

(Free and download) Earth Essence: Wholefood Comfort food

## Earth Essence: Wholefood Comfort food

*Helmut Taferner*

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#10407514 in Books 2014-03-07Original language:EnglishPDF # 1 8.50 x .27 x 8.50l, .48 #File Name: 1492993336112 pages | File size: 22.Mb

**Helmut Taferner : Earth Essence: Wholefood Comfort food** before purchasing it in order to gage whether or not it would be worth my time, and all praised Earth Essence: Wholefood Comfort food:

0 of 0 people found the following review helpful. Purist and entertainingBy Ursula BradshawThis is one of those rare recipe books that you'll want to read from cover to cover. Helmut Taferner has succeeded in combining delightful and unpretentious travel tales with imaginative recipes. Try the chicken curry or private island sandwich. The photography is simply the icing on the top. This shall be my Christmas gift choice this year.0 of 0 people found the following review helpful. I'm not the World's greatest cook but I found this book very inspiration as ...By shortASCNI'm not the World's greatest cook but I found this book very inspiration as the recipes and accompanying photos bring the dishes alive.

Craving a little comfort food? Which would you go for—fresh fruit or an ice cream cake? Your taste buds might opt for that freezer-box favorite, even though the preservatives and additives in it are far from comforting. According to author Helmut Taferner, the ready-made treats that have long been marketed as traditional spirit lifters may very well be draining us of our last reserves of energy. That's why he now presents a selection of recipes that are good for the soul, and for the body, too. Earth Essence: Wholefood Comfort food offers twenty-three mouth-watering recipes with whole foods as their core ingredients. When you enjoy fresh fare that has been grown naturally, has not been processed, and contains no artificial ingredients, you will not only gratify your taste buds, but you may even attain a deeper sense of well-being. Delight your palate with easy-to-prepare dishes that fuse Western and Asian flavors,

including prawn croquettes, pork dumplings, mango and linguini salad, and dessert pumpkin puree. A delectable new take on comfort food, this groundbreaking, satisfying roster of recipes comes together as a wholly good way to savor every bite.

About the Author Born and raised in Johannesburg, South Africa, Helmut Taferner is a travel industry professional who has visited more than thirty countries. He currently lives in Hanoi, Vietnam, where he follows his two passions, food and travel.