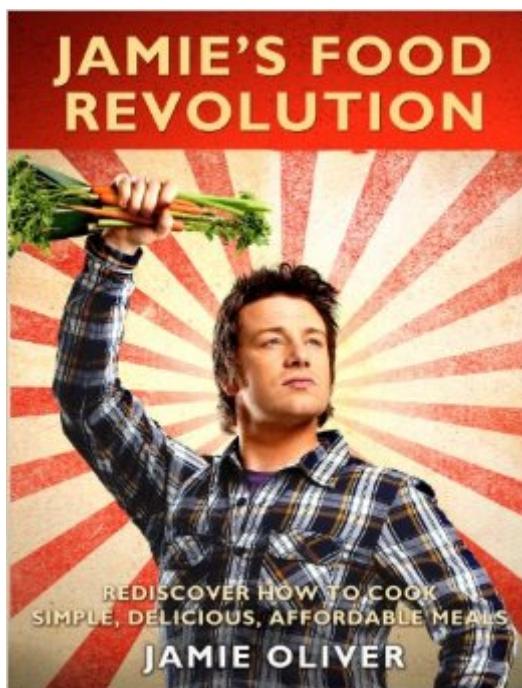


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Jamie's Food Revolution: Rediscover How To Cook Simple, Delicious, Affordable Meals



Synopsis

Cooking good food from scratch is a skill that can save you money, keep you healthy, and make you and your family and friends happy. What I've tried to do in this book is pick a whole load of meals that we all love to eat and break them down to make them as simple as possible. There are plenty of clear instructions and step-by-step pictures, so whether you're an accomplished cook or a complete beginner, you'll be able to enjoy cooking and achieve great results in the kitchen. This book is inspired by all the people I've met who thought they could never and would never learn how to cook. I believe that good home cooking is one of the most essential, fundamental skills that every single person on this planet should have in order to look after themselves, their families, and their friends. This food revolution is all about people learning how to make a recipe, then teaching that recipe to their friends and family . . . if enough people do this, pretty soon everyone will be cooking. So cook something today, then PASS IT ON!

Book Information

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Customer Reviews

My husband has food sensitivities, so I've been cooking at home for a long time. I mainly bought this book to generally support the movement and see what Jamie Oliver was up to with the Food Revolution. I didn't expect to really find many--if any--recipes that I would be able to use. But I did. The good: * TONS of photos. Every single recipe has photos, both of the finished dish and of the preparation. Yay!* He doesn't just give you the recipe (add 2 onions, chopped). He walks you through the process (Chop two onions and set aside). So you can usually cook as you read the recipe.* He tells you what to serve with the recipes, and the recipes for suggested sides are in the

book. Yay!* Many of the recipes can be easily adapted for allergen-free cooking. My husband is sensitive to gluten, corn, dairy, honey, legumes, and some nuts. That's a long list, and I was still able to adapt several recipes.* He offers recipes for all meals: breakfast food, lunch food, suppers, desserts. You could use this as your only cookbook.* The dessert section is amazing. We generally don't eat dessert in our house...at all. I think sugar makes you want more sugar, and it's a nasty cycle. But these desserts, while clearly luscious, include a lot of healthier stuff in the preparation, like fruit and oats. And the photos depict appropriate serving sizes. They look very elegant. I'm glad I'll have something wholesome to serve when company visits. The not so good: * There isn't any nutrition data for the recipes* Some of the recipes, while simple, can take some real time to prepare (fine by me, but I'm not trying to whip together dinner in a frenzy when I get home from work)* Many of the recipes serve 2 people.

Jamie Oliver's cookbook is beautiful. It is full color, complete with step-by-step pictures and easy to follow traditional recipes but with a definite twist. Jamie's cooking hook is that the recipes are fairly quick, good for you and easy. So easy in fact, that Jamie has rounded up a bunch of every day folks who would never consider themselves cooks and challenged them to cook the recipes in his book. He challenged them by teaching them how to make the dishes. Jamie believes that non-cooks can cook these meals and proves it by including some of these folks, in full-color glossy glory, with their now-mastered meals! The result is brilliant. The reader is tempted, inspired, and motivated, just as I was last Sunday, when I attempted "The Perfect Roast" on page 192. I followed the recipe to the letter and served my family a delicious roast dinner complete with horseradish sauce, p.210 and evolution cucumber salad p.114. (note to Jamie, as you suggested I improvised and added bacon bits to the cucumber salad and it was delish!) You see, Jamie's cookbook has a challenge attached to it. He wants folks to start cooking again in their own kitchens! So... he challenges his readers to "pass it on." He asks readers to try some of the recipes in his book and then teach someone else the recipes and so on and so on and so on, you get the idea. Although I will probably skip signing that actual pledge which you can find on his website at [...] I will continue to try delicious recipes from this book and will pass them on to my friends and family. Some of the other recipes that look terrific: Classic Tomato Spaghetti, p.43, Hardly Any Prep Shrimp Stir Fry, p.66, the entire Chopped Salad section p.120-p.125, Baked Creamy Leeks, p.123, and Pork Kabobs, p.238.

I have loved Jamie Oliver since he began his trek into the food world. This is his 12th cookbook and probably one of his best. Jamie began his revolution in the UK where they have the highest

obesity rate in Europe. Ready made meals make up 50% of the meals in England. Jamie wanted to change that life into simple, home cooked meals. Now, Jamie has come to the US, Huntington, West Virginia. His mission is to show how to prepare simple, good food, made in the home. Jamie loves cream, butter and creme fraiche in his cooking. But if we eat well made meals in moderation, you will be fine. This is a cookbook for anyone, from the newbie to the most experienced. I love and collect cookbooks and this one is going to be used very often! Jamie hopes that once we know how to cook simple, economical, delicious meals that we will pass this knowledge on, and there is a pledge to sign at the end of the book, if you are so inclined. Upon opening this cookbook, you will be surprised to find the most wonderful photographs of the entire process of a recipe. The photographs lure you in and then the organization of the recipe makes it easy to complete. He starts off with a picture of the Essentials in every kitchen, and then we see a list of those essentials. What makes a meal? Jamie shows us and the book is organized around that question. We see pasta, stir-fries, curry, stews, roasts, and desserts. Twenty minute meals is a popular feature and even though that may extend to thirty minutes, it is delicious! Sweet and sour pork was my first recipe and it is so good and easy to prepare. Jamie's macaroni and cheese with cauliflower and crusty top, yum, yum. Various rice dishes and each recipe comes with photos to show the steps and the finished product.

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