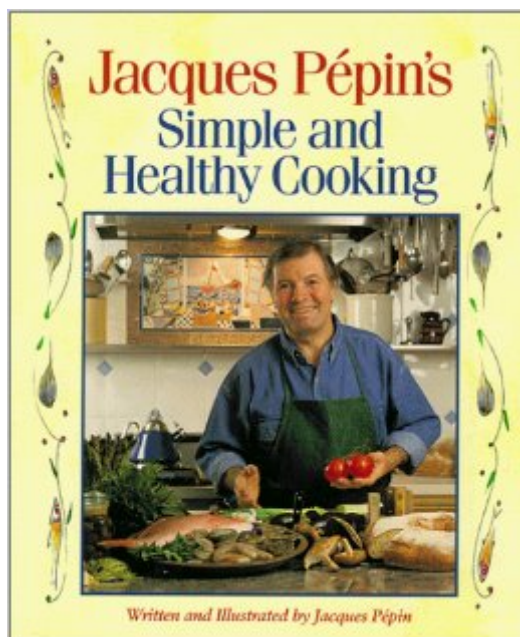


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# Jacques Pépin's Simple And Healthy Cooking



## Synopsis

World-famous chef Jacques Pepin presents a selection of over two hundred healthy recipes. Included are lighter versions of favourite recipes, and low-fat menu plans for every occasion.

## Book Information

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## Customer Reviews

Tired of cooking the same old dishes and wanting to serve my family healthy meals, I recently purchased approximately 10 new cookbooks. I was searching for a cookbook with simple recipes that I could prepare on a daily basis. The books that I purchased were either too basic and boring or interesting but too complicated. "Jacques Pepin's Simple and Healthy Cooking" was exactly what I was searching for. His recipes are delicious and interesting, as well as, healthy and simple to prepare. I have used this cookbook every night that I have cooked since I purchased it. I think I have tried at least 1/2 of the main course & accompaniment recipes. My family enjoys eating the meals as much as I enjoy preparing them. Oh, and don't mistake "healthy" as meaning "dietetic" or "tasteless". He does not sacrifice taste for health. He uses a lot of fresh ingredients that give the dishes a great flavor. He does not omit butter, salt, etc. from his recipes however, not much is needed to achieve a flavorful taste. I was so excited about his book that I purchased "Cooking with Claudine" last week. The recipes look just as appetizing but, I have to admit that I prefer the layout of "Simple & Healthy", in which the recipes are laid out in courses opposed to being arranged in menus. "Simple & Healthy" is easier to search through, it has a side photo for almost every recipe and has suggested menus listed at the beginning of the book. Unlike the other books that I

purchased...this is a cookbook that you will actually use!

I have recommended this book to nearly all my friends...it is the best cookbook I own and I'm not exaggerating. Aside from the fact that it is very easy to follow, it is also a great way to make delicious, tasty meals that are healthy and low-fat. You won't feel like you're eating health-food or compromising on flavor. Pepin's tricks are so imaginative...he uses naturally low-fat ingredients that are also tasty to enhance flavor... onions, vinegar, herbs, etc. Plus, it's easy to follow without being too elementary and it still provides enough detail so that you don't have to guess. I recommend this book wholeheartedly... it makes cooking, eating, and staying healthy a pleasure instead of a chore!

Frankly, this is probably my favorite cookbook of all time. I've made virtually every recipe in it, and I can honestly report that each is delicious and imaginative--I'd be happy to have ordered any of them at a restaurant. Because of this cookbook, my husband and I eat in a lot more because the dishes are so easy--and quick--to make. I've never had any trouble finding any of the ingredients Pepin calls for, yet his meals never taste ordinary. And we've lost weight to boot! What more do you want? Buy the book.

I have typically stayed away from books promoting "healthy" or low fat cooking, primarily because I always found the recipes dull. I don't like using no-fat ingredients, fake butter, artificial sweetener, etc. To me, they make the food not worth eating, much less cooking. What I like about this book is that Pepin shares creative, inventive recipes that incorporate butter and oils in moderation, and he shows that you do not have to use a lot of these for a dish to be flavorful. It is all in the seasonings and preparation. And this is a cookbook that you can use on an everyday basis, as the recipes truly are simple... some of them so simple that you wonder how good it will really be. I have made over a dozen dishes from the book so far, and have not yet found a bad one.

This is my 2nd JP purchase, and it lives up to its name. The recipes are innovative, and the book reads like a novel. The illustrations - done by JP himself - are charming and gives the book a welcoming quality. No wonder it has won the Cooks' Choice award.

This cookbook is exceptional for anyone who appreciates good food and wants to reduce overall calories. Pepin has put together a collection of elegant recipes that are easy to make and light on oil and butter. The turkey and chicken recipes, in particular, are first rate. Of those, a poached turkey

breast stands out as an extraordinary Fall or Winter dish. I always rate cookbooks on the basis of how often I give them as gifts. Pepin is far ahead of all others based on that measure.

At times, you may find yourself doubting whether Pepin's cooking instructions are correct. Trust him! Especially with delicate meats. We find the recipes to be pretty straightforward, in terms of procedure and ingredients. When we follow his directions exactly, the dishes turn out wonderfully.

I am very health conscious, so the title of this cookbook grabbed my attention. I did not even know who Mr. Pepin was. I purchased the cookbook on a whim, and have not been sorry, yet. I did not know healthy cooking could taste so good. As one reviewer said, it is all in the preparation and spices. I simply had no idea! I have made several recipes so far, and have not been disappointed. They are truly delicious. However, the only negative thing I have to say is some of the recipe's ingredients are hard to find, or ones I have never heard of. It isn't simple cooking as the title implies, but it is well worth the time and effort put into each recipe. This is the best cookbook I have ever owned, and highly recommend it to anyone, whether you are health conscious or not.

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