

## Plant Food (Paperback)



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### **Reviews**

*Thorough manual! Its this sort of good read through. it absolutely was writtern very flawlessly and helpful. I am just easily will get a delight of studying a created publication.*  
*(Abdiel Stiedemann Sr.)*

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Gibbs M. Smith Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Fresh, seasonal, vibrant cuisine The Matthew Kenney team, always on the forefront of culinary innovation, offers up their latest techniques and approaches to raw food dining. This cookbook guides you to prepare raw foods in a contemporary, artistic manner utilizing the best ingredients. The recipes are grouped by method: found, let, sprouted, spun, dried, smoked, sealed, cured, pressed, fermented, aged, sweetened, blended, and juiced, and make soups, salads, cheeses, main courses, desserts, and drinks Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has appeared on the Today Show, the Food Network, and numerous morning and talk shows. He is the author of Everyday Raw, Everyday Raw Express, Everyday Raw Chocolate, and Everyday Raw Gourmet. Matthew splits his time between New York, California, and Maine. Meredith Baird is an integral part of the Matthew Kenney team and the Matthew Kenney Restaurant and Academy. She is the author of Everyday Raw Detox and assisted in writing and developing recipes for Raw Chocolate, Everyday Raw Desserts, and Everyday Raw Express. She lives in Maine and Los Angeles. Scott Winegard recently joined the Matthew Kenney team and oversees the company's kitchens in Los Angeles, Chicago, Oklahoma, and its upcoming Miami project. He has worked as a chef at Angelica Kitchen, Pure Food Wine, Noma, and Nasturtium where his commitment to fresh, seasonal, and vibrant cuisine was highly noted.



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