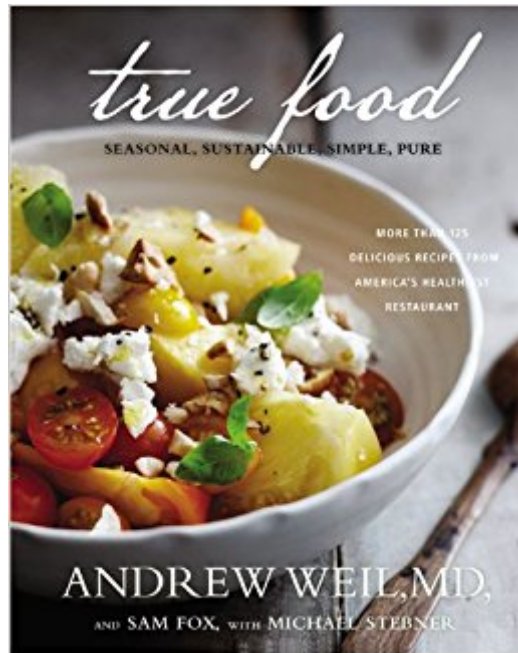




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True Food: Seasonal, Sustainable, Simple, Pure



Synopsis

The #1 bestseller that presents seasonal, sustainable, and delicious recipes from Dr. Andrew Weil's popular True Food Kitchen restaurants. When Andrew Weil and Sam Fox opened True Food Kitchen, they did so with a two-fold mission: every dish served must not only be delicious but must also promote the diner's well-being. TRUE FOOD supports this mission with freshly imagined recipes that are both inviting and easy to make. Showcasing fresh, high-quality ingredients and simple preparations with robust, satisfying flavors, the book includes more than 125 original recipes from Dr. Weil and chef Michael Stebner, including Spring Salad with Aged Provolone, Curried Cauliflower Soup, Corn-Ricotta Ravioli, Spicy Shrimp and Asian Noodles, Bison Umami Burgers, Chocolate Icebox Tart, and Pomegranate Martini. Peppered throughout are essays on topics ranging from farmer's markets to proper proportions to the benefits of an anti-inflammatory diet. TRUE FOOD offers home cooks of all levels the chance to transform meals into satisfying, wholesome fare.

Book Information

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Customer Reviews

For those who believe that health food will never be as satisfying as gourmet food laden with cream, butter, sugar, and salt, holistic wellness pioneer Weil (Spontaneous Happiness), restaurateur Fox, and chef Stebner have created a chain of eateries, True Food Kitchen, to prove them wrong. This title gathers more than 125 recipes from Weil's personal collection and others he developed with Stebner, the chain's executive chef, that conform to Weil's Anti-inflammatory Diet Food

Pyramid—diners at True Food Kitchen are handed a copy before they peruse the menu—and incorporate cooking methods and ingredients from Mediterranean and traditional Asian cuisines. There are many options for vegetarians of all stripes, low-carb and low-fat eaters, paleo dieters, and the gluten-sensitive, and discussions of healthy eating practices (seasonal produce, portion sizes, whole grains, etc.). An entertaining chat between the authors gives insight into the difficulty of making unfamiliar items like sea buckthorn juice (better known as a component in natural beauty products but used here in sorbet, a muffin glaze, and drinks), sambal oelek (a spicy chile paste), and astragalus root (a Chinese medicinal herb) palatable to mainstream Americans, while adapting to popular demands for red meat, coffee, and alcohol. Ethnically inspired choices include breakfast tabbouleh with kiwi, strawberry, and lime juice; Gado-Gado, an Indonesian salad dressed with peanut sauce; a soup made with immunity-boosting astragalus root, garlic, and shiitake mushrooms; and salmon sauced with a kasu paste derived from sake. The brief dessert section reflects Weil's philosophy that Americans consume too many sweets; but on special occasions, readers can indulge without guilt in a nondairy Middle Eastern pistachio confection or a vegan, gluten-free chocolate pudding. Agent: Richard Pine. (Oct.)

"Andrew Weil is a rare member of a special class of diet gurus: he appreciates good food. This shows in his philosophy of healthy eating—if meals are delicious, people will eat them. It also shows in every recipe in this book. Weil and his colleagues encourage adventurous eating and some of the ingredients may be unfamiliar, but even the simplest recipe—tomato and watermelon salad, for example—will make mouths water."—Marion Nestle, professor of nutrition, food studies, and public health at New York University, and coauthor of *Why Calories Count* "Andrew Weil knows how to bring people into a new relationship to food: If you eat simply and deliciously with family and friends, using local, organic ingredients in season, the natural outcome will be good health for the rest of your life."—Alice Waters, author of *The Art of Simple Food*

Andrew Weil is a healthy life-style guru, and I have purchased several of his books. It's clear to me that several of the reviewers have been given complimentary copies of the book to review and they simply proceeded to write a book report without having made any of the recipes. Often times, as in this case, the recipes for restaurant quantities are not accurately translated for home use. For a seasoned pro, this may not be a problem. However, if you plan on giving this gift to a beginning cook, they may have problems with it. I have made 12 recipes so far, and the wonderful part about most of them is the abundant use of fresh whole foods, and the frugal use of fats, salt and sugar. If I

had edited the book in advance, I would have advised that a "crustless quiche" is more commonly known as frittata on page 25. I would suggest you omit the baking soda in the Carrot-Parsnip-Zucchini Bread on page 26, and add 1 Tablespoon of baking powder instead. One medium carrot and one medium parsnip and one small zucchini does not mean anything. I used 4 cups total shredded vegetables. That works. Also, you must line your bread pans with paper if you are using olive oil instead of butter to keep the bread from sticking. Or use non-stick pans. The Fattoush Salad on page 70 is a winner and will appeal to almost everyone. The Moroccan Chicken Salad on page 87 is the best low fat version of chicken salad you will ever find. You will never guess that it has so little mayonnaise! The Sweet Potato-Poblano Soup is wonderful but 3 quarts of water to 5 vegetables has got to be an error. If you double the amount of vegetables you will be fine, otherwise you will end up with a lot of extra broth and nothing like the photograph! The Bison Chili on page 110 is excellent, with a flavor profile enhanced by a wide array of herbs, spices, and chocolate! The Miso-Marinated Black Cod on page 132 was not worth all the trouble when the fresh fish would have tasted better if it were naked! I would only mask the fish if it were not perfectly fresh. The Chicken Enchiladas on page 145 were fabulous. The fresh tomatillo salsa is easy and incredibly delicious. You may want to double the recipe and make a blender full. The recipe neglected to tell you what to do with the corn after you browned it, but assumes you will figure it out. Contrary to the recipe you will need 3/4 cup of salsa, not 1/4 for the bottom of the pan, which should be 9 X 12 since they didn't specify. And you will have plenty of filling for 12 6" tortillas, not just 6 as the recipe reads. The photography is beautiful but doesn't always relate to the recipe. Why show steel cut oats next to a recipe for granola that calls for old-fashioned rolled oats? "True Foods", is evidence that Andrew Weil's recipes have evolved to the point where there is absolutely no sacrificing flavor for health. True Food will introduce you to new techniques, new food combinations, and new ingredients. That's a big accomplishment for any cookbook!

The contents of the book is good, I have to agree with the other folks here though about how some of the pictures did go with the recipes its really strange I have never seen this in any other book before. I love to cook don't get me wrong but some of the recipes are VERY time intensive to say the least. Many of them ask for special sauces and other condiment that you need to prepare before you make the recipe. So reading through the recipe a couple times to make sure that you have prepared what you need to before is a good idea. The recipes I've made so far from this book were ALL delish I'm glad I bought the book. When I recieved the book in the mail it was pretty beat up and damaged, I don't know what happened. The binding was damaged, printing was crooked in some places and

the entire top left corner was bashed it like someone went at it with a mallet. I can still read the recipes though and I don't display my cookbooks so oh well.

I love this beautiful book. Since I got it about a week ago, I've tried a recipe almost every day, and they have all been great, without exception. I love the author's approach to healthy eating. He's not preachy, and his passion for fresh ingredients, unusual taste combinations, and spices from around the world is evident in every recipe and delicious photo. One really good thing about the book is that (yay!) IF YOU CAN'T GET ALL THE SPICES WHERE YOU LIVE YOU CAN ORDER THEM FROM ! But honestly, I haven't had any trouble finding the unique ingredients for some of these recipes - I just realized they have been around me all along, but I just wasn't familiar with them. This book is great for your own kitchen and would also make a terrific gift for any foodies you may know, especially if they are into organic foods, gluten free diets, or if they are vegetarians or vegans. There are plenty of recipes which AREN'T specific to those groups in the book, but most of the recipes could be adjusted easily (and he tells you how) for those special diets. Enjoy!

I purchased this cookbook after an exquisite meal at the True Food restaurant in Houston, TX. Although I haven't had a chance to cook any of the recipes, I have truly enjoyed reading the book, and I'm eager to get into the kitchen with it! My only disappointment was the main dish I had at the restaurant was not among the recipes in this book. Bummer. You might also check out Dr. Weil's "Fast Food, Good Food". I've cooked several meals from this one and they've been winners. See my review under that title.

I love this cookbook. It has a wide variety of recipes. Some are more complicated than others but it is a good mix. So far the family has liked everything I have made!

Nice cook book, but I dislike having to make all these different sauces to go with some of the recipe. Extra work, but nice and healthy meals and snacks. The carrot, date muffins the best!

Ate at Dr. Weil's new restaurant in Palo Alto named True Food kitchen that crafts their menu after the Anti-inflammatory diet set forth in this amazing book! Get it, go get groceries, cook the recipes up and feel good, tasty and good for you! And its just not vegi and vegan!

Absolutely gorgeous book and great recipes. I heard so many good things about this book and have

followed Andrew Weil for a long time, so this was a no brainer. I went to Scottsdale over the holidays and made a point of visiting the restaurant which lived up to expectations. Well thought out recipes and something for everyone.

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