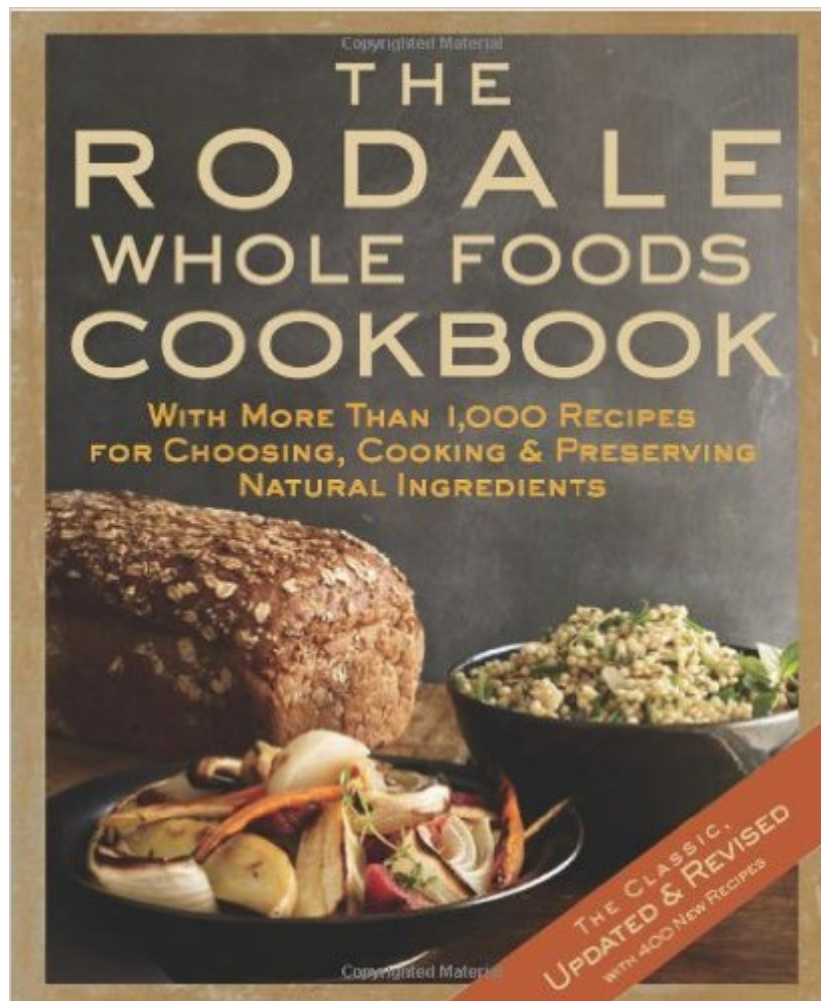


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# The Rodale Whole Foods Cookbook: With More Than 1,000 Recipes For Choosing, Cooking, & Preserving Natural Ingredients



## Synopsis

Farmer's markets, groceries, and natural foods stores today offer a wealth of wholesome ingredients that even a decade ago were considered unfamiliar and exotic. From quinoa to spelt flour to agave nectar and shiitake mushrooms, natural whole foods like these have come into their own as the cornerstone of a healthy, varied diet. Packed with information for purchasing, storing, and serving the full spectrum of whole foods, *The Rodale Whole Foods Cookbook* by Dara Demoelt is a comprehensive kitchen resource for contemporary cooks. Based on the classic work, this exhaustively revised edition contains nearly 1,400 recipes—more than one-third of them brand new—and updated guidelines for making the most of fresh meats, produce, and pantry essentials, soup to nuts. Here's all you need to know to make spectacular soups, stews, salads, baked goods, and more, using whole foods. You'll find dozens of casseroles (many of which can be made ahead and frozen for no-fuss weeknight meals), quick-and-easy sautés, plenty of meatless main courses, and crowd-pleasing favorites for casual get-togethers. Best of all, these recipes are naturally healthful, showcasing the versatility of wholesome whole grains, natural sweeteners, seasonal fruits and vegetables, and other fresh, unprocessed foods in all their delicious variety. Also included are valuable primers on such essential kitchen topics as making stock; putting up jams and preserves; baking yeast breads; choosing cookware; sprouting seeds; making yogurt; and canning vegetables with helpful charts and glossaries on herbs and spices, cheeses, sea vegetables, seasonal produce, roasting meat and fowl, freezing foods safely, and more. A trusted, timeless classic thoroughly updated for the way we cook today, *The Rodale Whole Foods Cookbook* is sure to become an indispensable resource for health-conscious cooks.

## Book Information

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## Customer Reviews

After reading Michael Pollan I decided to try and turn away from processed foods and this book has come to my rescue. I cannot say enough good about this book! I have tried dozens of recipes and have yet to be really disappointed (although I now know yogurt-based soups aren't my thing). I would especially recommend the Moroccan Lamb Stew and the New Mexican Green Chili, which are my two favorite recipes. There are literally hundreds of recipes from well known staples like apple pies and pork chops to more exciting elaborate international dishes. None of them seem to require any sort of special cooking skills beyond the basics. I truly believe anyone could pick up this book and use it. Furthermore, beyond the tasty recipes this book is an invaluable source of information: what foods are in season when, how to make your own cheese, how to can foods, how to clean a fish-- it's a veritable treasure trove of all kind of kitchen knowledge, which is fascinating reading even if you don't ever plan on using it. The introductory material also includes a run down of the types of equipment you'll need, the pros and cons of various choices (e.g. cast iron skillets over teflon), what types of fats and oils work best where, the legal definitions of various label terms (whole wheat, organic) etc. This cookbook is not a preachy tome about lifestyle choices with tasteless recipes. Even if you're not into making that kind of lifestyle switch, you will find tons of tasty healthful choices. This book has practically become my Bible, a Joy of Cooking for my generation. As my own personal testimony, having switched from a diet of mixed whole foods and processed foods (and more diet soda than one person should ever drink) to a nearly exclusive whole foods diet, I feel great. I have more energy and feel more alive and present in my own life. I would definitely recommend it.

I am going to keep this review short, sweet, and to the point. I own shelves-full of cookbooks. I quite simply love to cook, love to eat, and love to read cookbooks. I am also very concerned about eating healthy, sustainable, seasonal and natural products. I am so impressed with the thoroughness of purpose to this book, and every recipe I have tried has been superb. I have to be honest and say that I wish nutrition facts were included for the recipes, but other than that I have no complaints. It is a truly comprehensive guide to cooking with whole foods. Wonderful.

This is a fabulous cookbook full of great recipes. The book is definitely a book of balance. Nothing insanely complicated nor boringly simple - great for someone who has a little bit of time to spend in

the kitchen (45 min-hour). Meals that are good enough to serve to company. Are all the ingredients whole foods? No, but I think it is a GREAT resource for people who want to eat healthfully but maybe can't afford or find all the hard-to-get ingredients or don't want to switch to a 100% whole foods diet. The majority of ingredients can be found in a normal grocery store, which I love. A lot of things (like barbecue sauce, or ketchup) can be as processed or whole as you want depending on your budget and access to ingredients. Lots of fantastic recipes. Wide range of ingredients and flavors. Foods like cheese and dairy tend to be used more as seasonings than main ingredients, which I love - sensible servings that add a lot of flavor. It'd be nice to have the nutritional info for recipes, but it's easy enough to calculate by yourself. Very happy to have found this cookbook! It's fabulous. I don't think I'll cook from any other book for a while.

I bought this cookbook because I wanted a book that had only whole food recipes. This cookbook certainly has that, but it also has information on how to be a better all-around cook: how to cut meat, how to cut different vegetables, etc. I have been making at least one meal daily from it and have not been disappointed yet by any of the dishes. I highly recommend this book.

I grew up on a diet of hamburger helper and frozen t.v. dinners until I read Laurel's Kitchen. I bought Rodale's first version of this back in 1981. My mom just rolled her eyes. It was full of adventures from simple recipes to exotic recipes that took days to prepare. I hardly ever stumbled even though I'd never eaten anything like what was offered in this book. Decades of use the cover was held together with duck tape, the book would fall open to the most used recipes and here and there a page would stick together. I started looking for a replacement since I doubted the book would hold together much longer. Then I saw it! A new version with even more recipes!! When the new cookbook arrived I went through it to assure myself that all my favorites were still in there before I sent my old version to the big recycling bin in the sky. This book is dedicated to presenting whole foods and a healthier fare. It talks about how to select healthier foods in the section called At the Market. There are so many ethnic recipes to pick from, so many everyday recipes to choose, how-to's to cooking, ingredients that are becoming easier to find and a section of preserving. Joy of Cooking you are so out of here!

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