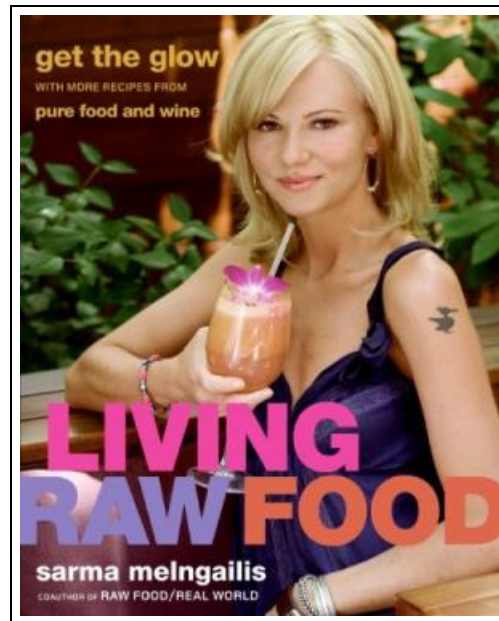


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HarperCollins Publishers Inc, United States, 2009. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Picking up where the bestselling Raw Food/Real World left off, Sarma Melngailis invites us inside her glamorous restaurant, Pure Food and Wine, with dozens more recipes for fresh and vibrant juices, shakes, soups, simple dishes, main courses, desserts, and cocktails. Whip up an antioxidant-rich Goji Tropic Shake or a sweet, cleansing Cilantro-Pineapple Shake for delicious nutrition on the goCool down with a Cucumber-Mint Gazpacho Soup and an Heirloom Tomato, Fennel, and Avocado Pressed Salad with Caper Dressing, Pistachio, and MintFind out what makes the Chanterelle and Kalamata Olive Ravioli the restaurant s most beloved entree Celebrate with a raw Thanksgiving dinner, complete with dark meat portobello, white meat large oyster mushrooms, stuffing, mashed celeriac, cranberries, and brussels sproutsSatisfy your sweet tooth with a Classic Sundae and Caramel Bars No juicer? No dehydrator? No problem! Sarma shows that raw food preparation doesn t have to be daunting, and she helps you work your way from the fastest, simplest, freshest recipes to immensely satisfying main dishes that you ll have a hard time believing are raw. A definitive list of ingredients, tools, techniques, and sources make raw food a snap, while information-packed sidebars introduce the world s most powerful super-foods, from kombucha tea to chia seeds. And Sarma is refreshingly honest and real as she describes her personal breakthroughs-and struggles-living on raw foods.Whether you re snacking on the run, having a quiet dinner at home, or throwing a festive cocktail party, eating raw food makes you feel alive. Filled with sensuous, sexy, and energizing food, this book is sure to enrich your life, whether you re a...



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