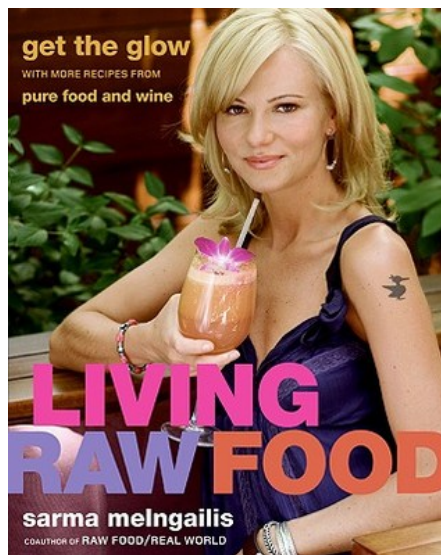




Living Raw Food: Get the Glow with More Recipes from Pure Food and Wine

Sarma Melngailis

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Living Raw Food: Get the Glow with More Recipes from Pure Food and Wine Sarma Melngailis

Picking up where the bestselling *Raw Food/Real World* left off, Sarma Melngailis invites us inside her glamorous restaurant, Pure Food and Wine, with dozens more recipes for fresh and vibrant juices, shakes, soups, simple dishes, main courses, desserts, and cocktails.

Whip up an antioxidant-rich Goji Tropic Shake or a sweet, cleansing Cilantro-Pineapple Shake for delicious nutrition on the go

Cool down with a Cucumber-Mint Gazpacho Soup and an Heirloom Tomato, Fennel, and Avocado Pressed Salad with Caper Dressing, Pistachio, and Mint

Find out what makes the Chanterelle and Kalamata Olive Ravioli the restaurant's most beloved entrée

Celebrate with a raw Thanksgiving dinner, complete with "dark meat" portobello, "white meat" large oyster mushrooms, stuffing, mashed celeriac, cranberries, and brussels sprouts

Satisfy your sweet tooth with a Classic Sundae and Caramel Bars

No juicer? No dehydrator? No problem! Sarma shows that raw food preparation doesn't have to be daunting, and she helps you work your way from the fastest, simplest, freshest recipes to immensely satisfying main dishes that you'll have a hard time believing are raw. A definitive list of ingredients, tools, techniques, and sources make raw food a snap, while information-packed sidebars introduce the world's most powerful superfoods, from kombucha tea to chia seeds. And Sarma is refreshingly honest and real as she describes her personal breakthroughs—and struggles—*living* on raw foods.

Whether you're snacking on the run, having a quiet dinner at home, or throwing a festive cocktail party, eating raw food makes you feel alive. Filled with sensuous, sexy, and energizing food, this book is sure to enrich your life, whether you're a carnivorous epicure or a raw-foods junkie.

Living Raw Food: Get the Glow with More Recipes from Pure Food and Wine Details

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and Wine Sarma Melngailis**

From Reader Review Living Raw Food: Get the Glow with More Recipes from Pure Food and Wine for online ebook

L. says

Does the author have low self-esteem after the break up with her business partner? There are more photos of her than recipes, it seems. Wow. The recipes are good. Most are relatively easy to make.

Jamie says

I liked this book visually (lots of great photos of food and of her restaurant). But the raw food thing bugs me cause if you're going to commit it involves very pricey dehydrators, blenders, and juicer. But it did introduce me to the wonderful world of making shakes with greens. I make this kale shake a lot in my magic bullet: 1-2 carrots, 1-2 kale leaves, apple, berries, ginger, lime, cinnamon, fruit juice to thin. George loves it too though it leaves him with some not so fun diapers to deal with.

Hadassah Tate says

This book is very fun for those of us that need bright, pretty, pictures to read along with. I personally found this book very inspiring. Love that Sarma Melngailis gives a little bit of back story and switching over to RAW food. She gives get recipes and wonderful pictures that leave you hungry for more!

Jennifer says

This book was nice in that it had a lot of information about raw food, what you should be eating, the best foods to get your protein, calcium, iron, etc, but I didn't realize when I grabbed this to read that the author was a restaurant owner and that most of the recipes are taken from the menu, and were super complicated and would take forever to make! There were some recipes that were realistic to make at home, but not enough to justify me buying this one.

Laurel says

Time and labor intensive for the most part, but gorgeous, healthy food with fresh flavors within these pages from a professional chef who owns the wildly popular restaurant in New York City, Pure Food and Wine.

Challis says

a lot of ingredients I don't have and can't afford but the recipes looked interesting.

Samantha Arias says

I don't know how to honestly review this book. I haven't made any of the recipes. Some of the recipes in this book are not my taste of ingredients, some have hard to find ingredients or they are a bit to fancy for me. There's a few recipes that are simple and seem like they would work for me. But I don't think there's enough of them for me to honestly rate the book, especially not now. But when I do decide to pick a few out, I'll write a little something.

Jenni says

Loved the full-color photos. It was really neat to see alcoholic beverages made raw and tons of appetizers and side dishes to go along with them. Plus, this is a big, thick, chunky book so there's tons of recipes and additional information - no shortage here.

Jen says

Interesting - I liked Raw Food/Real world more, because I think LRF has so many fancier recipes from Pure Food & Wine, which makes it difficult to incorporate into everyday life. But the recipes that I have made from this book are ridiculously good.

Now I just want the quackers recipe!

Paige says

This book was essentially a cookbook. Only it also had lots of information on the restaurant 'Pure Food and Wine,' in New York. I loved the recipes. I cannot wait to try a lot of the regular foods. My favorites that I have got to try so far were the desserts. They were very yummy.

I love the thought of eating food this healthy and this book will definitely help me eat better if I follow the recipes.

Great book for those that want to eat healthier or just want to try raw food for a change.

AJ says

I am going to assume that this is just the wrong cookbook to check out if you're interested in trying out raw recipes. Pretty much everything calls for a dehydrator, and dropping 250\$ to try out the best looking recipes in the book isn't practical. I might try the kombucha cooler recipe, though.

Bernadette says

Follow up to Raw Food/Real World, which Sarma co-wrote with the fantastic chef Matthew Kenney. Excellent recipes from New York City's glamorous Pure Food and Wine restaurant, sadly now closed. Glad the book makes available the dishes and drinks previously served at the restaurant. Good introduction detailing what is raw food, preparation, tools, techniques, ingredients and basics. Beautiful pictures. Personal stories of restaurant personnel/experiences throughout the book make it even more enjoyable. Favorites are the basic chocolate sauce, which can be used anywhere - it is chocolate after all, with none of the difficult to pronounce chemical concoctions found in the commercially available bottles; macadamia cream, like an all purpose whipped cream, but again with known ingredients; and the various cocktail/mocktail recipes.

Jeanette Johnson says

You should read this book if you are 1.) an experienced raw foodist looking for gourmet ideas [that require lots of time and more expensive ingredients] or 2.) an interested newbie who wants to see what is possible with raw food (and then, I'd probably recommend "Raw food, Real World" first).

As a raw foodist willing to give gourmet a try, I would have rated this book higher, but so many recipes call for fresh coconuts (which are not currently available in my northern climate at a sustainable price) that it was not of much use to me.

A large board in my soapbox is convincing people they can eat a healthy, raw diet economically (both financially and time wise) and this book does not serve that purpose.

I will give a big kudos to Sarma for using her voice to sound off about processed pet food - if we shouldn't be eating processed food, why should our pets?

Tina says

Basically this cookbook has smoothies, salads and salsas. There are a few interesting recipes at the end but they look very complicated and time consuming (you have to dehydrate the raw pasta for 4 hours in the dehydrator). Not sure I would buy a dehydrator to try one or two recipes.

Bryce says

A few things, I love how almost every recipe has a picture. That alone would merit a 3-star rating in my book. One thing I didn't really like though is that many of the recipes call for items I've never seen in a normal grocery store, and I haven't seen very many health food stores around where I live. I like the idea of healthier food recipes that taste great (mostly I just like the taste great part) but most people, at least speaking for myself, would want to be able to purchase everything at the stores they already shop in.
