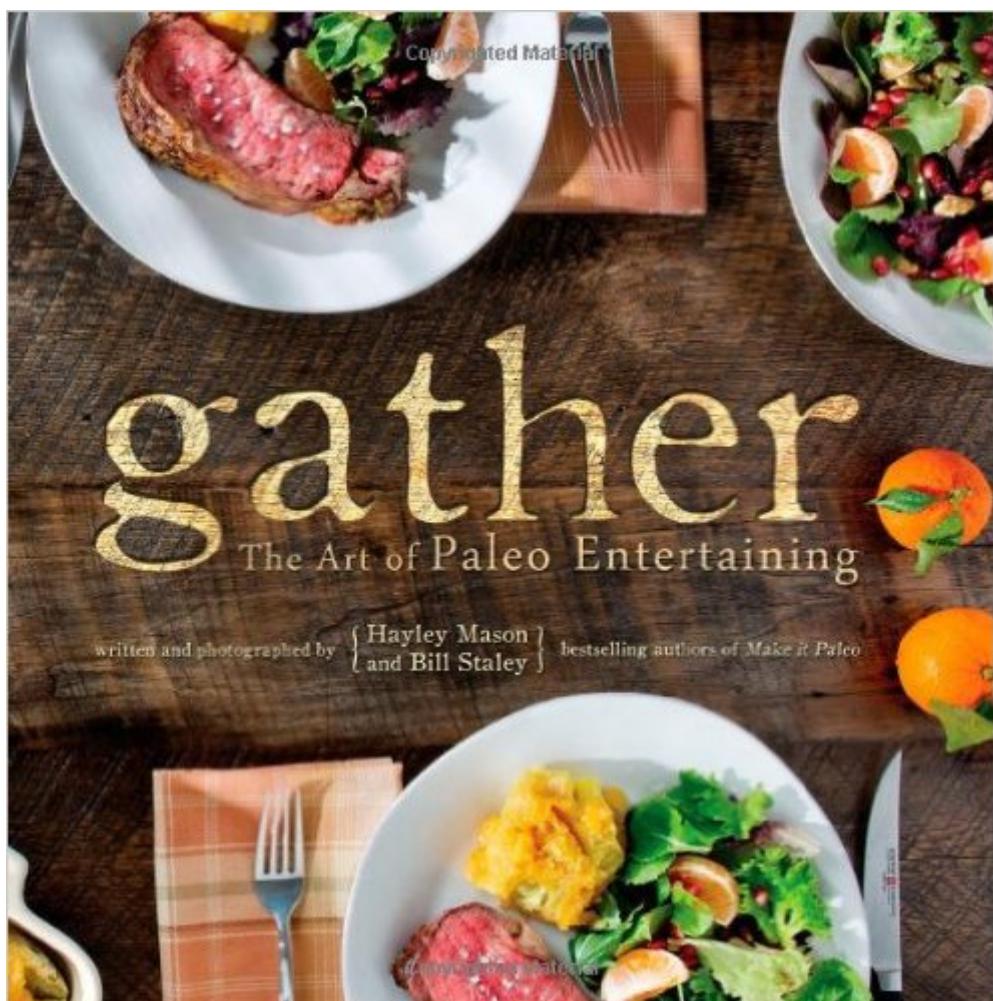


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# Gather, The Art Of Paleo Entertaining



## Synopsis

There are few joys in life quite like gathering friends and family around the table for a special meal. One of the best parts of making good food is being able to share it with others. With a little bit of thoughtful planning, it can be effortless to entertain your guests and host an incredible meal. However, the true art of paleo entertaining is creating a delicious and satisfying menu that will also promote good health. In *Gather, the Art of Paleo Entertaining*, Hayley and Bill show you how to orchestrate the perfect dinner party—whether you are planning an elegant holiday feast or hosting a casual brunch with friends. *Gather, the Art of Paleo Entertaining* includes: 17 elegant menu spreads 100 delicious dishes perfect for any party Over 300 beautiful color photos Tips and tricks to make entertaining fun and effortless Thoughtful ideas on how to prepare dishes while enjoying the party you're hosting Shortcuts and sequencing suggestions to time everything just right With sixteen creative occasions for gathering, the book acts as your guide to planning any type of menu. Each spread lays out the essential ingredients for success: carefully selected dishes, photos of each recipe, shopping lists for the meal, and even tips to streamline your meal preparations. *Gather* is filled with recipes of all types and a wealth of vibrant photos to inspire you long after your last bite. Regardless of your skill level in the kitchen, *Gather* brings all of the planning elements together to make entertaining fun, relaxing, and most importantly: delicious!

## Book Information

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## Customer Reviews

To sum it up: If I wanted a non-Paleo cookbook, I would have bought one. The book is titled "Gather:

The Art of Paleo Entertaining" not the art of paleo-ish entertaining, or primal entertaining, or hey, paleo entertaining is hard so throw some potatoes and dairy in there because it'll be easier. The way I look at it is this: call it what it is. Don't write a vegan cookbook and include meat. Don't write a gluten-free cookbook and include recipes with wheat germ. Don't write a Paleo cookbook and include things that are outside the Paleo framework and if you do, either list them as optional or include them in a separate section. Lots of people are "paleo-ish" but what that means to them is different. Some people lean towards primal and include dairy--fine. But then call it primal. I know what that is. I won't buy a primal cookbook because my family has dairy allergies. Dairy features prominently in this cookbook. Butter, cream, cheese, sour cream. In the intro to the book, on page six, they say they believe a Paleo "lifestyle" vs a Paleo Diet includes "allowances for holidays, special occasions and celebrations." I agree. Although then I would still prefer to have a paleo version of that indulgence, OR, if I was straying outside the framework, I have plenty of options available to me that aren't marketed as Paleo (while including ingredients that aren't). They further say that while writing the book "it became clear to us, week after week, that serving good, "paleo-friendly" food did not need an excuse or an explanation." Hmm... kind of contradicts what they just said above....If it was good, paleo food (instead of that sneaky "friendly" word included at the end) then I'd agree-- that's what I was hoping this book would be. One page 13, they list guidelines for people new to Paleo, but oddly do not include dairy and legumes (they list gluten, grains, soy, food colorings, chemicals and preservatives and seed oils). If you compared this list to the one they provided in their first book, Make it Paleo, they would contradict each other. If this was the first book you bought and you were new to Paleo, you would be starting off on the wrong food. One of the most beneficial aspects of paleo is that by design it eliminates a lot of allergens--many people turn to Paleo for this reason. So to write a book that clearly strays from the paleo (and even primal) framework (potatoes?), and yet title it paleo, is misleading and disappointing. And it's not about being the "paleo police" and arguing to death whether cavemen ate honey--it's about the basic, standard, everybody-knows-what-it-is framework and guidelines. I like Haley and Bill-- I follow their blog, I have all of their previous books and ebooks and was excited for the premise of gather. I liked the idea of having a book for entertaining that would include meals that everyone would love, whether they ate Paleo or not, and this book does include some recipes like that. I really like the Chinese food section. I wish I could try more of the recipes (even the recipe for cake, the "Butter Cream" frosting is still made with cream! Why put the butter cream in quotes, it's still made of dairy!) How nice it would have been to see a creme brulee made with coconut milk. I get that they were trying to do an entertaining book that kind of stretched the boundaries of Paleo and

included some "indulgences" in things that aren't normally included--but then, just branch out and do a regular cookbook. Or a grain-free cookbook. Or a gluten-free cookbook, and call it that. I already have dozens and dozens of cookbooks with recipes outside the paleo framework that I can turn to if I choose to cook that way--what I expected and anticipated from this book was a way to have treats and indulgences while still staying within the guidelines that I know make me feel my best.In summary, if you can and choose to eat dairy, or follow a Primal lifestyle, there are probably lots of great recipes in here you can use. The photos are beautiful and there is an expanse of recipes for all seasons.If, however, you stay true to the original guidelines of Paleo, or have dairy issues, this book probably isn't the best choice for you. For Paleo treats, there are some great recipes in Practical Paleo that stay true to the Paleo framework and use coconut oil or milk in place of dairy.

At my gym's holiday party this past winter, one of the other members came up to me, pointed to a plate of cookies and asked "are these normal cookies?" I replied "yes, eat one!" She was trying to find out of the cookies were made from wheat flour or not, and, in her mind, if they weren't made from grains, they wouldn't taste good - at all. She was laughing at herself when she realized who she was asking about the cookies - and that of course I'd say the grain-free ones were "normal."Fast forward four months and we still laugh about it - how good that cookie was to her, and how she was expecting it not to be since it wasn't made from wheat.I bet this is a familiar scene for some of you. You end up "tricking" friends of family by feeding them your grain-free goodies, and let them know after-the-fact that it was made from almond coconut flour.That's because (almost) everyone wants treats. I even overheard one very popular Paleo recipe blogger discuss recently on her Facebook page how, of all the amazing recipes she shares on her site, her grain-free chocolate cake is the number one visited page every single day.There's almost no way around the tendency most of us have to want treats now and then. I say, if you can't beat `em, join `em! Better yet... help them!In Gather, Hayley and Bill have presented the ultimate guide to creating and re-creating many of your favorites for holidays and special events - all free of grains, refined sugar, and other highly processed ingredients.This past weekend, we cooked from the Chinese food Takeout Fake-out menu for family - most of whom are not Paleo, by the way.A few of us got together in the kitchen to chop and prep all the ingredients, then we got to work on the recipes. We tackled the General Tso's Chicken first, as it's the most time consuming, but well worth the wait! The Stir-Fry Veggies and Shrimp Fried Cauliflower Rice each cooked in under 10 minutes, so we prepared them while the chicken was finishing up. The meal came together in perfect timing, and everyone feasted.What I loved about this menu is that there are a handful of more complicated recipes paired with a few very

simple recipes - which is exactly how you want to approach a dinner party or gathering. You want to wow your guests, but you don't want every dish to take an hour or more to prepare. Pairing an intricate dish with something simple, fresh, and delicious makes for an easy entertaining experience as well as very satisfied bellies! The General Tso's Chicken was shockingly (to our family) similar to what we've had dining out - without that icky sort of "fake food"/heavy feeling- and there were only leftovers because we made extra! Let's be serious, who doesn't love Chinese food leftovers?! The Stir-Fried Vegetables were flavorful, clean, crisp, and light - not bogged down with heavy oils like you'd have dining out. To our surprise, the Shrimp Fried Cauliflower Rice was the "sleeper hit" of the table! Everyone raved about just how much the cauliflower took on the role of rice on their plates and only a few bites were left after we ate. Eating a Paleo or Primal diet doesn't need to create barriers to an enjoyable event for you and your loved ones - whether they eat "this way," or not. For most of us already eating Paleo or Primal is actually something we consider a lifestyle - not a diet. We find ways to make it work for us when we're on the road, in the air, at friends' homes, and at holiday gatherings. Sometimes, we sneak our grain-free versions of your old favorites onto the buffet or dinner table - and sometimes, if you're lucky, we tell you "this is Paleo." We want to share how delicious, nourishing, and pleasurable our food is with you. Gather helps us do just that, without fumbling or missing a beat.

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