A Quick Word	07
A History Lesson Before the beginning of the beginning Before the beginning The beginning BAO Soho	08 12 13 14
BAO Manifesto Build a World Rules to be a Lonely Man by Erchen Chang Riverbed to BAOverse Experiences for the single diner Expanding BAOverse A community of searchers School of BAO	19 20 20 23 24 24 27
Inspiring Lonely Mouths Become a specialist Mastery Think food, serve design The BAO centimetre Rare Taiwanese produce Sourcing beef The vessel: Ozu plate Artistic experimentations BAO artist dinners BAO: bakery of artistic objects	30 30 31 32 32 33 33 35 37 38
A Note from Erchen	41
BAO The Holy Grail Recipe Fillings BAO Bakery Goods	46 51 74
Xiao Chi – BAO Soho Story Recipes	84 89
The Bar – BAO Fitz Story Recipes	106 111
Grill House – BAO Borough Story Recipes	130 135
Taiwanese Café – BAO King's Cross Story Recipes	156 160
BAO Noodle Shop Story Recipes	180 183
BAO Drinks Foams Recipes	210 213
BAO Larder Recipes	228
Glossary	234
Index	236

