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Everyday Raw (Paperback)

By Matthew Kenney

Gibbs M. Smith Inc, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Everyday Raw is an exciting new cookbook that will introduce the benefits and pleasure of eating healthful food that is organic, fresh and good for you! Preparing and eating raw food does not mean bland, whether it is a smoothie, a salad, or a mid-morning snack, you will love the tantalizing and delicious recipes included here. Chef Matthew Kenney has been preparing raw food for years and offers up a variety of delectable recipes including-Chocolate-Cherry Smoothie, Red-Chile Pineapple Dipping Sauce, Sesame Cashew Dumplings, Portobello Fajitas, and a Lemon Macaroon Cheesecake Tartlet that will leave you wondering why you haven't started eating raw food sooner! Contents Include: Smoothies and Juices Snacks Unbaked (Crackers and Breads) Spreads, Dips, and Sauces Starters Salads and Dressings Main Dishes Desserts Recipes Include: Key Lime Tartlets Pumpkin Pie with Thyme Pad Thai Tomato, Basil and Ricotta Pizza Blood Orange and Crispy Fennel Salad Blueberry Pancakes Raspberry Vanilla-Almond Granola Author Bio: Acclaimed chef Matthew Kenney is a restaurateur, caterer, and food writer. Matthew has been the chef and co-owner of Pure Food and Wine restaurant in NYC as well as...



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Reviews

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