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Alfons Schuhbeck

Gluten-Free 101 Carol Fenster, 2014-01-08 Featuring 175 simple recipes, this excellent gluten-free resource helps readers to make the transition by explaining how to select and work with the best gluten-free foods, how to continue eating healthfully and how to master basic gluten-free cooking techniques. 15,000 first printing.

The Plant-Based Cookbook Ashley Madden, 2021-03-02 An essential resource for your health—if we are what we eat, let's make every (delicious) bite count! This cookbook will no doubt transform your kitchen, bringing new plant-based, whole food ideas to the table and offering easy yet healthy recipe solutions for everything from celebratory meals to rushed weeknight dinners. Ashley Madden is a pharmacist turned plant-based chef, certified holistic nutritional consultant, and devoted health foodie. A diagnosis of multiple sclerosis changed her whole life and approach to food, eventually shaping a new food philosophy and inspiring this book. The Plant-Based Cookbook is especially helpful for those with dietary requirements or food allergies as all recipes are vegan, dairy-free, gluten-free, and oil-free without compromising on taste or relying on packaged and processed ingredients. All-natural recipes include: One-pot creamy pasta Vibrant nourish bowls Decadent no-bake cinnamon rolls A show-stopping cheese ball Life-changing carrot cake And so much more! Whether you consider yourself an amateur home cook or a Michelin Star chef, this collection of recipes will inspire you to turn whole foods into magical, mouthwatering meals and give you confidence to prepare plants in creative and health-supportive ways.

Off the Grid Phillip Vannini, Jonathan Taggart, 2014-10-30 Off-grid isn't a state of mind. It isn't about someone being out of touch, about a place that is hard to get to, or about a weekend spent offline. Off-grid is the property of a building (generally a home but sometimes even a whole town) that is disconnected from the electricity and the natural gas grid. To live off-grid, therefore, means having to radically re-invent domestic life as we know it, and this is what this book is about: individuals and families who have chosen to live in that dramatically innovative, but also quite old, way of life. This ethnography explores the day-to-day lives of people in each of Canada's provinces and territories living off the grid. Vannini and Taggart demonstrate how a variety of people, all with different environmental constraints, live away from contemporary civilization. The authors also raise important questions about our social future and whether off-grid living creates an environmentally and culturally sustainable lifestyle practice. These homes are experimental labs for our collective future, an intimate look into unusual contemporary domestic lives, and a call to the rest of us leading ordinary lives to examine what we

take for granted. This book is ideal for courses on the environment and sustainability as well as introduction to sociology and introduction to cultural anthropology courses.

The Plant Paradox Cookbook Dr. Steven R. Gundry, MD, 2018-04-10 From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

Human Nutrition Allison Calabrese, Cheryl Gibby, Billy Meinke, Marie Kainoa Fialkowski Revilla, Alan Titchenal, 2018 This open textbook was developed as an introductory nutrition resource to reflect the diverse dietary patterns of people in Hawai'i and the greater Pacific. It serves as an introduction to nutrition for undergraduate students and is the OER textbook for the FSHN 185 The Science of Human Nutrition course at the University of Hawai'i at Manoa. The book covers basic concepts in human nutrition, key information about essential nutrients, basic nutritional assessment, and nutrition across the lifespan.--BC Campus website.

Just Enough Gesshin Claire Greenwood, 2019-06-11 Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood because of its all-encompassing approach to life and how to live it, its willingness to face life's big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was at hand was bamboo. Based on the philosophy of *oryoki*, or “just enough,” this book combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and

spirit.

The Messy Baker Charmian Christie, 2014-08-26 Since when did every cookie on the plate have to be just like the next? Or each layer of cake exactly the same height? Each piecrust an impeccable work of art and encircled by stunningly perfect pastry leaves? To the uninitiated, all that fastidious, spotless baking is intimidating, not to mention exhausting. The Messy Baker celebrates baking as it happens in the real world--sweet, messy, fun, not always gorgeous, but a way to show love. Which doesn't make it any less delicious; to the contrary, Charmian Christie's flavor combinations rise far above the ordinary. Why have a raspberry galette when you can enjoy a raspberry-rhubarb galette with drippy, unctuous walnut frangipane? Or how about a Brie and walnut whiskey tart? It's all yours without the rigid perfectionism or complicated instructions of other gourmet cookbooks. Christie's warm, irreverent voice brings the fun back into baking at a time when home cooks--pulled from pillar to post by jobs and errands--need to have fun. The Messy Baker is a full-service book that not only guides the reader through simple, delicious recipes but is also there to help out when things go wrong. For anyone who gave in frustration when that cake collapsed or the frosting smeared, Christie's practical advice is here to rescue even the worst disaster and inspire the baker to try the next recipe.

The Flour Craft Bakery & Cafe Cookbook Heather Hardcastle, 2021-04-06 Gluten free as it should be--fresh, simple, and for the whole family.--The Flour Craft Bakery & Cafe Cookbook includes seventy-five impeccable, seasonal recipes for every time of day. The Flour Craft Bakery & Cafe Cookbook empowers readers with simple and approachable recipes for mouthwatering cakes and cookies, pastry and savory bakes, everyday treats and holiday centerpieces, plus fresh salads and soups--all naturally gluten free. 75+ recipes cover breakfast, brunch, lunch, teatime, and dessert, from coffee cakes to focaccia, scones to tartines. Heather Hardcastle combines alternative flours including rice, millet, nut flours, and starches to achieve a perfect crumb and oven-fresh texture. Flour Craft breaks down the process in an approachable way, teaching readers how to combine a few key flours in the correct proportions to yield excellent results every time. The cornerstones of the book are the Master Recipes, classics of baking to be practiced and adapted. The full Flour Craft experience is brought to life for the reader with a glossary of ingredients and terms curated to build confidence for bakers of all skill levels.

Asian Pickles at Home Patricia Tanumihardja, 2020-07-21 Easy recipes for making pickles and fermented foods from all over Asia Whether you're a first-time fermenter or a pickling pro, it's never been easier to create flavorful Asian pickles from the comfort of your own kitchen. Asian Pickles at Home is packed with straightforward guidance and delicious recipes for fast and fresh pickles, chutneys and sauces, kimchi, and other fermented foods from Japan, China, Korea, India, and Southeast Asia. This guide to Asian pickling includes: A pickling primer—Learn all about the history and process of fermentation, the health benefits of pickles, using the right ingredients, and how to outfit your kitchen for pickling success. Your pickling passport—Explore what makes each country's pickles and pickling techniques unique, and get detailed

instructions for canning and fermenting Asian pickles. Simple recipes—Discover uncomplicated recipes that require only easy-to-find ingredients and basic techniques to create the complex flavor profiles you know and love. Master the art of Asian pickles from around the globe with this essential pickling book.

The Living Well Without Lectins Cookbook Claudia Curici, 2020-02-25 Millions of people say they feel better when they eat lectin-free. Here at last is the cookbook that makes lectin-free cooking fun and delicious! For people who take their health and well-being seriously, gut health is a top priority. Optimum gut health means more than just a well-working gastrointestinal tract. It means you have more energy, you simply feel better, and, not least, you're not gaining unwanted pounds. Among diets that address gut health, lectin-free is the fastest-growing, mainly because following it means your intestines absorb more nutrients and your gut is populated by fewer bad bacteria. Its many adherents range from people with specific disorders, like irritable bowel syndrome (IBS), diabetes, rheumatoid arthritis (and other autoimmune disorders), and leaky gut, to people who simply feel better without lectins. Easier weight loss or weight maintenance is an added benefit! Claudia Curici is the talented writer and photographer behind the pioneering lectin-free blog Creative in My Kitchen. The 125 nourishing and imaginative recipes she has created for this book are all sugar-, grain-, and lectin-free, and they are delectable and easy to make. Many are dinnertime main courses, from Chicken Coconut Soup with Shiitakes and One Beef Kebab Platter to vegetarian options like Cauliflower Gratin with Pecans and Healing Vegetable Soup with Kale and Broccoli. There are lectin-free superfood smoothies, too, among other drinks and snacks, along with soups, salads, sides, and even desserts, including an opulent but easy Lectin-Free Chocolate Strawberry Birthday Cake. Nourish and protect your gut with these diverse and delightful dishes!

The Everything Guide to Hashimoto's Thyroiditis Aimee McNew, 2016-10-07 Heal your thyroid with the Paleo diet! If you've been diagnosed with the autoimmune condition Hashimoto's thyroiditis, you know how difficult it can be to improve symptoms. However, scientists are discovering ways to address this disease without resorting to prescription drugs and synthetic treatments: through the Paleo diet. By using functional medicine and healing foods, you may finally find relief! In *The Everything Guide to Hashimoto's Thyroiditis*, you'll discover the causes and symptoms, as well as the link between gut health and thyroid health. You'll learn exactly which foods can help improve your condition and which ones exacerbate problems. This all-in-one health guide features meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle--so you can improve your well-being and heal your body naturally.

The Kitchen Garden Grower's Guide Stephen Albert, 2008-11-17 A practical guide on planting, growing, and preparing more than eighty vegetables and herbs, this handy home companion is perfect for avid cooks, foodies, and small scale vegetable gardeners.

The Whole Smiths Good Food Cookbook Michelle Smith, 2018-06-05 "... the recipes truly shine in inventive fare, like

salmon with shredded squash and dill; dairy-free broccoli with chicken ranch potatoes; a recipe called Cloud Eggs Furikake, which features a baked egg yolk nested atop whipped egg whites. Each recipe is noted for its applicability for vegan, paleo, and Whole30 dieters, should they have questions. Throughout, Smith suggests flavorful recipes for such standbys as sweet potato hash, salmon-avocado salad, and barbecue chicken meatballs, all of which come together in minutes. Health-minded home cooks who aren't adhering to a strict dietary regimen will find new dishes to incorporate into regular rotation.

—Publishers Weekly “Michelle’s food ticks all my boxes: healthy, realistic, delicious, and fun. There are lots of Whole30-compliant recipes, but plenty of variety for your food freedom. And it’s stuff I can actually pull off on a richly scheduled day; whole-food, nutritious meals that also taste fantastic.” —from the Foreword by Melissa Hartwig, Whole30 Headmistress “I’m a longtime reader of The Whole Smiths and Michelle’s debut cookbook is everything I was hoping it would be: fun, fabulous, family-tested recipes that are perfect for everyone who loves good food!” —Michelle Tam, New York Times best-selling cookbook author and creator of Nom Nom Paleo “This book is full of inspiration and wonderful recipes that solve the problem of what to make for dinner.” —Teri Turner, founder and creator of nocrumbsleft “Michelle truly keeps it real in her new book—real food, and real talk! I appreciate how approachable the recipes are, and love how I can find all the ingredients at my local grocery store! She focuses on an abundance of healthy and delicious meal ideas that are easy to prepare and will leave you and your family satisfied. This book is a perfect addition to any health-inspired cookbook collection!” —Kirsten Buck, Buck Naked Paleo “The Whole Smiths Good Food Cookbook should be a staple in all homes that are wanting to clean up their diets and lifestyle. Each recipe is unique and creative yet approachable to all levels of home cooks. I know that busy families will love and live off this book, and I look forward to making many of these dishes.” —Alex Snodgrass, creator of The Defined Dish —

The German Cookbook Alfons Schuhbeck, 2018-10-08 The only comprehensive collection of German recipes - from authentic traditional dishes to contemporary cuisine Germany is made up of a series of distinct regional culinary cultures. From Hamburg on the north coast to Munich in the Alpine south, and from Frankfurt in the west to Berlin in the east, Germany's cities and farmland yield a remarkable variety of ingredients and influences. This authoritative book showcases this diversity, with 500 recipes including both beloved traditional cuisine and contemporary dishes representing the new direction of German cooking - from snacks to desserts, meat, poultry, and fish, to potatoes, dumplings, and noodles. An introduction showcasing the culinary cultural history of the country introduces the origins of the classic recipes. These recipes have been tested for accuracy in a home kitchen, making them fully accessible to a wide range of cooking abilities. Icons indicate everything from vegetarian, gluten-, and dairy-free options to recipes with five ingredients or fewer and simple one-pot dishes. The German Cookbook is the latest in Phaidon's bestselling series of authoritative cookbooks on global cuisines.

Spike it with Lavender Lida Lafferty, 2011-07-16 Contemporary healthy recipes, tips and ideas using lavender in an annually expanding collection...

Switch It Up Corinne Trang, 2017-02-14 Imagine food that can be made ahead of time for convenience, then mixed and matched to create colorful perfectly portioned meals that are both healthful and flavorful. Switch It Up lets you discover how the concept of compartmentalizing can help you prepare balanced meals for every day of the week. This book includes 50 nutritious and delicious, quick and simple recipes that can be combined in any number of ways. Each recipe is made up of readily available ingredients. Learn how to pair different flavors and textures while developing a palate for healthful food combinations. Healthy eating starts with understanding balance. For instance, in Asian cultures, the majority of the meal is made up of vegetables, with much less animal or seafood protein than we are used to in the West. Indeed, anything with legs or fins is generally considered a flavor enhancer rather than the main course. Additionally, the reader can decide to enjoy “Raw Kale with Roasted Sweet Potato Salad” as a full meal or as a part of a meal, if they want to pair the salad with other foods, for example. Lastly, desserts are largely absent, fresh fruit or a simple cup of hot tea or herbal infusion is encouraged at the end of the meal to aid digestion.

Noodles Every Day Corinne Trang, 2012-02-03 Noodle dishes are a beloved staple throughout Asia and are eaten at all hours of the day and night. Asian cuisine expert Corinne Trang presents more than 70 recipes that make it easy to discover such simple pleasures as the Vietnamese rice noodle soup known as Pho, mee krob (a sweet and crispy fried rice vermicelli) from Thailand, and Japanese Soba. Chapters are organized by type of noodle—Wheat, Egg, Buckwheat, Rice, and Cellophane and then Buns, Dumplings, and Spring Rolls, so it's easy to find just the right treat for the occasion. With a section on basic Asian ingredients plus information on simple equipment and easy techniques to master, this great guide ensures that each dish comes out perfect every time.

Culinaria Germany Christine Metzger, 2011 *Culinaria German Specialties* has a new look!! The fresh layout, modern photography and revised texts invite the reader to delve into the Federal Republic's cooking pots. Whether freshly caught Matjes from the North, Rheinischer Sauerbraten, or original Swabian Maultaschen-- many newly photographed, this book's authentic recipes, covering the full range of regional and national specialties, and its wealth of background information, will stir the heart of even the most culinary-spoiled reader. Take a look at just how hearty, sophisticated, or sweet German cuisine can be. AUTHOR: Christine Metzger has worked as a freelance journalist for daily newspapers, magazines, and radio, and has already published numerous books on the subject of travel. Ruprecht Stempell, born in 1953, also photographed for the volume *Culinaria Hungarian Specialties*. Christoph Büschel, born in 1959, has been working as a freelance photographer since 1993. Saga Fuis, born in 1961, studied photography and has been working as a freelance photographer since 1987. SELLING POINTS: Completely revised and updated edition New, modern layout All regional cuisines and their recipes Latest

information on products, brands, producers and production Thoroughly researched texts and excurses Numerous, in part newly shot photographs and fascinating photographic reports Glossary and Index 1400 colour illustrations

Easy German Cookbook Karen Carlson, Karen Lodder, 2021-11-23 Guten Appetit! Create delicious German dishes in a snap. German cooking and baking is loved the world over for its rich, complex flavors. While these recipes have been passed down through generations, making them at home is simple with the Easy German Cookbook. Learn to prepare essential German breads, meats, stews, and sweets with straightforward recipes and directions. You'll also learn about German language and culture. Put tasty German classics on your Stammtisch with easy recipes you can create in Eins, Zwei, Drei. German cuisine made simple--Discover preparation tips and shopping tricks and shortcuts for stocking your German kitchen and preparing age-old favorites in minutes, not hours. Easy weeknight recipes--These delicious dishes are easy in at least 1 of 4 ways by requiring only 1 pot, using 5 ingredients, taking 30 minutes to prepare, or being cook-free. An intro to regional cuisine--Gain culinary and geographical knowledge about Germany's many diverse states, like Berlin's Currywurst and Southwest Germany's Black Forest Cake. Enjoy delicious German cooking with this easy cookbook.

Asian Flavors Diabetes Cookbook Corinne Trang, 2012-08-24 The Asian Flavors Diabetes Cookbook is the first book that takes the naturally healthy recipes and meals of Asian cuisine and crafts them specifically for people with diabetes. Authored by Corinne Trang, who was dubbed by The Washington Post the Julia Child of Asian cuisine, this unique collection of recipes will be attractive to anyone with diabetes looking for a fresh approach to diabetes-friendly cooking. With more than 125 recipes, this compilation of simple comfort foods from all over Asia will include classics such as wontons and fresh spring rolls, and more contemporary recipes like garden tomatoes and mixed greens salad tossed in an Asian-inspired dressing blending soy sauce, sesame oil, and wasabi. The recipes are nutritionally sound, with plenty of fresh vegetables and complex flavors using readily available ingredients, and they rely on healthy cooking techniques such as steaming, stir-frying, braising, and grilling. The book will open with shopping and stocking techniques, including tips on building a basic pantry of Asian ingredients. Then readers will find recipes covering everything from soups and stews to meat and poultry. Each recipe will be broken down with easy step-by-step instructions, as well as menu ideas for serving one, two, four, or more. An added benefit will be a chapter titled "On The Go, Bento!" which shows how leftovers and ready-made sides can be quickly assembled into an on-the-go lunch. Filled with a wide variety of vegetables, whole grains, and protein-based dishes, readers will discover countless new flavors to enjoy with their family. With meals inspired by Chinese, Japanese, Korean, and Southeast Asian food cultures, the Asian Flavors Diabetes Cookbook will become a "go-to" book for Asian-inspired diabetes-friendly meals.

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