sous vide method, pages 60, 68-69 [44:04.43]
- The perfect 135° degree *sous vide* steak. [44:41.43]

RECIPES:

- On recipes in the book. [54:10.66]
- Squash Ravioli recipe, page 141 [23:40:14]
- Asparagus soup, page 115
- Smushed Potatoes with Romesco sauce, page 198 [54:29.61]
- Sugar and Spice Pecans, page 90 [56:41.53]
- Blistered Jalapeño Salsa Verde Dipping Sauce, page 104 [57:01]
- #BestSalmonBurgerEver, page 150 [57:30.46]

Sauces a.k.a. *Love Potions* [55:11.462]

- Romesco Sauce, page 243 [55:16.09]
- Three-Clove Aioli, page 243 [55:22.58]
- On-minute, Blistered Jalapeño *Salsa Verde* green sauce, page 104 [55:25.01]
- Real Ketchup, page 241 [55:29.46]
- Hair-Raising Harissa, page 240 [51:00]

The Flavorbomb15 [50:53.313]

- Wonton wrappers, pages 139-140, 212 [26:15.80]



(Amazon link)

Photo credit: The Spruce Eats / Julia Hartbeck / spruceeats.com

- Kabocha squash [23:45:33]



"...the tasty Japanese squash. It has a fluffy texture similar to chestnut and a sweet flavor that tastes like sweet potato mixed with pumpkin."

Food and Wine Magazine 2017

The Flavorbomb15 [50:53.313] continued

- Anchovies [51:47]
- Aged Balsamic [52:10]
- Rustic Fried Breadcrumbs, page 253 [29:38]
- Harissa [51:15]
- Aged Parmesan Reggiano [28:02]

GEAR 15: Flavor Enhancing Gear, page 50 [38:14.29]

- Food Processor (Cuisinart Amazon link) [38:31]
- Microplane (Amazon link) [30:40]
- Chinois (Amazon Link) [39:23]
- Sous vide(Anova Culinary Amazon link) [43 :57]
- On the importance of a chef's knife [48:15.52]
 - **PODCAST:** Japanese Knives 101, Jon Broida, Japanese Knife Imports Episode (click to listen)
 - Japanese Knife Imports Store, Beverly Hills, CA (link to store)

CLOSING QUESTIONS. . .

What Bob is drinking. [1:01:15.47]

Challen Jasper Pinot Noir, Sta. Rita Hills, California (link to winery)



"A brilliant garnet red wine with aromas of dense forest, crème brûlée and Bing cherries with subtle notes of white pepper and sundried tomatoes. This is a round, lush wine with beautiful oak treatment and a lengthy finish. Jasper is the life of the party." <https://challenwinery.com/>

Extra Bergamot Earl Grey Tea, Upton Tea Imports (link to company)



"A rich, inviting fragrance introduces this naturally flavored, premium black tea selection. The robust cup is smooth and full-bodied with pronounced deep bergamot notes. The finish is long and lingering." <https://www.uptontea.com/>

What is making Bob happy in the culinary world. [1:02:29.11]

- **FARMERS MARKET** - *"What's making me the happiest in the world right now...is that most farmers' markets have managed to figure out a way to stay open and just being able for me to go down the street to my farmers market on Sunday and have all the vendors there with the amazing produce is I think is what's really gotten me through the pandemic. It's kept everything fresh and exciting for me."*

CLOSING QUESTIONS. . .

continued

Bob's favorite gift to give a friend or colleague. [1:03:11.52]

- **FORAGED EXOTIC CITRUS** – *"I do a little bit of foraging around where I live, which is in the Hollywood Hills. And so I forage for prickly pear cactuses. . .I make a juice from them that I use to make a prickly pear margarita...You put them in a blender and pulse it and then pass it through a chinois. . .and you get this glorious, deep, rich red juice that's like a very earthy watermelon juice. I love to share those those jars with friends, as well as things like wild fennel pollen that I forage for. . .that's my favorite gift to give."*

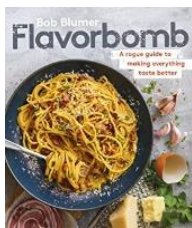


Prickly Pear Cactus

RECIPE: [Prickly Pear Cactus Margarita Recipe](#), Sunset.com

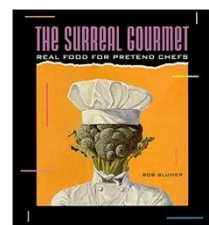
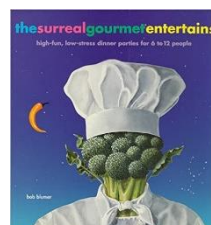
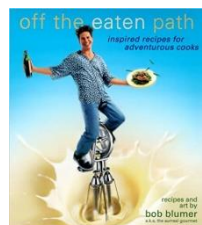
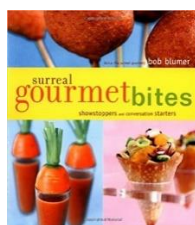
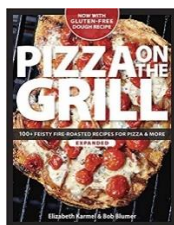
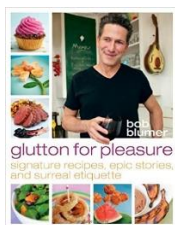
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RESOURCES + LINKS + OTHER MENTIONS



Buy the book in US – [Amazon.com](#), [Barnes and Noble](#), [Books a Million](#) (links)
Buy the book in Canada - [Indigo](#) (link)

Bob's Other Cookbooks (Amazon links attached to images)



- [Food Network shows and TV appearances](#) (link)
- [Bob's Guinness World Records](#) (link)
- **Restaurant CRAFT | Chef Tom Colicchio's** [28:08.52]
 - **PODCAST:** [Pastry Chef Andrea Shirey: The Making of a Pastry Chef Episode](#) (click to listen)
 - <https://www.craftlosangeles.com/> (Los Angeles)
 - <https://www.craftrestaurant.com/> (NYC)

RESOURCES + LINKS + OTHER MENTIONS

- Jane Siberry, artist Bob managed.
 - “Calling All Angels” song, k.d. Lang with Jane Sidberry (YouTube link)
- Chef Thomas Keller (link)
- The Complete Thomas Keller: The French Laundry Cookbook & Bouchon (Amazon link)
- Hollywood Farmers’ Market (link)
- Devour Film Festival (link)
- Love Food Hate Waste Organization, Canada (link)
- ***An Introduction to the Maillard Reaction: The Science of Browning, Aroma, and Flavor***
By Eric Schulze, SeriousEats.com, September 25, 2019
 - Article explains difference between caramelization vs. Maillard reaction.

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