



Ebook Directory
the best source of ebook

The book was found

Everyday Raw Gourmet



Synopsis

Raw cuisine in true gourmet fashion Chef Matthew Kenney takes the raw food lifestyle to exquisite heights in *Everyday Raw Gourmet*. He combines his love of art and philosophy with food to bring you recipes for outstanding raw food dishes in this revised edition of *Entertaining in the Raw*. The recipes span many ethnicities; including Asian, Latin, French, and Indian, and feature appetizers, tapas, main dishes, breads, sauces, and decadent desserts. Kenney's focus is on fresh fruits and vegetables, organic, and buying food locally and in season. Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has been nominated for the James Beard Rising Star Award and has appeared on the Today Show, Food Network, and numerous other morning and talk shows. He is also the author of a number of cookbooks, including *Everyday Raw*, *Everyday Raw Desserts*, *Everyday Raw Express*, and *Raw Chocolate*. Matthew splits his time between New York and Maine.

Book Information

Paperback: 144 pages

Publisher: Gibbs Smith (August 1, 2013)

Language: English

ISBN-10: 1423634802

ISBN-13: 978-1423634805

Product Dimensions: 7.5 x 0.5 x 9.8 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 12 customer reviews

Best Sellers Rank: #489,928 in Books (See Top 100 in Books) #198 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #1524 in Books > Cookbooks, Food & Wine > Entertaining & Holidays #6290 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

In 1994 Food and Wine included him as one of their Ten Best New Chefs of the Year. He's been featured on the Today Show, The Food Network, and a variety of other morning talk shows. Matthew was nominated for the James Beard Rising Star Award. He lives in New York City.

golden tomato and lemon cucumber gazpacho with avocado salsa Gazpacho is one of my favorite summer meals. I love not only the texture and flavor contrasts but also the ease of preparation. On a beautiful warm evening, I'm often in the mood for something that can be

quickly prepared. With a blender and some really fresh ingredients, this dish can be made in five minutes. Gazpacho is best served chilled, with an equally cool glass of white wine.

Gazpacho 2 cups peeled, deseeded, and diced lemon cucumbers 2 cups deseeded and diced tomatillos 2 1/4 cups diced golden tomatoes 2 tablespoons lime juice 1/2 jalapeño pepper Salt to taste 2 tablespoons olive oil

Avocado Salsa 1 avocado, diced 1 tablespoon chopped cilantro 1 teaspoon minced jalapeño 1 teaspoon lime juice Salt and pepper to taste

Garnish Olive oil Black pepper

Gazpacho Mix all ingredients except olive oil in a large bowl; season to taste. Place 3/4 of mixture in a food processor and process until smooth. Add back to bowl and stir to combine.

Avocado Salsa Combine all ingredients.

Assembly Serve chilled with avocado salsa, a few drops of olive oil, and freshly ground pepper. Serves 4

Matthew Kenney is, in my opinion, the go-to person where raw, vegan cuisine is concerned. His knowledge of flavor balancing, food texture and feel and presentation are unsurpassed. He pays special attention to quality and purity of his dishes. I have almost all (if not all) of his recipe books and I am never disappointed in the recipes. There are a lot of talented raw chefs in this world, but I think Matthew Kenney is right there at the top!

This is the food of the future for thinking people. Matthew is the American (If not International) leader in raw/vegan cuisine. His schools are well attended by professional chefs who want to add raw/healthy dishes to their restaurant menus or open a new concept. These recipes are easy to read and understand. And, some suggest exotic products..... if you don't live in a food-centric city. I always feel better after eating these recipes. If there was a Kenney take out or restaurant where I live, I could go there EVERYDAY~! You can easily get healthier (If not cured) eating food like this book offers.

I like the book but it's definitely not your average "everyday" meals. With raw foods you do have to plan which is fine but you better be sure you have all the ingredients before starting.

lovely book!!! I love Matthew Kenney's cooking book. Some ingredients are hard to find!

You can't go wrong with Matthew Kenney books. I ate at a restaurant that made their foods from the recipes in his cookbooks. Wow, I had to purchase all of his books. The flavors leave you wanting

more. Now that I have my hands on his books, I can learn from his expertise. It's like going to cooking school without all the expense. Now I can create like an expert.

mathew kenney has some of the easiest best raw gourmet recipes out there every recipe i try of his is a winner

Excellent book with tasty recipes. Easy to get ingredients and easy to follow.

Amazing!

[Download to continue reading...](#)

Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) What is Raw Foodism and How to Become a Raw Foodist: How to Eat Healthy (New Beginning Book): Raw Food Diet, How to Lose Weight Fast, Vegan Recipes, Healthy Living Raw Foodism: Healthy and Delicious Raw Food Recipes to Get the Advantages of Raw Food Diet! Everyday Raw Gourmet The Gourmet Girls Go Camping Cookbook: Amazing Meals Straight from Your Campfire (Gourmet Girls on Fire Cookbook Series 1) Eat Raw, Eat Well: 400 Raw, Vegan and Gluten-Free Recipes The Raw Cure: Healing Beyond Medicine: How self-empowerment, a raw vegan diet, and change of lifestyle can free us from sickness and disease. Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Photoshop CS2 RAW: Using Adobe Camera Raw, Bridge, and Photoshop to Get the Most out of Your Digital Camera Photoshop CS3 Raw: Transform Your RAW Images into Works of Art Raw Amateur Models: MILF Daily Boob Flash - Gemma Rae, Vol. 2, Naked and Nude Glamour Photos (Raw Amateur Models: Gemma Rae) Simply Raw 2018 Wall Calendar: Vegetable Portraits and Raw Food Recipes Simply Raw 2017 Wall Calendar: Vegetable Portraits and Raw Food Recipes Simply Raw 2016 Wall Calendar: Vegetable Portraits with Raw Food Recipes Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining RAW FOOD RECIPES : Vegan & Vegetarian Approved! - 50+ Unique & Delicious Raw Food Recipes - Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Becoming Raw: The Essential Guide to Raw Vegan Diets Kristen Suzanne's EASY Raw Vegan Entrees: Delicious & Easy Raw Food Recipes for Hearty & Satisfying Entrees Like Lasagna, Burgers, Wraps, Pasta, ... Cheeses, Breads, Crackers, Bars &

Much More! Live Raw: Raw Food Recipes for Good Health and Timeless Beauty

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)