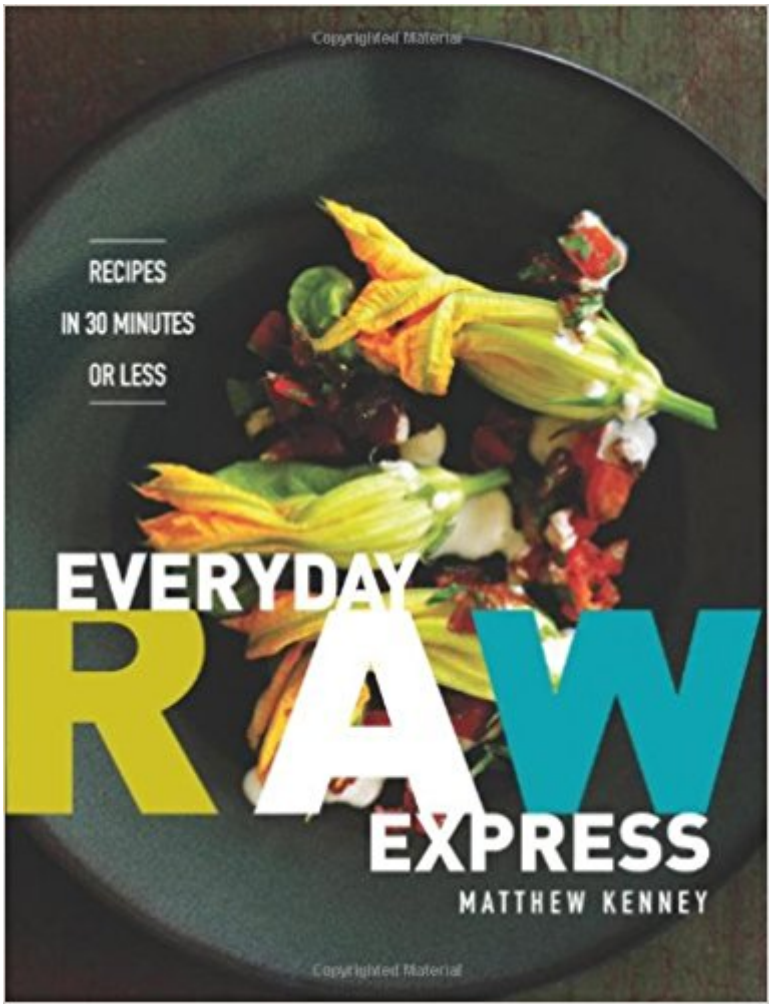
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Everyday Raw Express: Recipes In 30 Minutes Or Less



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Synopsis

Raw food in 30 minutes or less! Many people love the philosophy behind and benefits of eating raw, but often the recipes take hours or even a period of several days to prepare. Everyday Raw Express offers delicious soups and smoothies, pastas and wraps, entrees and desserts all prepared in 30 minutes or less. 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. Matthew splits his time between New York and Maine.

Book Information

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Best Sellers Rank: #517,697 in Books (See Top 100 in Books) #214 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw #629 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #840 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

IF YOU LOVE the philosophy behind and benefits of eating raw, but need something great to eat in a hurry, the answer is here. Everyday Raw Express gives great, simple, tasty, healthful recipesÃ¢â ¬â ¢fast! In 30 minutes or less. While raw food has captured our imaginations with its growing presence in upscale restaurants and through its beautiful, colorful imagery in cookbooks, many recipes by raw food chefs are admittedly complicated or time-consuming to make. Even many of the simpler variations still require long periods of dehydrating time and, occasionally, ingredients that are difficult to find and work with. ThereÃ¢â ¬â„¢s no denying the effort to make these dishes is well worth the wait, but many times you need something great to eatÃ¢â ¬â ¢now. Enter Everyday Raw Express, bursting with recipes for full-flavored, original, and vibrant raw dishes. Each recipe is made with local, seasonal ingredients to achieve the healthiest food possible. Try elixirs such as Lemongrass Pear Tonic or Red Beet Sangria. Savor pastas like Zucchini Noodles with Sweet Corn

Pesto and Mint or entrÃƒÂ©es like Spring Vegetable Couscous with Fava Beans. The book includes delicious smoothies and salads and an entire chapter dedicated to condiments. Finish off your meal with a decadent dessert such as Banana Gelato or Spiced Pineapple with Rose Water and Pistachios. Accessible, practical, and richly flavored, these raw food recipes utilize fresh ingredients at their peak in intense combinations. Explore your local stores, farmers markets, and artisanal products to make the freshest, healthiest food available. Embracing the plant-based lifestyle of raw food is easier and less time-consuming than ever with Everyday Raw Express.

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 MatthewÃ¢â ¬â„¢s, Canteen, Commune, Mezze, and The Plant. MatthewÃ¢â ¬â„¢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 Everyday Raw and Everyday Raw Desserts.

I agree with the other reviewer who says, "I've made a decent amount of recipes from this book and I feel like I'm able to write a good review now for this book. What I like about it is how quick and easy the recipes are. Makes going raw that much easier. I also like the variety of recipes- smoothies, drinks, soups, starters, mains etc. Unfortunately, after making seven odd recipes, there are only a few I thought were absolutely delicious and would make again.'Well, I've made more then 7 myself and I have liked a few of them quite a bit, but some are really not good, I second the cream of miso Shiitake as not good, raw shiitake are just rubber! I wish everything I tried was at least tasty but maybe not to my taste, but some were just bad.I do think that the book is well laid out, recipes are clear and the equipment needed is not as intense as some raw books. This would be a good book to have once you know what raw tastes you like and can gauge say what raw shiitake's would taste like.My favorite raw cookbook is, Going Raw by Judita Wignall, everything I've made in that one has been great.

I did like this Raw Food Express, and most of the dishes can be prepared relatively quickly, but quite a few of them do require you to have made up some of the ingredients yesterday or the day before (does this count as express?) Still, this book has enough interesting recipes for me to keep it on my shelf and refer back to it from time to time.Everyday Raw Express: Recipes in 30 Minutes or

Less

I just bought the Kindle version of this book and love it!The first recipe I tried was the "Spaghetti" with "Meatballs". I bought a spiral slicer to make the spaghetti with. Also the recipe for the marinara sauce is fantastic!! My Meat loving boyfroend was amazed at how good the zuchinni noodles were and actually went back for seconds!! I am so excited to try more recipes from this book and eat healthier in 2012!!

These recipes are very beautiful, but not worth all the trouble. I don’t get what all the fuss is over Mathew Kenney. The portions are miniscule, and they’re more works of art than actual food. I don’t want to spend 20 minutes making a pretty sauce and a fancy garnish to drizzle over a piece of lettuce. (FYI - I eat about 75% raw and have for about 4 years, so I’m not a newbie). Buy Judita Wignall Raw and Simple - much more real, yet healthy food.

I’m a terrible cook without directions and I’m a very busy bee so this book is a life saver! My kids and I love the recipes.

I love to eat , I love to make my own raw vegan dishes and this "cookbook " makes me feel like a chef !! Trust me, I’ve been around for a long time and I’ve never been happier to be a vegan. No longer do we have to eat a boring less than exciting meal. Keep these books coming and I will certainly buy them all. Thank you!!

I read all the back ground story and it is great to understand that a potentially dreadful path could be changed. This cooking book is yummy and perfect for people who enjoy CREATING food. I love eating, eating healthily, but I don’t have the time or desire to spend long periods of time preparing yummy, divine appetizers - this is when I love going out... This cooking book is really nice, but a fair bit too time consuming for me in my daily life.

I bought this book for a family member who is a strick vegan. They were very impressed with recipes offered in the book, so much so, they prepared a meal for me, offered in the book. Being skeptical myself about anything vegan, I reluctantly accepted their invitation...Boy was I surprised!! It was good!!

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