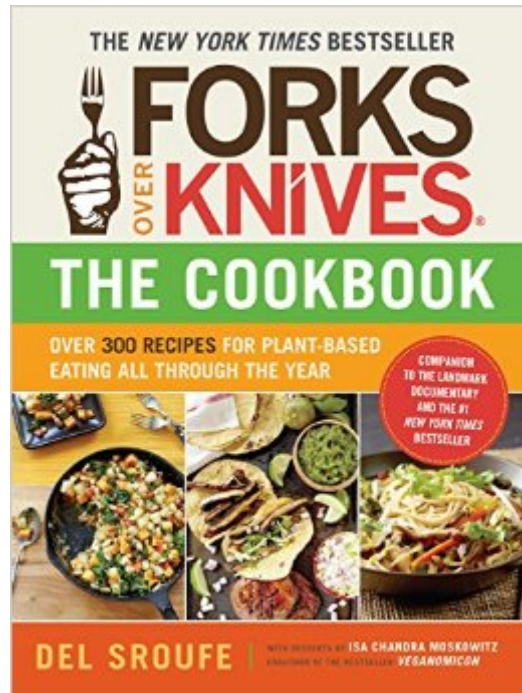


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# Forks Over Knives - The Cookbook: Over 300 Recipes For Plant-Based Eating All Through The Year



## Synopsis

New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier! Learn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them or you'd like to be, you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: • Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant • Steaks • Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

## Book Information

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## Customer Reviews

I recently watched "Forks Over Knives" and got enough inspiration to try learning to cook using more healthier vegetable-centric ingredients. I received this book a few days ago and started cooking. As a reference point, please keep in mind that I'm a typical guy who used to eat 20oz Rib-Eye stake and considered mashed potatoes my daily serving of vegetable. Besides, vegetables are what my food ate. The book starts with explanation of the differences in the vegetable ingredients, fundamentals of cooking such as preparing your stock & sauces, then quickly moves to breakfast, salads, soups, stews, chilies, grilled, wraps, stir-fried, baked, casseroles, and desserts. Unlike other cookbooks, all of the above use vegetable as primary ingredient using cooking methods from around the world. For example, I enjoy miso soup with my sushi, but never knew that miso sauce was made using mirin and paired with rice. While this book concisely explains the ingredients and cooking directions in plain English, the author/publisher seem to forget that a picture is worth a thousand words. For example, page 168 has one of my favorite Thai dishes, Pad Thai. While the cooking directions are clear, I wish they had a picture of the final dish to help me "toss the sauce with the cooked pasta and garnish with the peanuts". I do "eat" with my eyes and nose before the taste. To their credit, included are a dozen full page photos of dishes but they are more like teasers for the next cookbook. Overall, a must buy. Would I recommend? Absolutely!

I have been vegan for two years in large part to the Forks Over Knives documentary. However, the recipes in this book are - I'm sorry to say - just plain awful. For some reason the author puts sweeteners in just about everything (especially brown rice syrup) which is unnecessary and tastes bizarre most of the time. This is combined with dull flavors which make the frequently inedible. I've tried about 20 to 30 recipes from this book and have really wanted to like it...I just don't. Best advice: find some great vegan cooking blogs and use those recipes. Otherwise The Passionate Vegetarian is always a good resource.

I found out from a friend after the window for returning this product had expired that there were almost 30 recipes that have errors. agreed to refund item and I will research to make sure the book being sold by has the appropriate edits.

After viewing the FOK film and thinking that this would be a good direction to go, I bought this book because of the positive reviews. I should have looked at the 1-star ones. After trying about 7 of the recipes, I have to agree with several of those thumbs-down assessments: the recipes are poorly described, often failing to give measurable amounts of some ingredients, and give no indication of how many servings they make. What's even worse is that, after thinking that I'd now be able to move to a super-healthy diet that tastes really good, most of what I've tried is sub-par at best, and some are outright DISGUSTING (try the no-cheese sauce if you want to experiment; both my and my wife found it reminiscent of septic tank odor! And I wasted a nice bunch of broccoli I poured it on). My verdict: the author ought to go to cooking school, test his recipes on an average group of people, only put in ones that get at least a B, and learn to write recipes that give the needed information. Overall, it seems like another scam, particularly exploiting people honestly looking for a healthy diet. It leads me to look into both the FOK documentary and Dr. Esselstyn's claims much more carefully. FOK.com would do well to disassociate themselves with this recipe book.

I too, was really excited to start cooking from this book after seeing the movie. I couldn't wait to make the lasagna. It took me hours to complete and tasted absolutely horrible. I thought it was a strange mix of ingredients but after hearing it raved about on the movie I was willing to try. Next I tried the wild rice, cabbage and chick pea pilaf. While it showed promise it was very, very, very bland even with the ginger. I started looking for the stroganoff recipe which has the wrong page number referenced. Recipes are way too complicated and nobody wants to put in that much shopping and cooking time for awful results.

This cookbook is riddled with typos and mistakes...like, omitting whole entire ingredients from the recipe. Publisher came out with a statement saying they are going to fix mistakes in future printings, but they should take the current version off immediately. Not fair for consumers to spend money on something that is a total amateur publishing. As someone who works in publishing, this is really offensive. I know what it's like to proofread, and it's not brain surgery. I can understand one or two typos here and there, but I've only made 4 recipes so far and every single one had an error. And unfortunately, the ending results of everything I've made have been mediocre. Nothing really BAD or terrible, but nothing I'd make again or offer to guests. If this book can't win over a vegan like myself, it's certainly not going to win over any meat-eaters. Very disappointed. I was really excited and hopeful for a Forks Over Knives revolution, but it's not going to happen anytime soon with a

cookbook like this. Sorry! (And who puts indian curry on pasta??? That is just wrong.)

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