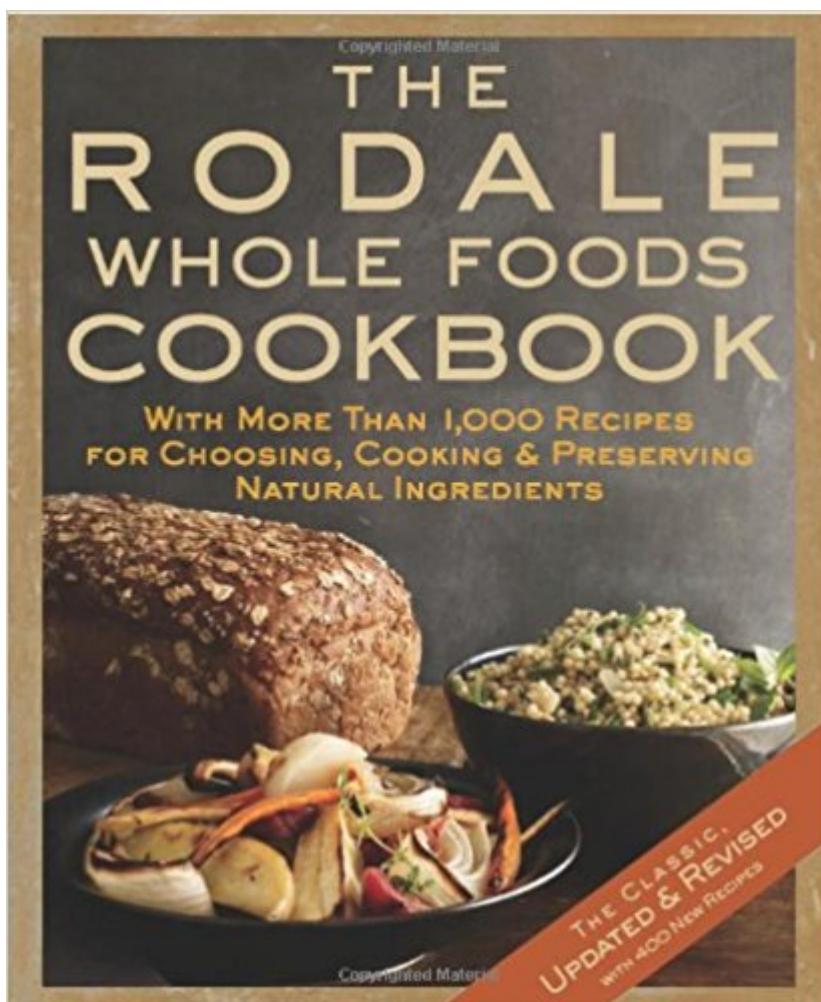


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The Rodale Whole Foods Cookbook: With More Than 1,000 Recipes For Choosing, Cooking, & Preserving Natural Ingredients



Synopsis

Farmer's markets, groceries, and natural foods stores today offer a wealth of wholesome ingredients that even a decade ago were considered unfamiliar and exotic. From quinoa to spelt flour to agave nectar and shiitake mushrooms, natural whole foods like these have come into their own as the cornerstone of a healthy, varied diet. Packed with information for purchasing, storing, and serving the full spectrum of whole foods, The Rodale Whole Foods Cookbook by Dara Demoelt is a comprehensive kitchen resource for contemporary cooks. Based on the classic work, this exhaustively revised edition contains nearly 1,400 recipes—more than one-third of them brand new—and updated guidelines for making the most of fresh meats, produce, and pantry essentials, soup to nuts. Here's all you need to know to make spectacular soups, stews, salads, baked goods, and more, using whole foods. You'll find dozens of casseroles (many of which can be made ahead and frozen for no-fuss weeknight meals), quick-and-easy sautés, plenty of meatless main courses, and crowd-pleasing favorites for casual get togethers. Best of all, these recipes are naturally healthful, showcasing the versatility of wholesome whole grains, natural sweeteners, seasonal fruits and vegetables, and other fresh, unprocessed foods in all their delicious variety. Also included are valuable primers on such essential kitchen topics as making stock; putting up jams and preserves; baking yeast breads; choosing cookware; sprouting seeds; making yogurt; and canning vegetables with helpful charts and glossaries on herbs and spices, cheeses, sea vegetables, seasonal produce, roasting meat and fowl, freezing foods safely, and more. A trusted, timeless classic thoroughly updated for the way we cook today, The Rodale Whole Foods Cookbook is sure to become an indispensable resource for health-conscious cooks.

Book Information

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Customer Reviews

This much-loved classic guide to cooking, choosing, and savoring whole foods has been comprehensively revised and updated to include more than 1,000 healthy, modern recipes plus helpful information on canning, preserving, sprouting, baking, and much, much more

After reading Michael Pollan I decided to try and turn away from processed foods and this book has come to my rescue. I cannot say enough good about this book! I have tried dozens of recipes and have yet to be really disappointed (although I now know yogurt-based soups aren't my thing). I would especially recommend the Moroccan Lamb Stew and the New Mexican Green Chili, which are my two favorite recipes. There are literally hundreds of recipes from well known staples like apple pies and pork chops to more exciting elaborate international dishes. None of them seem to require any sort of special cooking skills beyond the basics. I truly believe anyone could pick up this book and use it. Furthermore, beyond the tasty recipes this book is an invaluable source of information: what foods are in season when, how to make your own cheese, how to can foods, how to clean a fish-- it's a veritable treasure trove of all kind of kitchen knowledge, which is fascinating reading even if you don't ever plan on using it. The introductory material also includes a run down of the types of equipment you'll need, the pros and cons of various choices (e.g. cast iron skillets over teflon), what types of fats and oils work best where, the legal definitions of various label terms (whole wheat, organic) etc. This cookbook is not a preachy tome about lifestyle choices with tasteless recipes. Even if you're not into making that kind of lifestyle switch, you will find tons of tasty healthful choices. This book has practically become my Bible, a Joy of Cooking for my generation. As my own personally testimony, having switched from a diet of mixed whole foods and processed foods (and more diet soda than one person should ever drink) to a nearly exclusive whole foods diet, I feel great. I have more energy and feel more alive and present in my own life. I would definitely recommend it.

This review will be very simple. This cookbook is great because of the things in it that are not recipes. The first major part of the book has everything from shopping guides to pick the highest quality produce, to tables for cooking times, to comparative nutrition facts for all sorts of items. Having all of this information in one place is incredible. It also has a lot of nice touches, like giving alternate instructions on some recipes to make them vegetarian- or vegan-friendly if you have

guests with either of those diets.

I bought this cookbook because I wanted a book that had only whole food recipes. This cookbook certainly has that, but it also has information on how to be a better all-around cook: how to cut meat, how to cut different vegetables, etc. I have been making at least one meal daily from it and have not been disappointed yet by any of the dishes. I highly recommend this book.

I love to cook. After reading up on the benefits of whole foods, I wanted to make a real effort to start cooking healthier. When I bought the book, I didn't realize half of it's massive size comes mostly from writings on the benefits of certain foods, and how to buy the best foods on the market ... which was upsetting at first, until I really started using to book frequently. Now it is my go-to book for finding the freshest produce/what is in season, and better quality meats.

So far so good. I purchased this book on a pure whim and It has been pretty great so far. Lots of fun recipes to try that call for ingredients I actually have in my cupboard or would actually purchase. A couple of the recipes didn't quite turn out, but I altered the recipe a bit so that is my own dang fault. This book is really great for people who like to cook wholesome food that is a little bit fancy, but not so fancy that you wouldn't actually eat it on a week night.

The book is not only full of recipes but also a lot of useful information on how to pick out food and shop at the grocery store. It also provides great detail on different varieties of foods. I spent the first day reading the book and never even made it to any recipes, but I was ok with that.

Love this cookbook! I've been trying to eat healthy, fresh meals and this is my go-to resource. It is really like a better Joy of Cooking. Has all the basics like how long to boil eggs and how to roast veggies and meats. Great healthy recipes.

Really great cooking reference as well as cookbook. Has a wide variety of recipes, including grains, sea vegetables, how to choose, store and prepare foods. This book will not disappoint.

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