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Maile Carpenter Always Chooses Sparkling Water

“It’s like drinking a party, instead of just keeping yourself alive.”

By [Chris Crowley](#)



Since its founding in 2008, Maile Carpenter has been the editor-in-chief of Food Network Magazine, spearheading its quick rise and populist approach. (Since last year, Carpenter has also run The Pioneer Woman Magazine.) The recipe-centric FNM draws on the network’s chefs and personalities, and Carpenter shares the hosts’ unpretentious, easygoing attitude toward food. She’s a big fan of Panera (“they’ve got it figured out”), while she’s also found time recently to check out Dave Chang’s new [Bāng Bar](#), make sticky buns, and eat plenty of candy. Read all about it in this week’s Grub Diet.

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Around 1 p.m., I went to check out Dave Chang’s new [Bāng Bar](#) with a couple of editors. We were happy to find that we could sample everything for less than \$20: They serve only two sandwiches, pork and chicken (\$5.79), and two dips, eggplant and chickpea (\$2.99). I couldn’t imagine that these things would live up to the hype, but they were actually super tasty. I drank a can of LaCroix grapefruit seltzer, because I hate still water and never really drink it, unless I’m exercising. I find sparkling to be so much more fun. Why wouldn’t you just drink it? It’s like drinking a party, instead of just keeping yourself alive.

Read more here: <http://www.grubstreet.com/2018/12/maile-carpenter-grub-street-diet.html>