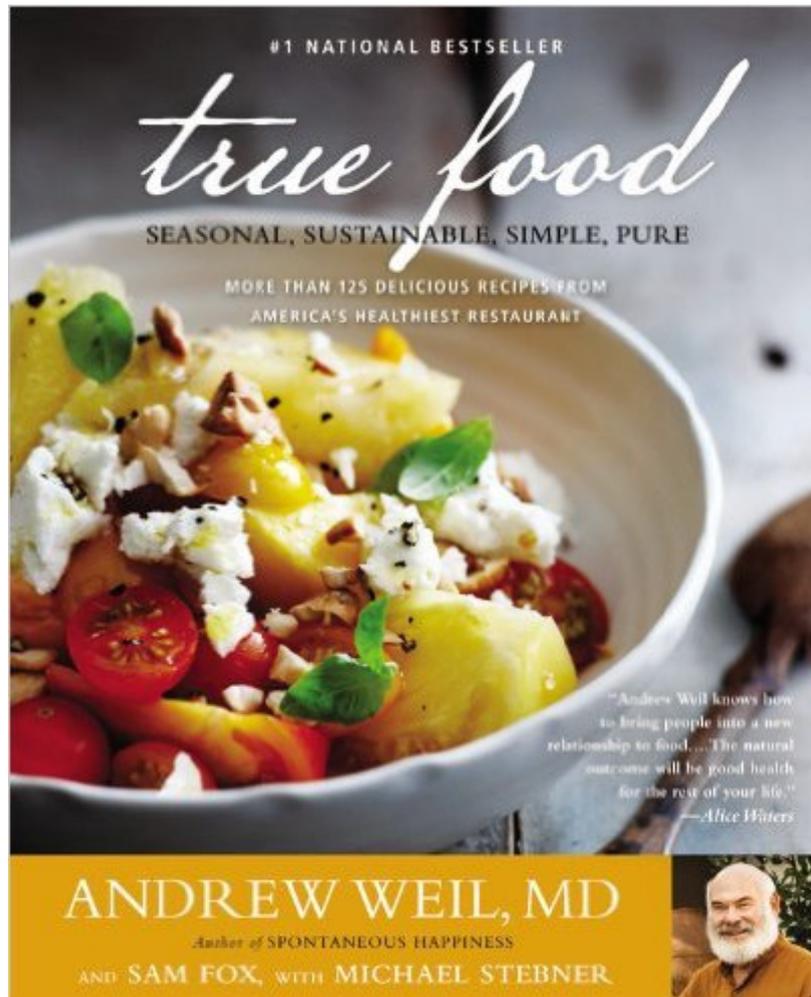


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# True Food: Seasonal, Sustainable, Simple, Pure



## 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

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 a 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!

When I was offered a copy of this cookbook, I jumped at the chance to review it. After all, I've been a Health Food Person since the 80s, when "eating healthy" meant carrot loaf and adding a tablespoon of brewer's yeast to everything. (Thankfully, we all got better at it.) True Food's goals of seasonable and sustainable align with my own, too. Plus, the True Food restaurants are near me, here in Scottsdale. I've been to them several times, and would probably have said Yes to the cookbook just for the recipes for their drinks. (There's a nonalcoholic ginger-fizz drink sweetened with agave that I really like.) The problem is: I stopped going to the restaurant because they use

olive oil a bit too much; since my husband is extremely allergic to it (not YOUR problem), we get tired of playing 20 Questions with the wait staff. But that made me more enthusiastic about the cookbook, since obviously at home I can use any oil I want. I've spent several weeks with this cookbook and... I have mixed feelings. I really like the goals it sets, but too few of the recipes make me say, "Yum, let's make that for dinner tonight!" Either they are fussy, or they use ingredients that are hard to find even for this Scottsdale foodie. (Why yes, I \*DO\* do all my shopping at Whole Foods and gourmet markets.) I appreciate cookbooks that introduce me to new ingredients, such as sea buckthorn and samphire, but if \*I\* can't find them, they may be out of reach for you. Plus, Dr. Weil, who inspired the restaurant, is well known for his own dietary recommendations, some of which don't match mine. Some do: smaller portions of seasonal, organic ingredients; less emphasis on a big slab of moo (more fish, heavy on the veggies and grain). He advises to cut back on sweets and eat smaller portions (which I do, my chocolate reputation notwithstanding: Give me one perfect chocolate truffle, not a pound of M&Ms) but he doesn't make THAT big of a distinction between types of sugar. I've found, purely for myself, that I'm fine with agave, honey, maple syrup, but refined sugars are best left to once-in-a-great while. The bottom line, though: Do I want to cook these recipes? Do YOU? I usually try to cook two or three dishes from a cookbook before offering an opinion. As it turns out, I made only one so far, and it turned out quite well. The curried cauliflower soup is vegan, out-of-the-ordinary, and delicious. In addition to the cauliflower and curry powder, it uses a third of a cup of raw cashews, a can of coconut milk, and a few more spices (turmeric, cumin, and a touch of cinnamon). It was fast enough to put together for a weeknight meal, and reheated easily for lunch. (Come to think of it, it's also rather frugal.) I still haven't made the drink that had made me shout YES to the review offer, but it'll happen: Basically it's soda water, fresh lime juice, agave nectar (you can find that in most health food stores, even one of the warehouse stores occasionally), and pulverized ginger juice (e.g. blend fresh ginger with water, strain). (Several of the drinks are alcoholic, if that's more your speed, such as a tamarind margarita, or the Peacemaker with honey, black tea, lemon juice, rye whiskey, and Averna liqueur.) I have bookmarks in several more recipes, but they've been stuck in the "Maybe I'll get around to it" category. Tofu curry with cauliflower, rice noodles, and cashews, for instance. Miso-marinated black cod, which must wait for me to see that fish in the store. Roasted butternut squash, apple, and pomegranate salad with balsamic vinaigrette. But some are suitable only for a leisurely afternoon pattering in the kitchen. The summer vegetable casserole was briefly a candidate for the Thanksgiving table (we have a vegetarian guest every year and cater to his needs... I'm such a nice friend), with layers of an eggplant relish, fennel braised in orange juice and wine, squash and tomato, and a

Parmesan-bread crumb topping. Others just don't appeal to me (sorry, I'm not a kale girl). And then, of course, there's the challenge of finding ingredients; I can get halloumi nearby but I'm not going to bet that's the case for you. One thing I would like, given the health-conscious premise for this cookbook, is nutritional information for each recipe. Dr Weil may not count calories, carbs, etc., but some people -- including many of the health-conscious people who'll be drawn to this cookbook -- do. Still, I like this cookbook. I appreciate its sensibilities, even if I don't use it very often. If you have a good source of organic produce and some exotic ingredients, it might be just the ticket for you.

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