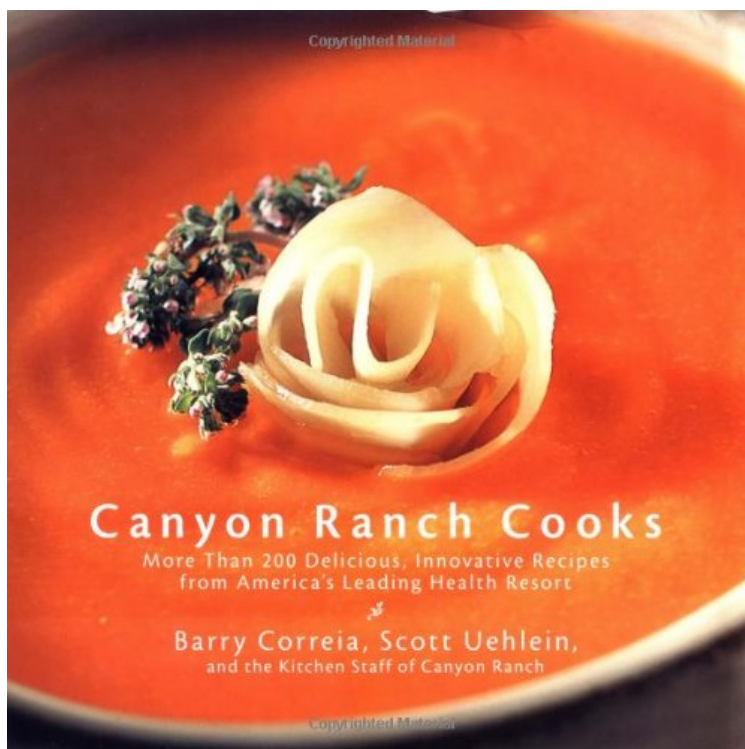


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Canyon Ranch Cooks: More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort

Barry Correia, Scott Uehlein
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Barry Correia, Scott Uehlein : Canyon Ranch Cooks: More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort before purchasing it in order to gage whether or not it would be worth my time, and all praised Canyon Ranch Cooks: More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort:

8 of 8 people found the following review helpful. New favorite cookbook!!!By Chicago Book AddictI can't fully express how much I have enjoyed cooking from this book. I have always loved collecting cookbooks and making interesting recipes from them. However, January 1 I decided that I wanted to take charge of my lifestyle and eat more healthily. I was disapointed as I started to look at most healthy cookbooks available. They seemed like healthy retools of Betty Crocker favorites and often seemed to use a lot of very processed ingredients. Or they seemed very focused on the health aspect of food with little emphasis on taste.What I love about this food is that it tastes amazing and oh by the way, happens to be healthy too. Every dish in this book features really big, well balanced flavors that make you feel as though you are dining in a fine restaurant. You completely forget you are eating healthily!So far I have made 11 recipes and all have turned out great. I especially like the vanilla bean ice cream recipe as it is so easy to experiment with other flavors and tastes amazing. I don't miss full fat ice cream at all. I also enjoyed the Spinach Eggs Benedict, Macadamia Crusted Mahi Mahi, and Raspberry Mustard Crusted Chicken Breast. Beyond these recipes

there are still many, many more that I cannot wait to try. The photography is also gorgeous. It makes me get very excited about what I am going to make. I also appreciate that there is a section on vegetarian meals because while I do eat fish, meat and poultry, I occasionally like to make something purely vegetarian and that section gives me some nice options. Overall I love this cookbook and have gotten so much use out of it over the past couple of years and could not recommend it more highly. 0 of 0 people found the following review helpful. My favorite cookbook. By Jrh5352 Healthy recipes and many of them are very quick. The ingredients are easy to find. I do not eat beef or chicken so the fish and pasta recipes are particularly interesting. 0 of 0 people found the following review helpful. Very Good By Carolyn J. Garon This is a very good cookbook. Everything I have tried has turned out well and I have loved using this cookbook.... I would recommend this book.

More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort For more than 20 years, the chefs and staff nutritionists at Canyon Ranch have created tantalizing recipes that nourish both the body and the soul. The Ranch's commitment to serving meals that use fresh, seasonal ingredients and foods free from additives, preservatives, and chemicals has been the hallmark of their program since their beginnings. In Canyon Ranch Cooks, Executive Chefs Barry Correia and Scott Uehlein, in collaboration with staff nutritionists, share the tools and inspiration you need to eat well and feel fabulous-- along with more than 200 fantastic recipes. The incredible flavors of dishes such as Beef Tenderloin with Adobado Paste and Potato-Crusted Salmon with Dijon Shallot Sauce demonstrate just how delightful eating well can be. Fun foods like Spinach and Cheese Calzone and Pizza with Grilled Vegetables and Garlic are unsurpassed. And delicious, healthy desserts like Chocolate Cake with Raspberry Filling, Lemon Blackberry Pie, and the signature Canyon Ranch Homemade Vanilla Ice Cream will take you to new culinary heights. By using "nutritional intelligence," Correia and Uehlein show you how to apply practical knowledge of food and nutrition while listening to your body's need to enjoy the myriad delights of eating well. No matter what your motivation-- transforming your diet or just fine-tuning it, losing weight or having more energy-- this practical and easy approach to eating well will fit into your plan. Canyon Ranch Cooks provides an effective, balanced, and delicious approach to eating that will energize your body, stimulate your mind, and enrich your spirit. In 2000, Canyon Ranch was recognized by Gourmet magazine as the world's best spa. In 2001, the readers of Travel Leisure magazine voted Canyon Ranch in Tucson the top spa for food in the United States.

From Publishers Weekly Part nutrition guide, part kitchen primer, part healthy cookbook, this volume brings a taste of the tony Canyon Ranch spas to home cooks. The myth that healthy foods all taste like tree bark was exploded long ago, but the entries in this collection take healthy haute cuisine to new creative heights. And they should-- guests of Canyon Ranch shell out big bucks, and executive chefs Correia and Uehlein need to dazzle accordingly. Few recipes are intimidating or exceedingly complicated; inventive combinations of fresh ingredients-- Grapefruit and Sage Dressing, Raspberry Mustard-Crusted Chicken, Spiced Pear and Fig in Phyllo-- are what make them stand out. Ninety artful, full-color photographs demonstrate how exquisite healthy foods can look. Many dishes can be prepared in 30 minutes or less (and these are helpfully labeled). Nutritional analysis accompanies each recipe, so-- just like at the spa-- there's no guesswork. This book is an affordable way to get a delicious taste of Canyon Ranch. Copyright 2003 Reed Business Information, Inc. From the Inside Flap Canyon Ranch Cooks More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort For more than 20 years, the chefs and staff nutritionists at Canyon Ranch have created tantalizing recipes that nourish both the body and the soul. The Ranch's commitment to serving meals that use fresh, seasonal ingredients and foods free from additives, preservatives, and chemicals has been the hallmark of their program since their beginnings. In Canyon Ranch Cooks, Executive Chefs Barry Correia and Scott Uehlein, in collaboration with staff nutritionists, share the tools and inspiration you need to eat well and feel fabulous-- along with more than 200 fantastic recipes. The incredible flavors of dishes such as Beef Tenderloin with Adobado Paste and Potato-Crusted Salmon with Dijon Shallot Sauce demonstrate just how delightful eating well can be. Fun foods like Spinach and Cheese Calzone and Pizza with Grilled Vegetables and Garlic are unsurpassed. And delicious, healthy desserts like Chocolate Cake with Raspberry Filling, Lemon Blackberry Pie, and the signature Canyon Ranch Homemade Vanilla Ice Cream will take you to new culinary heights. By using "nutritional intelligence," Correia and Uehlein show you how to apply practical knowledge of food and nutrition while listening to your body's need to enjoy the myriad delights of eating well. No matter what your motivation-- transforming your diet or just fine-tuning it, losing weight or having more energy-- this practical and easy approach to eating well will fit into your plan. Canyon Ranch Cooks provides an effective, balanced, and delicious approach to eating that will energize your body, stimulate your mind, and enrich your spirit. In 2000, Canyon Ranch was recognized by Gourmet magazine as the world's best spa. In 2001, the readers of Travel Leisure magazine voted Canyon Ranch in Tucson the top spa for food in the United States. Barry Correia joined Canyon Ranch as executive chef in 1989 to open Canyon Ranch in the Berkshires in Lenox, Massachusetts. Chef Correia received his formal culinary training at New England's noted Johnson and Wales Culinary Arts Program, where he graduated in 1981. Scott Uehlein was named executive chef at the celebrated Canyon Ranch Health Resort in Tucson in 1999. Uehlein received his culinary training at the prestigious Culinary

Institute of America. About the Author Barry Correia joined Canyon Ranch as executive chef in 1989 to open Canyon Ranch in the Berkshires in Lenox, Massachusetts. Chef Correia received his formal culinary training at New England's noted Johnson and Wales Culinary Arts Program, where he graduated in 1981. Scott Uehlein was named executive chef at the celebrated Canyon Ranch Health Resort in Tucson in 1999. Uehlein received his culinary training at the prestigious Culinary Institute of America.