





**Easy Sexy Raw**-Carol Alt 2012-05-01 The ultimate raw food book, for raw newbies and experienced raw foodists alike, with 130 recipes and shopping and swapping lists. Nearly twenty years ago, thanks to a raw food diet, Carol Alt cured a world of headaches, stomach issues, and fatigue and became healthier, more energetic, and slimmer than she's ever been. In Easy Sexy Raw she shares how anyone can experience the benefits of the uncooked lifestyle. Carol takes all of the intimidation out of going raw, providing straightforward advice, easy tips, and 130 super-simple and delicious recipes that will make the transition a snap. Useful tools—such as a swapping list of raw substitutes for favorite cooked items and a “Turn It Raw” section that shows you how to gradually convert favorite dishes to raw (even chocolate chip cookies!)—will help both new and seasoned raw eaters to build a recipe repertoire. And the dishes, including contributions by raw food authorities and chefs like Ani Phyo, Sarma Melngailis, and Raw Chef Dan, are tasty and filling—even for those who are just trying out raw for the first time:

- Yellow Squash Fettuccine with Creamy Pine Nut Alfredo, Lemon Basil, and Green Olives
- Good Stuff by Mom & Me’s Salad Pizza with Tomato Sauce
- Gingery Squash and Coconut Noodle Soup
- Indian-Style Papaya Salad
- Abundance Burgers with Marinated Mushrooms and Jicama Fries
- Apple Marzipan Pie
- Triple Orange Salad with Pistachios and Mint
- Maya Chocolate Pie

Carol offers tips on the best equipment to use; demystifies methods like soaking, sprouting, and dehydrating; and even discusses raw dairy, good and bad fats, and which sweeteners are best for your body. Easy Sexy Raw is the must-have primer for anyone who wants a healthier lifestyle and a natural way to feel sexier and more beautiful.

**The Man Who Changed the Way We Eat**-Thomas McNamee 2013-03-12 The author of Alice Waters and Chez Panisse presents a vivid account of the influential New York Times food critic's culinary and personal life, providing coverage of such topics as his role in launching major chefs to fame, his turbulent sexual life and his efforts to introduce the American public to the standards of fine international cuisine. Original.

**Vegetable Literacy**-Deborah Madison 2013-03-12 In her latest cookbook, Deborah Madison, America's leading authority on vegetarian cooking and author of Vegetarian Cooking for Everyone, reveals the surprising relationships between vegetables, edible flowers, and herbs within the same botanical families, and how understanding these connections can help home cooks see everyday vegetables in new light. Destined to become the new standard reference for cooking vegetables, Vegetable Literacy, by revered chef Deborah Madison, shows cooks that vegetables within the same family, because of their shared characteristics, can be used interchangeably in cooking. For example, knowing that dill, chervil, cumin, parsley, coriander, anise, and caraway come from the umbellifer family makes it clear why they're such good matches for carrots, also an umbel. With stunning images from the team behind Canal House cookbooks and website, and 150 classic and exquisitely simple recipes, such as Savoy Cabbage on Rye Toast with GruyèreCheese; Carrots with Caraway Seed, Garlic, and Parsley; and Pan-fried Sunchokes with Walnut Sauce and Sunflower Sprouts; Madison brings this wealth of information together in dishes that highlight a world of complementary flavors.

**Sweet Home Café Cookbook**-NMAAHC 2018-10-23 A celebration of African American cooking with 109 recipes from the National Museum of African American History and Culture's Sweet Home Café Since the 2016 opening of the National Museum of African American History and Culture, its Sweet Home Café has become a destination in its own right. Showcasing African American contributions to American cuisine, the café offers favorite dishes made with locally sourced ingredients, adding modern flavors and contemporary twists on classics. Now both readers and home cooks can partake of the café's bounty: drawing upon traditions of family and fellowship strengthened by shared meals, Sweet Home Café Cookbook celebrates African American cooking through recipes served by the café itself and dishes inspired by foods from African American culture. With 109 recipes, the sumptuous Sweet Home Café Cookbook takes readers on a deliciously unique journey. Presented here are the salads, sides, soups, snacks, sauces, main dishes, breads, and sweets that emerged in America as African, Caribbean, and European influences blended together. Featured recipes include Pea Tendril Salad, Fried Green Tomatoes, Hoppin' John, Sénégalaise Peanut Soup, Maryland Crab Cakes, Jamaican Grilled Jerk Chicken, Shrimp & Grits, Fried Chicken and Waffles, Pan Roasted Rainbow Trout, Hickory Smoked Pork Shoulder, Chow Chow, Banana Pudding, Chocolate Chess Pie, and many others. More than a collection of inviting recipes, this book illustrates the pivotal—and often overlooked—role that African Americans have played in creating and re-creating American foodways. Offering a deliciously new perspective on African American food and culinary culture, Sweet Home Café Cookbook is an absolute must-have.

**EAT. COOK. L.A.**-Aleksandra Crapanzano 2019-04-23 An intimate culinary portrait of Los Angeles today—a city now recognized among food lovers for its booming, vibrant, international restaurant landscape—with 100 recipes from its restaurants, juice bars, coffee shops, cocktail lounges, food trucks, and hole-in-the-wall gems. Once considered a culinary wasteland, Los Angeles is now one of the most exciting food cities in the world. Like the multi-faceted, sprawling city itself, the food of Los Angeles is utterly its own, an amalgam of international influence, disposable income, glamour, competition, immigrant vitality, health consciousness, purity, and beach-loving, laid back, hip, unrestrained creativity. With 100 recipes pulled from the city's best restaurants but retooled for the home cook—like Charred Cucumber Gazpacho, Roast Chicken with Spicy Harissa, Vietnamese Coffee Pudding, Blackberry Mint Mojito Ice Cream and Thai Basil Margaritas—EAT. COOK. L.A.; Notes and Recipes from the City of Angels is both a culinary roadmap and a sophisticated insider's look at one of America's most iconic and fascinating cities.

**This Is Camino**-Russell Moore 2015-10-13 A cookbook about the unique, fire-based cooking approach and ingredient-focused philosophy of Camino restaurant in Oakland, CA, with approximately 100 recipes. Russ and Allison first opened the doors to Camino restaurant in Oakland, California, just as recession forced would-be diners home. Faced with a walk-in refrigerator full of uneaten food and an idling staff, they got industrious—canning, preserving, brining. This efficiency borne out of necessity soon became the driver of innovation for Camino's cooking and the marker of a truly waste-free kitchen. But Camino is not all prudence and grandmotherly frugality. There's the smoldering fire at the heart of the restaurant, which likely has a whole lamb leg dangling from a string, turning as it roasts perfectly, its fat seasoning a pot of fresh garbanzo beans underneath. Or, eggplants grilling for a smoky and complex ratatouille. Or, fresh fig leaves browning over the hot embers for a surprising and unforgettable grilled fig leaf ice cream. The pared down approach to ingredients at Camino opens up a world of layered flavors and ingenuity—sophisticated but direct, revelatory and, in its own way, revolutionary. This Is Camino is an extension of the brilliance of the restaurant, full of deep knowledge, good humor, and delicious food.

**Alpine Cooking**-Meredith Erickson 2019 From the wintry peaks of Chamonix and the picturesque trails of Gstaad to the remote villages of the Gastein Valley, the alpine regions of Europe are all-season wonderlands that offer outdoor adventure

alongside hearty cuisine and intriguing characters. In Alpine Cooking, food writer Meredith Erickson travels through the region—by car, on foot, and via funicular—collecting the recipes and stories of the legendary stubes, chalets, and refugios. On the menu is an eclectic mix of mountain dishes- radicchio and speck dumplings, fondue brioche, the best schnitzel recipe, Bombardinos, warming soups, wine cave fonduta, a Chartreuse souffle, and a host of decadent strudels and confections (Salzburger Nockerl, anyone?) served with a bottle of Riesling plucked from the snow bank beside your dining table. Organized by country and including logistical tips, detailed maps, the alpine address book, and narrative interludes discussing alpine art and wine, the Tour de France, high-altitude railways, grand European hotels, and other essential topics, this gorgeous and spectacularly photographed cookbook is a romantic ode to life in the mountains for food lovers, travelers, skiers, hikers, and anyone who feels the pull of the peaks.

**Fresh Happy Tasty**-Jane Coxwell 2013-05-28 In Fresh Happy Tasty, Diane von Furstenberg's personal chef, Jane Coxwell, shares 100 healthy, delicious, and unpretentious recipes from her travels around the world on the Eos yacht. Filled with delicious, thoughtful favorites, Fresh Happy Tasty, proves that simple, fresh ingredients are all you need to prepare scrumptious, healthy meals. With gorgeous full-color photographs, and a foreword by Diane von Furstenberg, Fresh Happy Tasty is a culinary road trip you can take right in your own kitchen—and the perfect way to bring family and friends together to share fabulous food and good times.

**The Happy Cookbook**-Steve Doocy 2018-10-02 A beautiful, full-color collection of recipes and stories that celebrate comfort and inspire happiness all year round from Fox & Friends host Steve Doocy and his wife, Kathy. Steve Doocy calls Kathy, his wife of more than thirty years, "the best cook I've ever met." Together, they take joy in cooking and entertaining with their family and friends. In The Happy Cookbook, the Doocys share favorite recipes, stories, and photos from their family life. In addition to beloved family dishes, this full-color cookbook includes recipes from friends like musician Kid Rock, professional golfer Greg Norman, and many more! The Happy Cookbook will not only appeal to Steve's legions of Fox & Friends fans, but to anyone looking for accessible, fun, and delicious food that will inspire great meals for every day and for special occasions. The Happy Cookbook includes a range of yummy dishes for breakfast, lunch, and dinner, such as: Steve's Breakfast Smoothie Eggs in a Nest Roma Tomato Flatbread Pimento Cheese Dip Bacon Corn Chowder Flaky Ham and Cheese Sandwiches Mamma Marie's Meatballs Kid Rock's Mom's Chicken Pot Pie Ritz Cracker Breaded Pork Chop Buffalo Chicken Calzone Kathy's Famous Sugar Cookies Betty's Bourbon Pumpkin Cheesecake Offering an inside look at the Doocys' home life—their food, stories, and infectious family spirit—The Happy Cookbook is all-American home cooking at its best: nothing fancy, and everything delicious!

**SuperLife**-Darin Olien 2015-02-10 In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries Down to Earth with Zac Efron—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In Superlife, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a "How-to-eat" user's guide with a shopping list, advice on "what to throw away," a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.

**Les Diners de Gala**-Salvador Dali 1973 All the recipes in this cook book, never before published, have been elaborated with great precision by a "chef" wishing to remain in the most secret anonymity. Lasserre, Maxim's, la Tour d'Argent. Le Buffet de la gare de Lyon have graciously bestowed upon us some highly gastronomical recipes which make the renown of the French cuisine.

**Lark**-John Sundstrom 2012-12

**It's All Good**-Gwyneth Paltrow 2013-04-02 Gwyneth Paltrow, Academy-Award winning actress and bestselling cookbook author, returns with recipes for the foods she eats when she wants to lose weight, look good, and feel more energetic. Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all! An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in It's All Good, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Hummus Tartine with Scallion-Mint Pesto, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana "Ice Cream," and more!