

## Seamus Mullen's Hero Food: How Cooking with Delicious Things Can Make Us Feel Better (Hardback)



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### ***Reviews***

*Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.  
(Felicia Nikolaus)*

## SEAMUS MULLEN S HERO FOOD: HOW COOKING WITH DELICIOUS THINGS CAN MAKE US FEEL BETTER (HARDBACK)

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Andrews McMeel Publishing, United States, 2012. Hardback. Book Condition: New. 276 x 216 mm. Language: English . Brand New Book. Celebrity chef Seamus Mullen offers 130 healthy and tasty recipes that utilize 18 key ingredients, or a hero foods, a to improve your well-being. After being diagnosed with rheumatoid arthritis, Manhattan restaurateur Mullen modified his diet to improve his well-being. His debut cookbook, which pairs traditional Spanish cuisine with rustic farm-to-table fare, highlights 18 ingredients ( Hero Foods ) that help him manage his symptoms. Ajo Blanco with Sardine Confit and Octopus and Parsley Salad reflect Mullen s years of work and travel in Spain, while Crispy Tuscan Kale on the Grill and Slow-Roasted Lamb Shoulder highlight the bounty of his Vermont farm. Mullen s personal success lends clout to this study in holistic, inclusive eating. -- Library Journal From celebrity chef Seamus Mullen, Hero Food is not only a cookbook, but a personal philosophy of well-being. The subtitle says it all: How Cooking with Delicious Things Can Make Us Feel Better. Mullen was diagnosed with rheumatoid arthritis five years ago, and in that time, he has discovered how incorporating 18 key ingredients into his cooking improved his quality of life. In Hero Food, he shows how to make these key ingredients, or hero foods, your cooking friends; they can be added to many dishes to enhance health and flavor. Hero Food is divided into four sections, each devoted to a season. Each season is introduced with a richly imaged movie, providing the context of Seamus s life and the source of many of the imaginative and beautiful recipes contained in each seasonal section. Seamus s heroes are real food, elemental things like good meat, good birds, eggs, greens, grains, and berries. He cares about how his vegetables are grown,...



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