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The Ten (Food) Commandments

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The Ten (Food) Commandments Jay Rayner

Penguin presents the unabridged downloadable audiobook edition of *The Ten (Food) Commandments*, written and read by Jay Rayner.

Britain's culinary Moses brings us the new foodie rules to live by, celebrating what and how we eat.

The 10 Commandments may have had a lot going for them, but they don't offer those of us located in the 21st century much in the way of guidance when it comes to our relationship with our food. And Lord knows we need it.

Enter our new culinary Moses, the legendary restaurant critic Jay Rayner, with a new set of hand-tooled commandments for this food-obsessed age. He deals once and for all with questions like whether it is ever okay to covet thy neighbour's oxen (it is), eating with your hands (very important indeed) and if you should cut off the fat (no). Combining reportage and anecdotes with recipes worthy of adoration, Jay Rayner brings us the new foodie rules to live by.

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