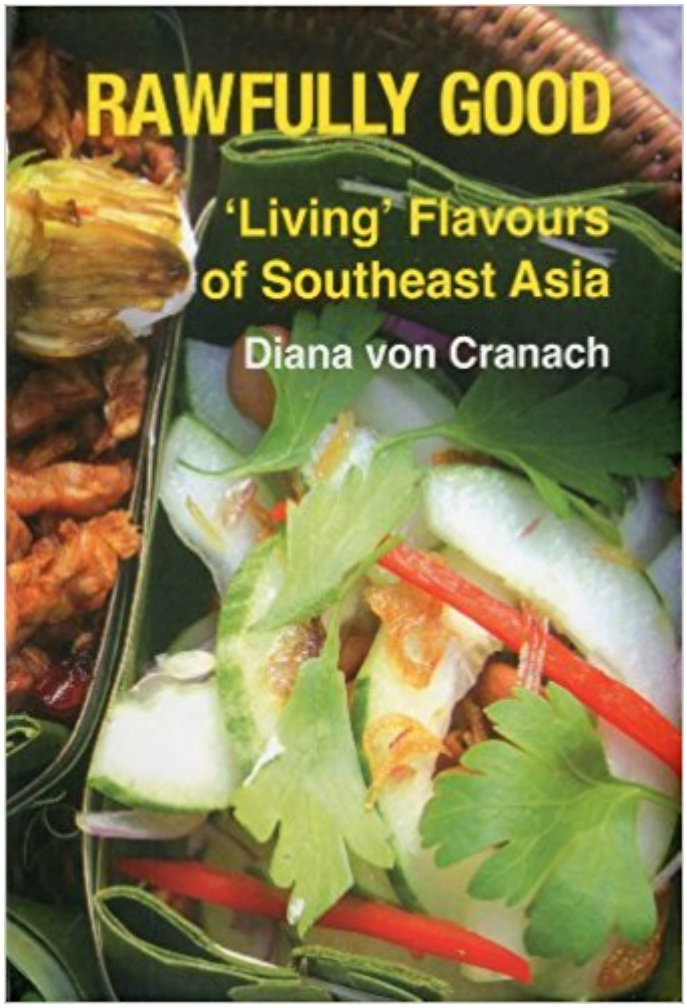
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Rawfully Good: Living Flavours Of Southeast Asia



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Synopsis

Covering destinations stretching from Bali in Indonesia, to Loei Province in Thailand, this book full is of well-known regional recipes with excitingly different and invigorating 'living' flavors.

Book Information

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Average Customer Review: 3.8 out of 5 stars 6 customer reviews

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Customer Reviews

Diana von Cranach was born in the UK and after being Cordon Bleu trained, decided that she had to find her own style of cooking. Completing a degree in Egyptology at Heidelberg University, then running her own successful interior design business, she moved to Bali to create a small but very personal resort, Puri Ganesha Villas in 1996. In 2006 Diana began to develop her unique, 'rawfully good' interpretation of the 'raw' or 'living' food movement that began in the late 1990s in the US. Since then, the has been a quest chef at many hotels throughout the region and will be opening the first ethno-botanical restaurant in Luang Praband, Laos very soon.

This is absolutely incredible and SO beautiful- an unbelievable collection of raw food recipes from my home region, South East Asia. There are some other delights that didn't make it in, like the Nyonya Four Angled Bean Salad, but the ingredients are similar to some of the other kerabu/salad recipes. It's gorgeous with full color pictures on high quality paper of all the recipes. I also don't see Ulam, a dish eaten of raw wild herbs/plants with the delectable sambal belacan. No sambal belacan? The king of raw condiments!Nonetheless, my hats off to Diana for such an unusual and amazing compilation beyond the raw food we know of here in the US (boring nut butters, flax bread

and unexciting salads). If you are a raw foodie, BUY it. An absolute must have.

I was swayed by the amazing reviews and love a raw challenge but I was so disappointed when I received it. There are many non-raw ingredients including tofu, tempeh, glass noodles, and rice noodles. If fully raw isn't your priority you may like this.

I was very pleased with this book. One of the best Raw, Living food book out there. Seller is wonderful to purchase from and very helpful.

Excellent- fabulous guide to raw food if u live in asia and have access to flowers...it is full of tips. Receipes. Explanations and ideas even on how to modify some recipes if some ingredients not available

Absolutely gorgeous collection of raw recipes. The pictures are enough to leave this out on the coffee table as you could just sit and look at it over and over...and of course get very hungry. I only gave 4 because unless you have access to exotic ingredients, you will not be able to make many of the dishes.

This is an unusual and exceptional find. The pages are filled with delectable, delicious and creative works of art. Here is a cordon bleu chef turned raw food magician - and I cannot help but marvel and delight at her recipes. Classy, elegant, scrumptiuous and intoxicating creations bursting with asian scents. Bravo!

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