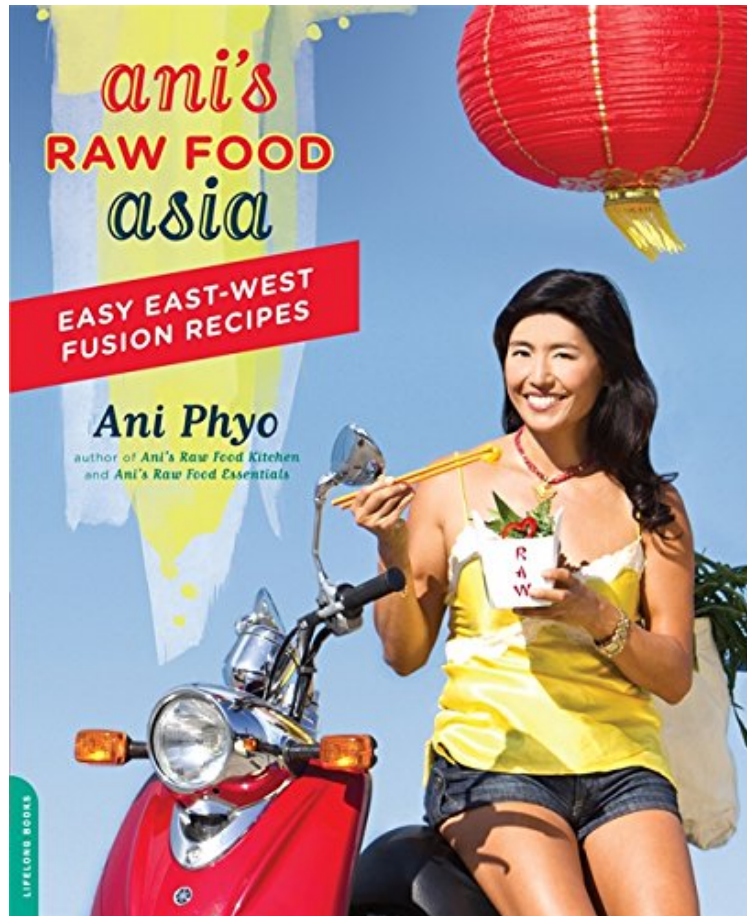


(Download pdf ebook) Ani's Raw Food Asia: Easy East-West Fusion Recipes the Raw Food Way

Ani's Raw Food Asia: Easy East-West Fusion Recipes the Raw Food Way

Ani Phyo

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Ani Phyo : Ani's Raw Food Asia: Easy East-West Fusion Recipes the Raw Food Way before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ani's Raw Food Asia: Easy East-West Fusion Recipes the Raw Food Way:

37 of 37 people found the following review helpful. Ani had me at Wasabi Mayo By Kurt From my experience with Ani's first three raw food books, I had the highest of expectations for Raw Food Asia. She easily exceeded them. First I tried the Red Curry sauce on kelp noodles. It took less than ten minutes to prepare and was fantastic. I saved the extra curry sauce and used it on a prepackaged bag of veggies from Wholefoods the following day. Second I made the Jicama rice. Let me just say that is now my new favorite type of "rice." Finally I tried the Wasabi Mayo. WOW!!! Having tried those amazing recipes, I can't wait to whip up the Garam Masala, Vegetarian Pho with Hoisin Sauce, and Chai Ice Kream with Chocolate syrup. And there is seemingly countless more after that. Ani is a gifted writer, and her recipes are inventive and elegant. The book has a conversational tone. It's almost as if she is talking you

through each dish. In addition, Ani threads much life-improving wisdom throughout her book. Ultimately, this is a gift of a book. Never let it be said that healthy can't be tasty. This book clearly shows otherwise. Highly recommended. 12 of 12 people found the following review helpful. Creative innovative recipes

By rrihysI rarely write reviews but felt I had to say that Ani's raw food asia is a truly creative collection of raw food recipes. I have always loved the rich intricate flavours of asian food but have not known how to create those flavours without using processed foods and cooking. Now I do. Spicy asian flavours are especially good during winter, when raw food can feel a bit lame on those cold days. Sometimes I like food to pick me up and make me feel better, it is not always enough to know that it is healthy. Ani's recipes do this. many examples - Ani's raw versions of samosas and spicy soups are brilliant. Her version of hoi sin sauce is especially creative. She takes a sweet floury heavily processed sauce that normally comes in a bottle and is full of calories - and creates something light, fresh and delicious. Also her raw versions of rice have become a staple for me, although I often replace the cashews with almonds. The only downside is the difficulty navigating around the ebook. Because of the flexibility of the ebook there are no page numbers to turn to. Therefore, it is no help to read page numbers in the recipe or the index. When a recipe refers to "red curry paste" for example, it is difficult to find. It is possible to find it by doing a search and sifting through, and then I can highlight the term so I can easily find it again, but this is a lot of work for the reader to do. Also I end up with a long list of highlighted items on the left to look through, because I cannot order them alphabetically. Surely ebooks can have better navigation built in. Just having a link to each recipe in the index would be a big help for starters. The reason I am only giving it 4 stars is because of the navigation issues. The recipes are worth 5 stars due to their quality and innovation, ease of following and general deliciousness. I have quite a few raw recipe books and many just reproduce variations on a theme. This book has opened my eyes to new ways to create spicy delicious fresh raw foods. Congratulations. 37 of 39 people found the following review helpful. Fantastic edition to the raw food library!

By Belinda BI have a few raw food books now - and this one looks to be a great edition. The sturdy soft cover format is large enough to be handy in the kitchen without being over large. The binding bends well without causing the spine to fold so I see this as being good for the longevity of the book. The title of this book intrigued me because from my experience, most asian foods are generally cooked - even if it is just a quick stir fry - so I was interested in the idea of raw samosa and rice dishes. This book, in the week that I've had it, has given me many ideas to expend my repertoire of raw vegan cuisine. I am by no means 100% raw but I believe in healthy whole foods and eating mainly raw, unprocessed foods most of the time. I have Ani Phyto's other books and I have seen a huge improvement in the way she presents her work. Don't get me wrong, her first book and the ones after are also great buys but this book presents itself so well in that there are more photos of finished recipes and it is beautifully set out. There are photos of the author and many great lifestyle tips and information about the more obscure ingredients. She encourages substituting ingredients and altering recipes to suit tastes. There are no hard and fast rules. Here, she offers her take on raw asian cuisine and with her Korean heritage, she does a fantastic job of this. Curries, noodles and rice dishes are the heart of this book but also covered with just as much care are accompaniments such as pickles, salads, soups, desserts and even fermented foods like kimchi! You have the ability to orchestrate a full asian style banquet of raw cuisine - and menus are suggested at back of the book by the author for anyone wanting to do this. Most of the recipes can be made easily with very little preparation - as is Phyto's style - but certain things like dosa and kimchi may need to be prepared ahead of time as they require fermenting or dehydrating. I highly recommend this book to anyone wanting to add an extra dimension to their raw food kitchen or even if just to enhance their healthy eating options. It's easy to read, navigate and full of gorgeous photos and information from a truly original chef.

You've been to her kitchen, enjoyed her desserts, and mastered the essentials; now go with raw food goddess Ani Phyto back to her roots for the first ever Asian raw food cookbook. Along with recipes from Korea, China, Japan, Thailand, Vietnam, India, Indonesia, and Hawaii and background information on traditional dishes, Ani's Raw Food Asia also offers essential tips on green living, well-being, longevity, fitness, beauty, and entertaining as inspired by a healthy Asian lifestyle. Recipes include: Mixed Vegetable Skewers with Almond-Butter Sauce, Creamed Curry Saag, Vegetable Tempura with Orange Lemongrass Dipping Sauce, Marinated Shiitake Mushroom Dumplings, Corn Fritters with a Hot and Sour Cucumber Dipping Sauce, Dosas, Moo Shoo Vegetables, and more.

Technorati, 5/20/11 "Ani's Raw Food Asia is more than a collection of recipes; it is a comprehensive guide to raw living, providing tips about non-chemical cleaning, the environment, and attitudes that will ensure a healthier, happier person." VegNews, July/August 2011