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# The Naked Cookbook



## Synopsis

A transformative approach to healthy eating that strips back one's diet to simple, clean, and pure foods that cleanse, restore, and nourish the body, featuring 60 recipes and a chapter on detoxing. In *The Naked Diet*, author Tess Ward shares her personal prescription for renewal: a collection of deliciously simple yet flavorful recipes composed of the most nutrient-rich and simple foods. This is not a deprivation diet but an achievable lifestyle where food is enjoyed and celebrated in its purest form. Lamb Meatballs with Rhubarb Sauce, Smoked Tofu Panzanella with Figs, Hot and Spicy Seafood Soup with Crispy Shallots, Soba Noodle Salad with Cucumber and Mango--these delicious dishes support and fuel the body while encouraging optimal health.

## Book Information

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## Customer Reviews

I recently received this book in the mail, and my first thought was "what were they thinking?!" The book cover is made of very porous cardboard, and there's little in the way of binding. I don't normally feel like a super grubby person, but within five minutes the cover was stained and the corner was a bit torn, you know, the way my books look AFTER I have cooked with them in the kitchen a few times. I tried to give it the benefit of the doubt (naked cookbook, barely there cover, sure why not) but this is a COOKBOOK. It belongs in the kitchen, getting tossed around with messy hands. I don't think it's going to hold up well at all. I also was not super fond of the chapter names. Pure, Raw, Stripped, Bare, Nude, Clean, and Detox. I understand that they are working with a theme, but I don't like thinking about nude food, it just seems weird. Maybe that makes me weird, but I don't like it. The next thing that really bothered me was in the first recipe. The author talks about

broths and stocks and says "Broths are simmered for a long period of time (often in excess of 24 hours), whereas stocks are simmered for 3-4 hours." According to everything I learned in school (and what I could find on food network, the kitchen, and in my copy of Professional Cooking fifth edition by Wayne Gisslen) she pretty much got it backwards. I don't know if this is a London vs US thing, but I found it irritating. All that said, I really do like a lot of the recipes in this book. And the pictures are very nice. I especially like the lattes, I immediately tried the turmeric + ginger latte which calls for ground spices (surprising in this kind of book, usually I expect you must use fresh or else types of recipes) which was nice because I HAD everything I needed in my pantry.

I would like to thank Ten Speed Press for providing me with a free ARC of this book, via Netgalley, in exchange for an open and honest review. Yet another great cook book produced by this publisher! And big thumbs up to the author Ms Ward for the creative, and often rather delicious looking, recipes! The book consists of: Gorgeous colour pictures enticing the reader to look further, well written, well-paced recipes done in a clear and easy to follow format and some really good information and glossaries at both the front and back of this book. And no, it's NOT about cooking without your clothes on! It's about getting back to good, wholesome, easy to make and simply yummy looking meals. This book covers the basics as well as adding some great alternatives to the norm. And, quite frankly, the norm is over rated as it is! As Ms Ward says in the introduction, this book is not aimed at any specific food issues " so not gluten or dairy free and not vegan. But she aims to make the dishes as easy as possible so those who know their way around a kitchen and food prep can easily adapt. I will make mention though that this book is clearly aimed at an American audience (which is not surprising as that's who Ten Speed Press market to) " and so all the recipes are in Imperial measurements and use the North American terminology for foods. Examples being arugula instead of rocket and cilantro instead of coriander. This is seriously NOT a big issue though as it doesn't ruin or detract from the book. Just see it as a bit of an education in cooking. You are learning how to convert to metric AND learn a new dialect of English! ;-)) Would I recommend this book to others?

Okay, so I rolled my eyes when I saw the large, bold text on the inside cover that read, "This transformative approach to clean eating features fresh, stripped-back recipes that will give you more energy, help you lose weight, and purify your body." The last thing the world needs is one more book of bunkum and pseudoscience that will cure all and turn us all into beautiful, happy people. Fortunately, that is not what The Naked Cookbook by Tess Ware is about. Ware suffered from

postinfectious irritable bowel syndrome, a debilitating and painful disease that is very much affected by diet. It makes sense, then, that she pursued a course that emphasized foods that made her feel better and avoided foods that made her feel worse. Over all, the thrust of her regimen is to eat simply-prepared pure foods. We all know that avoiding processed foods is good for our health and that is what *The Naked Cookbook* is all about. This is not a regimen of denial. There are meats, carbs, sweets and even cocktails. Even red meat makes it to the table. And so, it is a cookbook that focuses on common sense food ideas and recipes. Where the nakedness comes in is in making her own ricotta cheese, for example, rather than buying the rubbery store ricotta, making her own sauces and dressings without the emulsifying chemical additives. Even better, the recipes are tempting and delicious. There is a kale, cabbage and nectarine salad to die for. For me, the don't miss recipes are the bacon, cabbage and pearl barley broth, the molasses and ginger pork balls with bok choy, the yoga bowl (a sweet potato dal with brown rice and a coconut salsa), and a gorgeous green cauliflower couscous with pumpkin seeds. That's not all, by a long shot, but those recipes are stunning.

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