

Jacques Pépin's Simple and Healthy Cooking



Written and Illustrated by Jacques Pépin

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World-famous chef Jacques Pepin presents an array of over two hundred healthy recipes. Included are lighter variations of favourite quality recipes, and low-fat menu programs for every occasion.



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Quintessential Pepin Everything from the business of the book's recipes, to the consistency of the paper it's printed on, to Jacques's decorative drawings has been considered and thought through. Like no various other, the grasp presents not only cuisine but communicates a way of life to the reader by including anecdotal detail in the margins about food culture and technique. These quality recipes, like his previous offerings, present classic country french cuisine in a lean, easy to put together form. Although rooted in the french way, components from additional cuisines are included that introduce the reader to new ingredients and methods. Pepin has prepared a series of dishes and menus which are both sophisticated and healthy. Another Great book by one of the world's truly great Chefs. Here is a cookbook that under no circumstances grows old. As a center patient I've used it for a long time but I bought a fresh one because I am a messy make. Chef Pepin's wife Gloria would chase me from her kitchen Another winner from Jacques Pepin! Using just a little less butter!! Usual very ideas from Mr Pepin! I was happy to find it again right here and am experiencing the good recipes. You can't go wrong with any recipe that Jacques Pepin recommends. Five Stars Excellent recipes that are sure to please. "Merci, Jacques. Love cook books As described , I will enjoy looking through it on rainy days." As W. Superb cooking for Heart-Healthy Regimes This phenomenal book by one of the most accomplished and least pretentious master Chefs amongus is an excellent assistance to anyone who is following a "Heart-Healthy" diet - which, as heartdisease is the number one killer in the usa, even ahead of cancer, should be a large number of persons. Available for beginners and a good reminder to "seasoned" cooks that classic house cooking isn't out of reach. Fallbrook, California Fine Collection My Mom adored M. Many wonderful dishes. It definitely doesn't taste like wellness food. That's his MO. Auden wrote, in the concluding lines of his 1969 poem "Moon Landing": "Our apparatniks will continue making the typical squalid mess called History: all we are able to pray for is certainly that artists, chefs and saints may still appear to blithe it. I'd lost my duplicate and was pleased to find it on Amazon. Joseph B. Pepin. Neither taste nor display receive less than their full due, and several of his dishes are at the amount of being both "Company fare" in addition to doing duty as "kitchen and everyday'regulars'. Hudson, Jr. She had this reserve and used it until it literally fell apart.! Merci Beau Coup Jacques! Great book for you personally Pepin Collection A great cook Great recipes, Wonderful basic dishes. Our favorite TV chef give great tips on how to use food in a wonderfully basic tasty way. Great publication for you Pepin One of his older vintage books. The recipes are as current today as they were years back. We will make some foods for you personally when you come to visit us. The quality recipes are relatively easy and very delicious. With these quality recipes I "may" get rid of a few pounds in weight Great, tasty food, easy to follow I really like this cookbook. Four Stars great

?? My daughter loves this guy's books? Love this book! Love everything Jacques does. This book is amazing."A companion piece to his identical work done in conjunction with the world-famous ClevelandClinic entitled "A Fare for The Center" - which is available in both reserve and video form - thisfirst-class individual has done us all an excellent service, and a good deed, by sharinghis talents with us, not in the sense of the all too evident elsewhere "glaringself-promotion," however in the straightforward posting with us of his talent and, if you will,his life's "oeuvre.



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