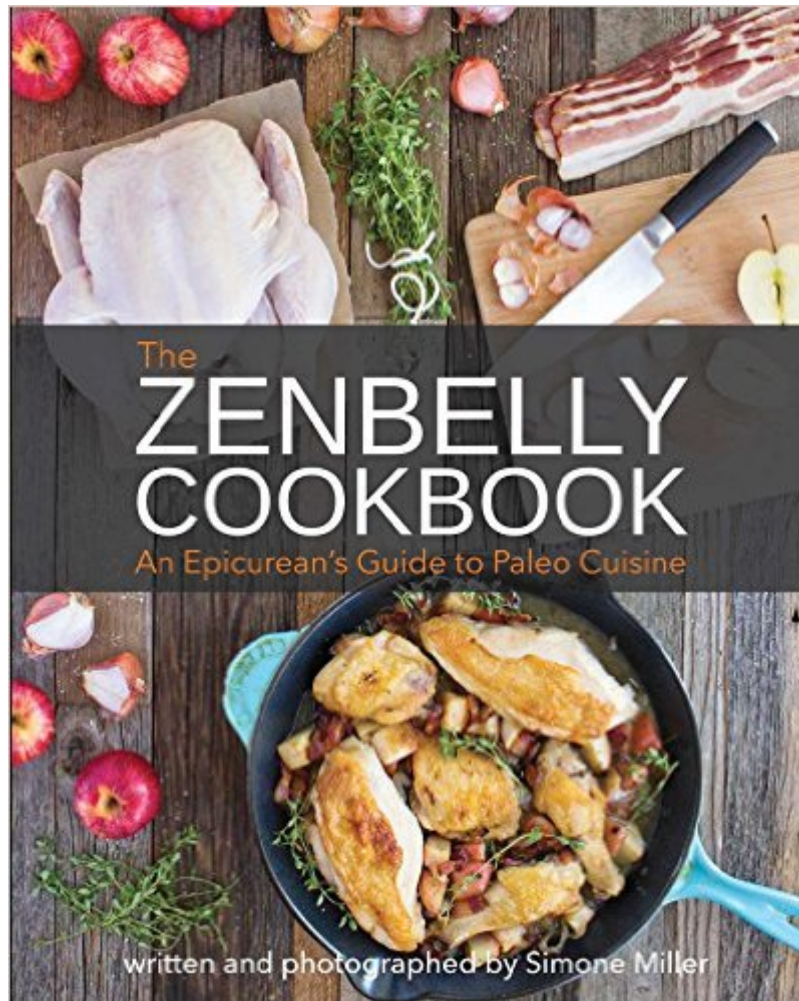


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The Zenbelly Cookbook: An Epicurean's Guide To Paleo Cuisine



Synopsis

The Zenbelly Cookbook bridges the gap between the Paleo template and gourmet cuisine. With a focus on quality ingredients, technique, and balancing flavors, this book will take the reader on a journey that will leave any feeling of restriction behind. With over 100 real food recipes, The Zenbelly Cookbook covers every course and occasion; from simple weeknight meals that can be made for the family in under 30 minutes, to elegant multiple course dinners that will impress any guest. The Zenbelly Cookbook will also offer entertainment tips such as: what can be made ahead, shortcuts that don't sacrifice quality, and menu suggestions. The goal of The Zenbelly Cookbook is to make incredible, professional quality food accessible to the home cook. Each recipe has a beautiful image of the ingredients laid out, which helps the reader easily see the before and after. Written with the novice home cook in mind, it includes foolproof instructions. However, the flavor combinations and creativity of the book make it a great choice for the more seasoned cook, as well.

Book Information

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Customer Reviews

Just got my copy today, so full disclosure: I haven't actually made anything yet. But, I LOVE this cookbook. As an experienced cook with an extensive cookbook collection, I've become very careful about which cookbooks I'm willing to purchase to take up valuable space in my library. I've been disappointed in the past and in an effort to streamline have donated or sold entire shelves worth of cookbooks. So, it was with a certain amount of trepidation that I ordered this cookbook sight unseen. I just love it, and here's why: 1. The photography is beautiful and inspiring. A must for me. 2.

There's information in here that can actually teach even experienced cooks.³ There's great paleo recipes that aren't your usual "pot roast with turnips instead of potatoes or roasted chicken with chili marinade." I've spent a good part of the day looking through this book and there's tons of recipes I can't wait to make. What I'm excited about are there are unusual (but not weird) combinations that I wouldn't have thought of, e.g., cauliflower soup with lime/roasted sunchokes/lamb stew with tomatoes, olives, citrus, etc.).⁴ Ms. Miller gets that folks trying to go paleo miss "crunch." I cannot wait to try to plantain shoestring fries (!!!), plantain tortillas, and her recipes for crackers looks great too. Also in the bread/crunch category of things I haven't successfully let go of: pizza. She swears her crust recipe is approved by New Yorkers, and I'm going to give it a try this week.⁵ I love the suggested menu combos in the back of the book. I'll update my review when I've made 5 things, but, I will say, this is the first cookbook review I've ever written, and I have over 100 cookbooks (I've pared down!).

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