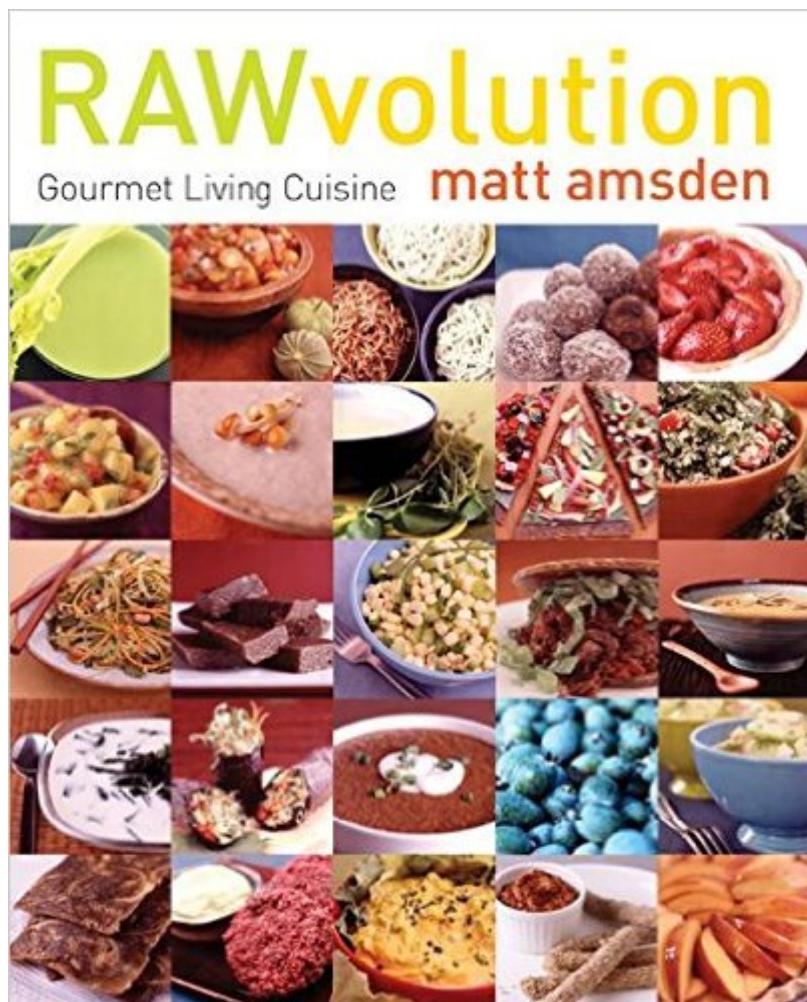


The book was found

# RAWvolution: Gourmet Living Cuisine



## **Synopsis**

Following a vegan, raw foods diet does not mean you have to give up your favorite delicacies or condemn yourself to a life of celery and carrot sticks. As renowned raw foods chef Matt Amsden reveals in this vibrant, inspiring book, raw cuisine represents the discovery and innovative use of luscious natural ingredients. From imaginative new dishes such as cactus salad, onion bread, and spirulina pie, to tantalizing variations on everything from pizza, tacos, and cookies, to the signature "Big Matt with Cheese," Amsden's mouthwatering recipes feature soups, sauces, salads, appetizers, entrees, and even desserts. More than a cookbook, *RAWvolution* is the indispensable, all-inclusive guide to the many powerful benefits of raw food. Beginning with his personal account of "How I Went Raw," Amsden shares essential advice, information, and encouragement for adopting a raw foods lifestyle. His delectable recipes are organized by type, level of difficulty, and what equipment, if any, is necessary in their creation. Accessible to both beginners and experienced cooks, *RAWvolution* addresses everyone from vegetarians who want to take the next step in natural cuisine, to those who simply want to diversify and improve their everyday diet. There has never been a more important time to incorporate raw foods into your lifestyle. Raw, vegan cuisine is making news daily, providing healthy and nutritious alternatives that are changing lives. Best of all, raw food can be delicious. There is no need to sacrifice flavor for bland and boring "health" food. Enliven your senses and taste buds instead with rich, living cuisine.

## **Book Information**

Hardcover: 224 pages

Publisher: William Morrow; 1st Edition (later printing) edition (July 4, 2006)

Language: English

ISBN-10: 0060843187

ISBN-13: 978-0060843182

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (106 customer reviews)

Best Sellers Rank: #367,969 in Books (See Top 100 in Books) #174 inÂ  Books > Cookbooks, Food & Wine > Cooking Methods > Raw #555 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## **Customer Reviews**

First off I would like to say that I dont live in California so I havent been able to go to *RAWvolution*

and try the food there, I cant compare my home 'cooking' to his.I have 5 other raw cookbooks and was awaiting this release to add to my collection.This book is definately not for someone new to a raw food diet, as it doesnt contain much informatoin about they why's and how's of what you are eating. It does however include a small chapter on what ingredients you should keep in your pantry.With less than 200 pages from cover to cover it is on the small side for a cookbook. The recipe chapters include breakfast, soups, sides and starters, sauces and dips, entrees and desserts. The breakfast section is quite small with about 10 recipes. Although I usually have a green drink or juice I do like breakfast recipes to eat throughout the day, they're nice to have. Most of the recipes are pretty nut/seed patty heavy (using one nut loaf for 4 different entrees and a seasoned walnut meat for 3 others) but Matt does use more sunflower seeds than nuts which for me is refreshing. He also uses his onion bread recipe in anything that requires a crust such as pizza or sandwiches and for tostadas, no other bread, cracker or tortilla recipe is included.The book is also light on dessert recipes. Whole fruit pies in a 5inch pan make up most of them. You will either need to purchase a 5 inch pie pan or make 1 1/2 the recipe to fit a standard 9 inch.Some recipes that stand out are the mock tuna and mock chicken salad (my new favorite!), cheese pierogis, the big Matt with cheese (his raw version of a big mac), cheese sticks, cucumber dill salad, hummus, mashed potatoes and a fantastic chili.

[Download to continue reading...](#)

RAWvolution: Gourmet Living Cuisine Cookbook :Healthy Mediterranean Gourmet: Mediteranean Recipes For Everyday Cooking: Eat Healthy Gourmet Food Poland's Gourmet Cuisine (Hippocrene Original Cookbooks) Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Classic Hungarian Goulashes: Deliciously Decadent Hungarian Cuisine(hungarian recipes, hungarian recipe book, hungarian cookbook, hungarian cooking book, hungarian books, hungarian cuisine, hungarian Great-Grandma's Croatian Cuisine (Croatian Cuisine Book 1) Rice Recipes: Most Amazing Rice Recipes Ever Offered! (Gourmet - Healthy - Nutrition - Cooking By Ingredient - Healthy Living - Rice & Grains) Real Goods Solar Living Sourcebook: Your Complete Guide to Living beyond the Grid with Renewable Energy Technologies and Sustainable Living Tiny Houses : Beginners Guide: Tiny House Living On A Budget, Building Plans For A Tiny House, Enjoy Woodworking, Living Mortgage Free And Sustainably ... Design,construction,country living) The Best of Gourmet: Featuring the Flavors of Thailand Gourmet Shops of NY: Markets, Foods, Recipes The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes for the "HCG Phase" Guy Gourmet: Great Chefs' Best Meals for a Lean & Healthy Body

The Meals in a Jar Handbook: Gourmet Food Storage Made Easy The Frugal Gourmet on Our Immigrant Ancestors: Recipes You Should Have Gotten from Your Grandmother The Foodsaver Sous Vide Cookbook: 101 Delicious Recipes With Instructions For Perfect Low-Temperature Immersion Cooking! (Sous Vide Gourmet Slow Cooking) Jacques Pepin's Table: The Complete Today's Gourmet The Gourmet Cookbook: More than 1000 recipes Gourmet's Best Desserts The Gourmet Slow Cooker: Simple and Sophisticated Meals from Around the World

[Dmca](#)