



Fresh: The Ultimate Live-Food Cookbook

Sergei Boutenko, Valya Boutenko

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Cookbooks need not—indeed, should not—involve cooking, say the authors of this authoritative, beautifully illustrated book. And they should know. Sergei and Vayla Boutenko bring fifteen years' experience to this collection of scrumptious, sophisticated recipes and comprehensive guide to the raw life.

Fresh covers the whole range of recipes, including savory dishes, desserts, fermented foods, drinks, and wild foods. Techniques common to the recipes are introduced and clearly explained, including an inventory of uncommon fruits and how to handle and prepare them, as well as an immersion into the five basic flavors and the herbs, fruits, vegetables, and grains that help chefs bring out each flavor best. The authors introduce the three stages of adaptation to this lifestyle and provide a concise review of minimal equipment requirements and ideal appliance additions for the well-stocked raw kitchen.

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Patricia Oyler:

People live in this new time of lifestyle always make an effort to and must have the time or they will get large amount of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, the particular book you have read is actually Fresh: The Ultimate Live-Food Cookbook.

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