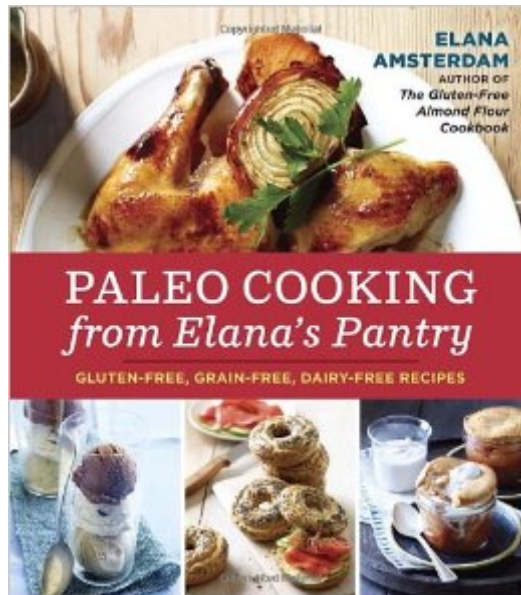


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Paleo Cooking From Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes



Synopsis

A family-friendly collection of simple paleo recipes that emphasize protein and produce, from breakfasts to entrees to treats, from the popular gluten-free blogger of *Elana's Pantry*. Whether you are looking to eliminate gluten, dairy, grains, or processed foods from your diet, Paleo cooking is the perfect solution for food allergy relief and better all-around health. Naturally based on the foods our Paleolithic ancestors ate for generations, the Paleo diet emphasizes meat and seafood, vegetables, fruit, and nuts. *Author and beloved food blogger Elana Amsterdam has been living grain free for over ten years; in *Paleo Cooking from Elana's Pantry*, Amsterdam offers up her streamlined techniques and recipes with minimal ingredients for busy cooks on the run. She transforms simple, classic family favorites such as pancakes and ice cream with Paleo-friendly ingredients like almond flour and coconut milk. *Paleo Cooking from Elana's Pantry* includes nearly 100 recipes featuring the Paleo mainstays of lean proteins and simple vegetable dishes, plus wholesome sweet treats—all free from grains, gluten, and dairy, and made with natural sweeteners.*

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Customer Reviews

Before I purchased this book, I read all the other reviews about it. I learned to do this after being unhappy with several purchases and finding out gee, other people warned me right there in the reviews! I'm also one of those reviewers who is not afraid to say what's wrong with a book (exaggerated number of recipes) or to say that it's really best for beginners to a lifestyle (or not). I understand how frustrating it is to leave a less than positive review and to then feel like 'fans and

friends' are voting your review not helpful just because they don't like that you didn't fawn....having said that, I think just the fact that this book is so simple and uncomplicated is why it is perfect for newbies. I've been a follower of Elana's blog for awhile now, and I purchased another of her low carb books (savory) last year. Another reviewer stated they felt this book was best for beginners to Paleo because it has a lot of simple recipes, and I would definitely recommend this as a book for a newbie to have. Everything in it is pretty straightforward and there isn't anything complicated; but on that same note I found the delicious simplicity of the recipes to be worth it. Chicken Marbella (p. 68) is worth the whole price of the book alone; it was the first recipe I made (never touched a green olive before!) and my husband almost *moaned* when he took a bite of it. Sure, 'mustard and salmon' is almost cringingly basic for more advanced cooks but I think the book strives to make something for everyone. The recipes are unfailingly comprised of fresh ingredients, minimal prep time and cooking effort, for a big flavor payoff. For the experience of the color photos, and the feel of the book, I found the price to be very worth it.

This is a solid, fundamental and lovely cookbook. Really, whether you are Paleo or not. Elana is a talented foodsmith and creatrix, and would likely make sumptuous, delicious, healthy food no matter what her health philosophy. Full disclosure, I'm someone who is experimenting with Paleo inspired eating, although I am dubious of the science behind it, and particularly skeptical of certain Paleo gurus. I'm waiting for more confirmation from clinical, peer review studies, and not just popular lay experts. I've been around the block a few times with other wonder diets, and the religious enthusiasm of many Paleo advocates really sends up red flags. But I'm a curious sort, and have experienced some benefit so far from eating grain-free. I'm attracted to Elana because although she is a happy adherent of a Paleo diet, she does not come off as 'Paleo' religious. That comes as a relief after looking at many Paleo cookbooks which read like fervent devotees of doctrine. This cookbook is also attractive to people turned off by the 'bacon, bacon, bacon' repetitiveness of many Paleo cookbooks, and all the unpleasant macho posturing. Many people just can't tolerate eating all that meat and fat. It makes them nauseous and gives them diarrhea. And some people don't find the "caveman" thing cute and romantic. Instead in Elana's elegant book you'll find lots of tasty vegetable recipes, and some daintier meat entrees that don't make you feel like you have to chew a raw buffalo to be Paleo. A few of the negative reviews of this book have complained that it is too basic, that there are other more glitzy Paleo cookbooks out there. That's quite true.

I know this review will most likely not be popular, but I am just not loving the newest cookbook from

Elana.... it feels like she phoned this one in. The Paleo "Diet" has gained such popularity lately (which is awesome!) and as a result the bar for Paleo cookbooks has definitely been raised within the last year. This cookbook just isn't up to the same standard as some of the other books that have been published recently. Sure, the recipes look ok, but you aren't going to find a whole lot of new or exciting content here that you couldn't find on a short trip through Pinterest. The pictures in the book (there is one for every 4-5 recipes) are nice, but once again nothing jumps out at you. Maybe I am spoiled, but I want to look through a new cookbook and get so overcome by an urge to make recipes that I have to immediately dash off to the kitchen to whip something up. I am an avid collector of Paleo cookbooks. My whole family practices this lifestyle and I always look forward to adding new and exciting dishes to our collection of tried and true faves. This book just falls short of what I am looking for in a cookbook. At this point in the game I know how to make fritatas, I know how to make almond flour pancakes and I know 27 ways to roast a chicken. GIVE ME SOMETHING EXCITING!!! I do think "Paleo Cooking from Elana's Pantry" would be a good introductory book to the lifestyle for someone just starting their journey, but as a "veteran" I doubt you will find much inspiration here. I also wanted to touch on one other aspect of the book that I found somewhat lacking: In the introduction Elana goes on and on about how so many of the recipes in this book contain coconut flour or flour other than almond flour and that is true.

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