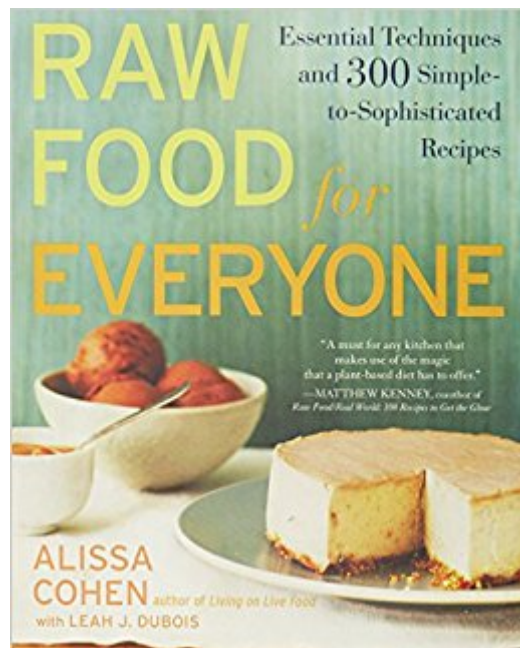




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# Raw Food For Everyone: Essential Techniques And 300 Simple-to-Sophisticated Recipes



## Synopsis

Just as Deborah Madison's *Vegetarian Cooking for Everyone* took meatless cooking mainstream, here's the complete guide to raw cuisine. Connoisseurs of raw cuisine know how hearty and flavorful it can be; what began as an underground movement for health enthusiasts has moved to the culinary forefront. Now Alissa Cohen, one of the nation's top raw experts, presents a lavish array of recipes, a primer of preparation methods, and a comprehensive ingredient guide in *Raw Food for Everyone*. This all-inclusive book, with 300 unique recipes for meals and snacks—from nutritious smoothies and juices to you-won't-believe-they're-raw cheeses and ice creams to crackers and even pizza—proves that raw food is not just healthy and energizing, but also approachable, nourishing, and delicious. Writing for the beginner and the more seasoned raw food lover, Cohen takes raw food to the next level with her simple preparation techniques and inventive flavors. *Raw Food for Everyone* is the ultimate raw food resource and is destined to become a culinary classic.

## Book Information

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## Customer Reviews

"Alissa's devoted following includes hundreds who have maintained successful weight losses, healed themselves of a myriad of diseases, and swear by her simple and fun approach to fantastic health." — Get Fresh! Magazine

An internationally recognized chef, speaker, author and raw food authority, Alissa Cohen and her husband divide their time between Boston and Maine. Leah J. Dubois is a former chef at top east

coast restaurants and lives in Boston.

My birthday was yesterday and I got the Book Raw Food for Everyone by Alissa Cohen. It is well put together. Her first book "Living on Live Food" had some challenging recipes, and clearly there may be some recipes in here, however the instructions are phenomenal. Actually reading through, I found that I have seen similar recipes (I got a lot of books), but this one really goes into detail on the how. For instance, she describes the Grezzo cheese is not hard to make, but requires several steps and time to ferment. If you have never made Rejuvelac, it can be challenging as I have never been successful with making it - the steps here remind me of Alissa being in the kitchen with me and guiding me and taking me through each step. There is a maturity in the presentation of this cookbook, it is that reader is hearing writer's voice and if we listen carefully, we can follow the instructions. I had the experience of eating at her former restaurant Grezzo in Boston in 2008. I loved my food, especially the sliders and gnocchi and that recipe is in here. Even if you are a novice, this book is for you. There is a juicing section with combos, which is really nice the way it is laid out and makes it easy to build a shopping list from. I also loved the salad dressing and the cheeses. I am making rejuvlac tomorrow, so I can make a hard cheese. I highly recommend this book. There are techniques, spice mixtures, it is awesome. Nearly 95 percent of the ingredients are easy to find and that is huge for a raw food cookbook (and I have just about everyone that has been released, can confirm that). Believe me, this book is on the great side of those book that become classics. I love the fact that there is a description of our wonderful fruit and veggies. A thorough description of how to bring yourself into the raw lifestyles, developing your raw kitchen and sprouting. Do yourself a favor and get this for you. It will quickly take over as a preferred book.

This book is pretty big but, it has something for everyone! Whether you are looking to keep it simple or want something a bit more sophisticated, Alissa nails it. My daughter (she's 12) uses the book as motivation as she is trying to eat more raw foods. She likes that the foods are eatable and they actually taste good (her exact words). My husband (the chef) loves that some recipes have a more interesting flavor profile than "just raw foods". I personally like the speed of meal prep!

The pros: her recipes sound so good! I have had this book now for about a month and have made a few recipes and have pondered over many with interest. There is a great section in the front about raw foods; their nutritional value and how to store them. I found this interesting and helpful. The cons: If you do not have a dehydrator, most recipes you will have to adapt by using your oven (which

is not raw but still healthful). I have found her recipes to be very tedious. There are a ton of steps for almost all of her dishes. Most recipes call for another recipe (or multiple) that you have to go to other pages to create. Also, the amount of ingredients she calls for makes me wonder if she really ever made these! For example: the "Tomato Basil Bisque" calls for 10 cloves of garlic once all the ingredients are made for the soup! I only used 3 cloves and it was fine. Many of her recipes are like this. The ingredients are excessive. Her "Nut milks" call for 5 vanilla bean pods and 2 cups of almonds yielding only 6 cups of milk! That is an expensive nut milk! Compared to Ani Phyto's recipe, (which is delicious) is only 1/4 cup of nuts, yielding 5 cups of milk. Also in Ani's books she includes icons for each recipe that represent the tools you will need in order to make each dish. So helpful when you want to look through and pick a recipe. I would not recommend this book to anyone just starting out on raw foods. Too overwhelming and time consuming. I would recommend this book if you want to spend a weekend creating a meal to impress some guests. In that case, I have seen many raw gourmet books that supersede this one. This is NOT "raw food for everyone." Overall, I think this book is a good idea...but that's it. It lacks real practicality. You have to be ready to spend a lot of time and money in the kitchen and really really love garlic!

There are some good "uncook" books out there. But this is the first one that I've found that's user friendly. Of course I haven't tried everything yet but all the recipes seem doable. The ingredients are easy to find. And the recipes sound like they will taste good just from reading them. I appreciate the fact that Alissa Cohen gives clear references to what the recipes resemble for those of us who are new to this and have no clue where to start. That's what I have found to be missing from many vegetarian cook books. They always have pretty pages with lots of reasons why people should take on this life style and tons of recipes, but no comprehensive menu plan to help the recipes make sense. Alissa does that just by telling you about how her dishes taste. That automatically tells you which recipes you'd want to put together to make a meal. That helps a lot when you grew up thinking that bacon goes with eggs!

I received the book this morning and immediately sat down to look through it. I was very happy with the format of this book as opposed to her previous one; makes it much easier to read and use! Well organized, good index, references to recipes (used in conjunction with another recipe) are complete with page numbers! I have a bunch of RAW food books, and this will take its place in the top 3! Well worth the price and is suitable for both newbie and more experienced raw fooders.

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