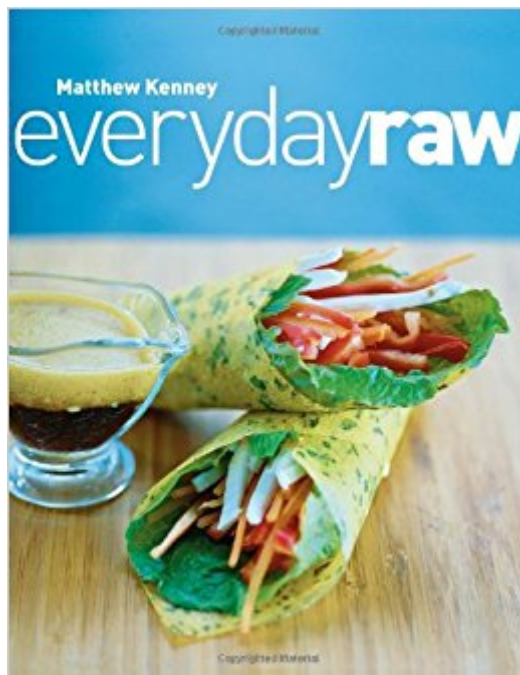


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# Everyday Raw



## Synopsis

Everyday Raw is an exciting new cookbook that will introduce the benefits and pleasure of eating healthful food that is organic, fresh and good for you! Preparing and eating raw food does not mean bland, whether it is a smoothie, a salad, or a mid-morning snack, you will love the tantalizing and delicious recipes included here. Chef Matthew Kenney has been preparing raw food for years and offers up a variety of delectable recipes including-Chocolate-Cherry Smoothie, Red-Chile Pineapple Dipping Sauce, Sesame Cashew Dumplings, Portobello Fajitas, and a Lemon Macaroon Cheesecake Tartlet that will leave you wondering why you haven't started eating raw food sooner! Contents Include: Smoothies and Juices Snacks Unbaked (Crackers and Breads) Spreads, Dips, and Sauces Starters Salads and Dressings Main Dishes Desserts Recipes Include: Key Lime Tartlets Pumpkin Pie with Thyme Pad Thai Tomato, Basil and Ricotta Pizza Blood Orange and Crispy Fennel Salad Blueberry Pancakes Raspberry Vanilla-Almond Granola Author Bio: Acclaimed chef Matthew Kenney is a restaurateur, caterer, and food writer. Matthew has been the chef and co-owner of Pure Food and Wine restaurant in NYC as well as the chef and partner of numerous successful restaurants including Matthew's, Canteen, Commune, Commissary, and Mezze. In 1994 Food and Wine included him as one of their Ten Best New Chefs of the Year. He's been featured on the Today Show, The Food Network, as well as a variety of other morning talk shows. Matthew was nominated for the James Beard Rising Star Award.

## Book Information

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## Customer Reviews

In this ambitious, well-designed cookbook, New York chef and restaurateur Kenney relies on some fairly hefty assumptions: "By now, most of us realize that heating foods above 118 degrees does destroy valuable enzymes and nutrients." Whether or not one "realizes" the benefits, the raw-food-curious will find some intriguing recipes in this book. Juices are especially appealing; Mango Raspberry employs a sweet hit of vanilla, and Sweet Green Juice is a sprightly concoction of carrots, cucumbers, apples and herbs. More substantial recipes include a simple, tasty Cucumber-White Grape Gazpacho, a lighter take on the traditional tomato-based soup, and seasoned, dried mushroom caps called Portobello Steaks. But once dishes become more complicated, they also start to require specialized equipment, myriad substitutes and a lot of patience. Baked Macaroni and Cheese, for instance, is nothing of the sort—it's squash covered in a cashew sauce flavored with lemon juice and nutritional yeast; like most of the recipes here, it requires a Vita-Mix food processor and a dehydrator. Tomato Torta with Pesto and Macadamia Ricotta substitutes nuts for cheese, and Pad Thai uses jicama instead of vermicelli. These substitutions should be tempting to people who believe that nutritional philosophy trumps ease and taste; others will find cooking macaroni and cheese simpler and more satisfying with actual macaroni and cheese. (Publishers Weekly 2011-03-10)

Enjoy raw food every day! This book is simple, straightforward, and easy to use. The recipes are for everyone interested in fresh, healthy, local, and organic food that tastes great. Whether it is a smoothie, a salad, or a midmorning snack, you will love the fresh and delicious recipes Matthew Kenney has created. The book also includes substantial main dishes, like Pad Thai and Tomato, Basil, and Ricotta Pizza, as well as decadent desserts like Frozen Goji Berry Soufflé and Chocolate Hazelnut Tart. The chapter Unbaked teaches you to make crackers and breads using raw food techniques and ingredients, and the chapter on Spreads, Dips, and Sauces is filled with favorites like Pineapple Mango Salsa and Roasted Pepper Hummus with Lime. Many of the recipes require no additional equipment, and others something as simple as a blender. Everyday Raw is for everyday people who want healthy food and great flavor. If you want to eat well and feel great, this book is for you. Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has appeared on the Today Show, the Food Network, and numerous morning and talk shows. He has been nominated for the James Beard Rising Star Award. Matthew has been the chef and partner of numerous successful restaurants, including Matthew's, Canteen, Commune, Mezze, and The Plant. Matthew's passion for raw food has taken him into new realms of creativity, flavor, and healthy living. He is the author of several cookbooks, including Raw Food Real World and Matthew

## Kenney's Mediterranean Cooking.

This is a fine raw uncooked food but the title is misleading perhaps this is every day if you are a leading gourmet chef. It has intriguing recipes that encourage going beyond salads and smoothies BUT these are complex recipes - many require young coconut or other more exotic ingredients. And the book doesn't present a balanced every day meal vantage point of the raw food diet. It is heavily weighed on nut based and sweet based raw foods which are fine / good for you in moderation but not as the foundation or staples of an every day meal. bottom line: I'm still glad I got it but it's for party planning or gift/treats not every day.

I started my raw food journey about 2 years ago. Eager to learn and try everything, I systematically started ordering various raw food preparation books. I now have around 7. I have found that raw food recipes can be...well, let's be honest, simple...even boring (especially in the bread category). Everyday Raw is the one book that hasn't disappointed me yet. If a recipe fails me in another book, I will go back to Everyday Raw and look for the replacement. I have read some comments that say the ingredients are too complex, but trust me, they are worth the tiny bit of extra effort. I mean, it's not worth the trouble to make something if it's so bland you don't want to eat it. I think Matthew Kenney is masterful in the combinations he puts together. His almond milk is to die for! And I served the raw potato salad at Thanksgiving, and my family couldn't believe that 1. there were no potatoes in it and 2. It was vegan/raw. The ultimate is the pumpkin pie w/thyme (sans any pumpkin). It was better than any conventional pumpkin pie any of us had ever eaten that recipe alone is worth the price of the book! I did cut corners on the crust however as it takes so long to dehydrate, but it didn't affect it one bit. I highly recommend adding this book to your raw food library.

We have several raw food books and it depends on the individual person what you will like. The everyday raw is good if you like regular, easy to make food with some more complicated recipes. If you like gourmet raw food, go for "living raw food", or if you like the basics to raw food cooking get "Ani's raw food essentials". We have been to Matthew Kenneys Restaurant in Oklahoma City and it's amazing. You will find some of the recipes in the book. It can get a little frustrating sometimes to find some ingredients but is a great help with that. Good recipes in here are for example the cashew sourcream, the chocolate chip cookies, the guanduja, and the herb crackers. Everything I made I gave to meat loving friends and everyone was delighted and surprised. I started with the simple stuff and have so far not been disappointed. Matthew has good taste and the food will surprise you with

its rich fresh flavor and authentic taste. I would recommend it to people who want to start to explore raw food and find some familiar tastes in non traditional food.

lovely book!!! I love Matthew Kenney's cooking book. Some are not easy, and use lots hard to find ingredients but the recipes in this book are super easy!!!

Nice book. Recipes not for everyday and not for everyone. This is a good book for a gourmet raw cook.

I got this book for Christmas, along with an Excalibur food dehydrator. So far, the recipes I've made have been delicious and my family loves them. It can be time consuming, because you need to think ahead on some recipes in order to be able to dehydrate them. But it is well worth it, and actually making some of the items ahead, cuts down on final prep time of getting food to table after work. This evening I made the Mango Wraps pictured on the front of the book, and the Potato Salad (which is really raw Jicama). I did substitute Yellow bell pepper for the Red bell pepper the recipe called for - because my son doesn't like Red bell pepper. My husband and son gobbled them down and went back for seconds. So, I like that the family is liking the fare too. The photos are beautiful and the recipes, although some do require thinking and planning ahead, are easy to follow and straight forward. All in all, I really love this one and would recommend it to anyone that is high raw, or just experimenting. YUM! You can see the photo of what I made for dinner from this book at [...] to see just how mine came out. OH, and I made the Creamy Thai Dipping Sauce also, for the Mango Veggie Wraps. Easy and yummy!

This is an example of a raw vegan book that is fairly accessible to everyone, but will take some finesse to get the recipes to come out perfectly. The flavor combinations are amazing! I do think it would take an expert cook with good equipment to successfully make all the recipes. You'll definitely need a really good dehydrator (the excalibur is very good), a good blender, and a juicer. If you have patience and want to try something new, try this book. Despite needing a good flat dehydrator (the one with the hole in the middle just won't cut it), most of the recipes are very accessible (you can find the ingredients at the store and do not need anything special....you may have to go to an Asian or Indian food store) and not too labor intensive. If you want to try something new and have an effective way to eat your vegetables, get this book!

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