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The Real Food Cookbook: Traditional Dishes for Modern Cooks (Hardback)

By Nina Planck

Bloomsbury Publishing PLC, United States, 2014. Hardback. Book Condition: New. 257 x 201 mm. Language: English . Brand New Book. When Nina Planck toured to promote her two earlier books, *Real Food* and *Real Food for Mother and Baby*, the question she heard most was, When are you going to write a cookbook? At long last, *The Real Food Cookbook* is here. In a dietary landscape overfull with low-carb bread and dubious advice about triglycerides, Planck is revolutionary in her complete embrace of a more old-fashioned and diverse way of eating. Aptly described by the *Washington Post* as a cross between Alice Waters and Martha Stewart, Planck showcases traditional, real foods produce, dairy, meat, fish, eggs through tempting and straightforward recipes for the beginner or regular home cook. *The Real Food Cookbook* takes 150 classic dishes, from starters, soups, and salads to the center of the plate, to sweets and the cheese course, and makes them anew, transforming them with Nina's signature approach: using fresh herbs, good butter, seasonal fruits and vegetables, grass-fed and pastured meats, and whole grains. With essays and tips throughout, sharing Nina's own real-food lifestyle, *The Real Food Cookbook* will provide inspiration for any omnivorous...



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