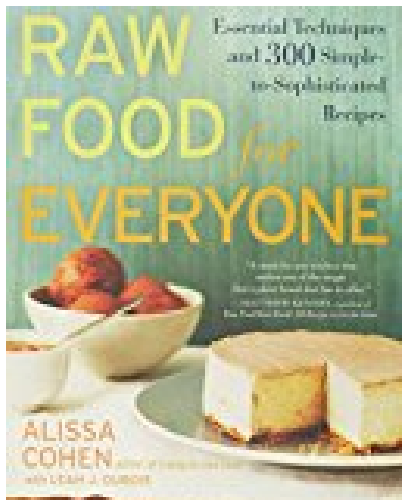


Raw Food for Everyone Essential Techniques and 300 Simple-t-Sophisticated Recipes



BOOK DETAILS

- Author : Alissa Cohen
- Pages : 496 Pages
- Publisher : Avery
- Language : English
- ISBN : 1583334378



BOOK SYNOPSIS

Just as Deborah Madisons Vegetarian Cooking for Everyone took meatless cooking mainstream, heres the complete guide to raw cuisine. Gnocchi Carbonara. Pizzas. Star Anise Crusted Papaya Steak. Sliders. Pumpkin Cheesecake. Connoisseurs of raw cuisine know how hearty and flavorful it can be; what began as an underground movement for health enthusiasts has moved to the culinary forefront. Now one of the nations top raw restaurateurs presents a lavish array of recipes, a primer of preparation methods, and a comprehensive ingredient guide in Raw Food for Everyone. While other cookbooks on raw cooking often feature rudimentary recipes or are limited in scope, leading raw foods authority and teacher Alissa Cohen, owner of the Grezzo restaurants in Boston and Newburyport, offers a comprehensive book, with 300 unique recipes for meals and snacks. From nutritious smoothies and juices to you-wont-believe- theyre-raw cheeses and ice creams to chips and crackers, this book proves that raw food is not just healthy and energizing-its also approachable, nourishing, and delicious. Writing for the beginner and the more seasoned raw food lover, Cohen takes raw food to the next level with the simplicity of its preparation techniques and the presentation of inventive flavors. With detailed step-by-step instructions, charts on sprouting and soaking, and thorough information on raw ingredients, Raw Food for Everyone is the ultimate raw food resource. It is destined to become a culinary classic.

RAW FOOD FOR EVERYONE ESSENTIAL TECHNIQUES AND 300 SIMPLE-TO-SOPHISTICATED RECIPES

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