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Everyday Raw Gourmet

By Kenney, Matthew.

Gibbs Smith. 1 Paperback(s), 2013. soft. Book Condition: New. The author of 12 books, host of two TED talks, and founder of Matthew Kenney Cuisine here takes his much-touted raw food regimen to the gourmet level. Kenney selects and refines recipes from *Entertaining in the Raw*, combining his love of art and philosophy with his intuitive understanding of food to bring you more than 60 recipes for exquisite raw food dishes, from Plum Carpaccio with Vanilla-Agave Syrup and Ginger Cream to Chocolate Chili Tacos with Marinated Arugula, Pear Tomatoes and Pignoli. The recipes span Asian, Latin, French, and Indian traditions, and include appetizers, tapas, main dishes, breads, sauces, and decadent desserts. "The first time I stepped into a raw food kitchen, I knew that I had discovered something magical," writes Kenney in his introduction. "My senses had been on high alert as I remained deeply suspicious about uncooked food and many years in professional kitchens had created a foundation of principles contrary to what I was about to experience. Yet I nearly became an instant convert, ready to forgo not only fire and heat but also the majority of ingredients that were the building blocks of my cuisine." 144.


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