
SHORT VERSION

Becky Selengut is a Seattle-based author, instructor, speaker, podcaster, and chef.

LONG VERSION

Becky Selengut is a Seattle-based author, instructor, speaker, podcaster, and chef. ***How to Taste: The Curious Cook's Handbook to Seasoning and Balance, from Umami to Acid and Beyond*** is Selengut's latest book, published in March 2018. She is a staff instructor at The Pantry Cooking School in Ballard. Selengut is also the author of ***Good Fish*** (a sustainable seafood cookbook), ***Shroom: Mind-Bendingly Good Recipes for Cultivated and Wild Mushrooms*** and the

co-author of ***Not One Shrine: Two Food Writers Devour Tokyo***. In her free time, she co-hosts a NSFW comedy podcast with Matthew Amster-Burton called ***Look Inside This Book Club*** where they read, review and riff on only the free "look inside" preview of best-selling (but not necessarily good) romance novels. Selengut forages, makes a mean Manhattan and shares her life with her sommelier wife April Pogue (Cafe Juanita) and their lovably loony pointer mix Izzy.

PULL-UP-A-CHAIR VERSION

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Selengut thought she wanted to be a doctor but changed course while taking pre-med classes to embark on a field in the culinary arts. She still gets to wear white, hold knives and cut things up (and was spared the huge student loans). After graduating at the top of her class from the Seattle Culinary Academy, she put in many years at some of the Seattle area's most well-known restaurants. Her longest stint was three years at the internationally acclaimed Herbfarm Restaurant working under her mentor, Chef Jerry Traunfeld. Since 2004, her career has moved beyond the traditional restaurant into everything but the restaurant, taking on such diverse jobs as cheffing on a yacht tour of the Inside Passage to teaching cooking to immigrants and refugees and finding them work in the food industry. In 2004, she started her private chef and culinary education

business and in January 2006 she founded the educational website ***Seasonal Cornucopia***. She is a former adjunct professor in the culinary/nutrition department at Bastyr University and a former instructor for PCC Natural Markets (2004-2017).

A prolific writer, Selengut co-authored ***The Washington Local and Seasonal Cookbook*** in 2008, and wrote ***Good Fish*** (a sustainable seafood cookbook) in 2011. *Good Fish* was an IACP book award finalist, one of Seattle Magazine's best cookbooks of 2011 and an NPR-notable read (*Good Fish* was rereleased, updated and expanded in 2018). ***Shroom: Mind-Bendingly Good Recipes for Cultivated and Wild Mushrooms*** (Andrews McMeel Press 2014) is her third book and was named one of the top 10 cookbooks of the year by NPR. She is co-author of the humor and travel memoir ***Not One Shrine: Two Food Writers Devour Tokyo***. Selengut also writes freelance articles and develops recipes for local and national publications and websites (Serious Eats, Eating Well, Marx Foods, etc...) and has given numerous talks and keynotes on sustainability, cooking, foraging and taste/flavor theory.

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