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# Clean Soups: Simple, Nourishing Recipes For Health And Vitality



## Synopsis

From bestselling author Rebecca Katz comes this collection of 60 recipes for pure, cleansing soups intended to renew and restore. Soup has a unique ability to nourish and heal the body. In *Clean Soups*, author Rebecca Katz shows you how to use wholesome stocks and soups to naturally detox and stay energized year-round. She also explains the building blocks for creating deliciously balanced soups, such as Moroccan carrot soup, kale soup with coconut and lime, and simplest chicken pho. With foundational broths, blended soups, and traditional healing soups, as well as a two-day cleanse, *Clean Soups* shows how one simple bowl can make a huge difference in how you feel.

## Book Information

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## Customer Reviews

This is an instant classic for your kitchen – an epic poem to soup! I’ve been a fan of Rebecca’s for years, and while the recipes in all 5 of her books are beautifully thought-out and unfailingly delicious, soups are her absolute forte. This cookbook is pure gold! The exquisite styling and photography plus beguiling recipes and flavors will keep inspiring you to make nourishing, comforting and delight-filled soups for friends and family. A treasure-trove! And thinking ahead, I know what my besties are getting for holiday and birthday gifts. Irresistible!

As a cook myself, I know the value of soup and its inherent nourishment when done right. My mom taught me how to make soup at a young age so I truly value those who have the ability to spin

magic in a pot. Rebecca Katz is a master! Not only at soup making but also at translating her craft to others. Clean Soups is a gift to anyone and everyone who loves soup or wants to learn how to make and love soup. She defines common ingredients, what they are and shines light in dark culinary places for many. The recipes are layered in simplicity and the flavors are magnificent. This is a must get and a must give (as a gift). It's like one big culinary HUG!

What could be better than a steaming bowl of soup -- nourishing and filled with love from the kitchen? Rebecca Katz clearly knows that there's really nothing better, and her beautiful new book is brimming with tempting recipes that lead straight to the stove. Leafing through it I can see there's something here for every cook, and the emphasis on simplicity makes this accessible for every skill level. The flavors run the gamut from hearty and down home to just a bit exotic, and there are old favorites as well as new flavor combinations. But perhaps what strikes me most is simply what a BEAUTIFUL book this is. It's a perfect invitation to simmer up something to welcome autumn to the table and to share it with someone you love.

Accompanied by wonderfully, colorful and artistic photography that draws you in and makes you itch to start cooking these soups really feel like they can take you away to a healthy magical place. There's more to the many 'chicken soup' stories than meets the eye and in Clean Soups we are reminded of the nourishment that is there for the taking, the road to health. Katz talks of watching her mother and grandmother make soups, 'creating culinary wonders in a flame-enamelled Le Creuset pot. The soups they made were magic. I have always felt better after having a cup or bowl, and I knew instinctively that soup had the power to heal.' Well I know I love my Le Creuset pots, (so that statement won me over right away) and if you like me and am enamoured of all things soup, then this book should become a favourite on your shelf. Soups do harken back to that childhood place of comfort and well being. There's several basic stocks, including one to help with your body's immunity. From there the sky's the limit. I was drawn to the Mulligatawny (one of hubby's fav's) and as I adore all pumpkin soups I am looking forward to the cooler weather and testing these out. Mind you tomato soup is as as ever a must-have standby. In our home tomato soup was the equivalent of chicken soup. I must admit that I always find Ten Speed Press publications interesting and somewhat different, and Clean Soups is another winner. A NetGalley ARC

Rebecca Katz has knocked it out of the ballpark for the 5th time. She blends her culinary artistry and nutritional wisdom into 50 nourishing delicious soups. These recipes heal the soul, just as soup

ought to. Clean Soups should be in anyone's culinary treasure chest.

I made soup last night. Not just any soup, mind you, but Celeriac Soup with Crispy Shiitake Mushrooms...oh my! And 6 mason jars of home-made broth are resting on the top shelf of my fridge, ready for more soup making this week. Yes, I received my copy of chef Rebecca Katz' new book: Clean Soups: Simple, Nourishing Recipes for Health and Vitality. Beautifully written, gorgeous drool-worthy photos and 60 inviting recipes arriving just as the nights turn cool and the incoming season beckons steamy bowls of wholesome broth. Highlights? Four simple flavor transformations for our beloved Magic Mineral Broth. A soup cleanse destined to become a classic go-to healing plan for cancer patients post-treatment. Strategies to simplify the process and make home-made soup accessible for everyone. Rebecca shares insider tips like FASS (p. 22), her signature method to boost the flavor of any dish to the top of the YUM scale. She deconstructs the soup making process with a simple chart of common elements and steps (p. 20), giving us the freedom to unleash our creative culinary spirits, feel confident about ingredient substitutions and even create our own soup recipes. Go beyond green smoothies with Power Green Soup (p. 58). Quench inflammation with spice-filled Mulligatawny (p. 95) or Coconut Cauliflower Soup with Ginger and Turmeric (p. 64). This is one of those rare cookbooks destined to have a dog-eared corner, stain or splash mark on nearly every page. Highly recommend this book for yourself, someone you love facing cancer or other illness, and for gifts.

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