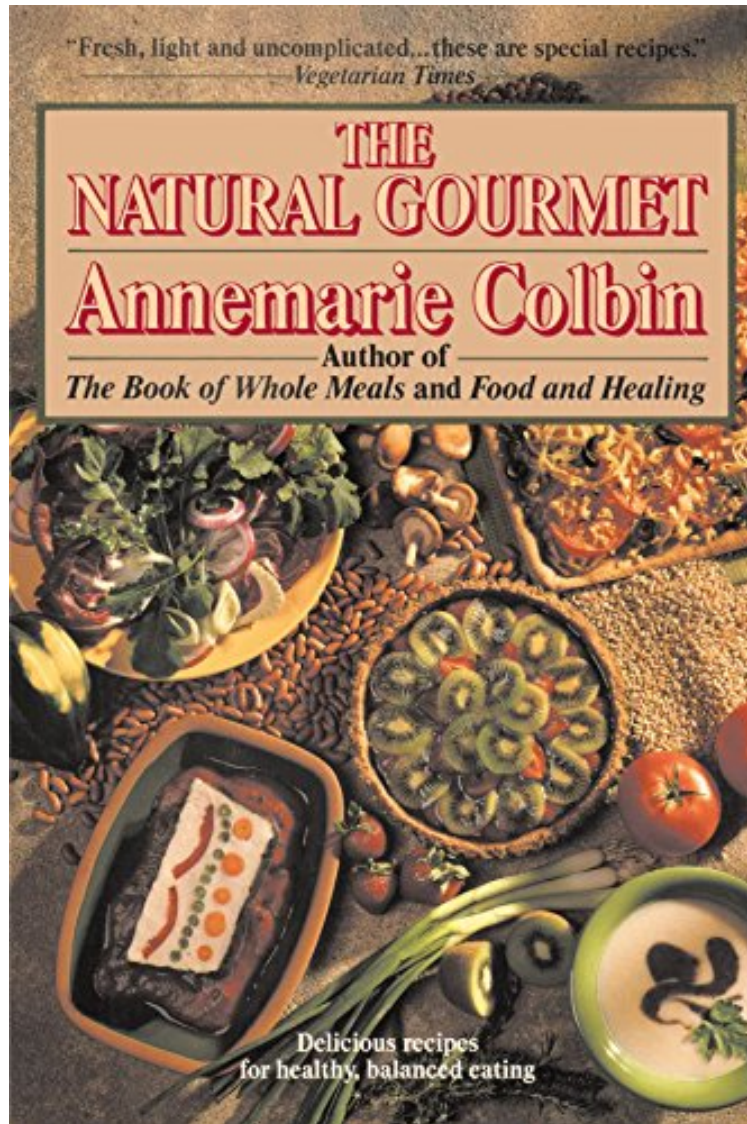


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The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating

Annemarie Colbin

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#157296 in Books Annemarie Colbin 1991-02-13 1991-02-13 Original language: English PDF # 1 8.98 x .74 x 6.011, 1.10 #File Name: 0345370287336 pages ISBN13: 9780345370280 Condition: New Notes: BRAND NEW FROM PUBLISHER! 100% Satisfaction Guarantee. Tracking provided on most orders. Buy with Confidence! Millions of books sold! | File size: 68.Mb

Annemarie Colbin : The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating before purchasing it in order to gage whether or not it would be worth my time, and all praised The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating:

1 of 1 people found the following review helpful. Delicious, healthy, vegetarian recipes. By Joanel purchased The Natural Gourmet around 20 years ago, and have used it and/or its principles in most of my cooking ever since. My old copy got ruined, so I quickly bought this new copy on . The recipes are generally delicious, with interesting and unusual flavors, although for some you need to adopt a liking for sea vegetables. But more than merely listing a series of recipes, this book teaches you how to eat well. It is all about eating a healthy, balanced, whole foods, mostly vegetarian, diet. It discusses the principles of food selection, including which foods to eat, such as beans, whole grains and fresh local and seasonal fruits and vegetables, and also the foods to avoid, such as refined sugars and processed foods. It teaches how to put together a balanced meal, and includes menus to follow and learn from. I have learned a lot from this book about proper eating. I recommend it highly. Sally Necheles 0 of 0 people found the following review helpful. Five Stars By Anita J. Jacobson New recipes for produce. Excellent 0 of 0 people found the following review helpful. All her books are excellent. By Myriam S. Gaby I already have the hardcover from years ago. Ann Marie was one of my teachers when I studied Macrobiotics. All her books are excellent.

Annemarie Colbin learned early of the important relationship between food and health: having grown up in a vegetarian household, she spent many years integrating Eastern eating philosophies with Western habits, studying the works of everyone from J.I. Rodale and George Ohsawa to Julia Child and James Beard. With *The Natural Gourmet*, Colbin takes her ideas about healthful eating a step further with meals that nourish body and soul, and that are elegant enough to serve to company. The recipes included in *The Natural Gourmet* are the result of a collaborative effort by Colbin and ten students from her Natural Gourmet Cookery School in Manhattan. Each recipe is classified according to the Chinese Theory of the Five Phases, making it easy to combine the various courses to create a balanced, harmonious meal. Among the delicious dishes you'll find are:-- Curried Apple-Squash Bisque-- Mushrooms Stuffed with Garlic and Rosemary-- San Franciscan Pizza-- Lissa's Homemade Black Pepper Pasta with Scallion-Butter Sauce-- Stuffed Cabbage Rolls-- Jalapeno Corn Bread-- Japanese Red Bean Soup-- Lentil Croquettes-- Potato-Cabbage Casserole with Dill-- Black Bean Salad with Corn and Red Pepper-- Pasta Salad with Zucchini and Chickpeas-- Poached Salmon Fillets with Mock Hollandaise-- Almond Flan with Raspberry Sauce-- Ginger Lace Cookies-- Orange Loaf with Walnuts-- and many more. All the recipes are in keeping with Colbin's belief that food should be whole, fresh, local, and seasonal -- and, of course, delicious. Much more than simply a cookbook, *The Natural Gourmet* presents a combination of food preparation and philosophy that come together in a plan for healthful and graceful living.

From Publishers Weekly Colbin's imaginative vegetarian recipes borrow ingredients and methods from cuisines as diverse as Japanese (shoyu consommé with enoki mushrooms), Italian (asparagus risotto) and American (apple-cranberry pie). Encouraging a balanced diet based on whole foods--mainly beans, grains and greens--Colbin uses seasoning to broaden our horizons. The founder and director of the Natural Gourmet Cooking School in New York, she eschews most dairy products, white sugar and meat, but approves of fish and light, whole-grain desserts (some of the latter include eggs and butter). And, influenced by macrobiotic nutrition, Colbin (*The Book of Whole Meals ; Food and Healing*) suggests a new method for achieving needed nourishment. "I am inclined to philosophy," she writes, "and an eating style based on firm philosophical principles makes more sense to me than one based on constantly changing scientific data." In her Chinese-derived "Five-Phase Theory of Eating," less practical than Colbin's more traditional prescriptions, foods are categorized into one of five "phases" (wood, fire, earth, metal, water), with meals composed of foods from each. Author tour. Copyright 1989 Reed Business Information, Inc. From Library Journal Colbin, author of several popular cookbooks, created these recipes with students at her Manhattan cooking school. She has developed a Western macrobiotic cuisine, emphasizing whole foods and natural ingredients. Her expertise is evident, but many of her dishes will most likely appeal to strongly committed vegetarians; and her Five Phase Theory of menu balancing seems questionable. Still, any vegetarian collection should add this.-- JSCopyright 1989 Reed Business Information, Inc. "The Natural Gourmet contains enough recipes that bring out the intrinsic pleasantness of food to make a good cook sit up and think." "Eating Well" [Colbin's] kitchen skills and culinary range have kept pace with the secular competition.... [The Natural Gourmet] goes macrobiotics one better. "The New York Post" [Colbin's] recipes represent a fairly sophisticated repertoire of uncomplicated dishes for the 'natural gourmet'... Sugar-free, mostly meatless and dairy-free dishes with a global range. "The Kirkus s