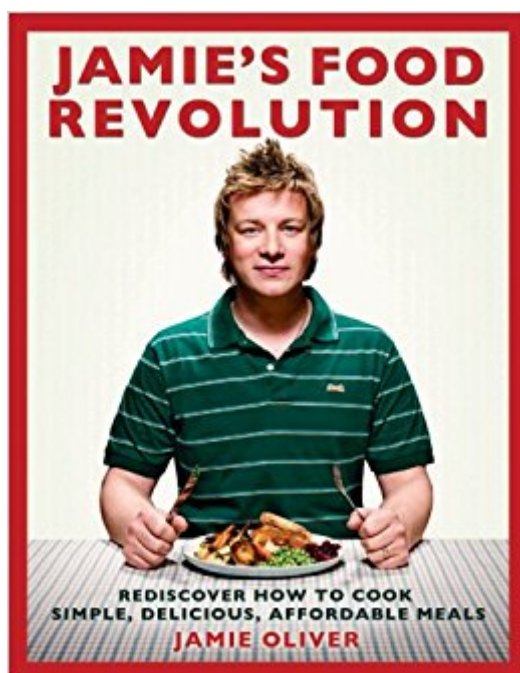


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# Jamie's Food Revolution: Rediscover How To Cook Simple, Delicious, Affordable Meals



## Synopsis

Cooking good food from scratch is a skill that can save you money, keep you healthy, and make you and your family and friends happy. What I've tried to do in this book is pick a whole load of meals that we all love to eat and break them down to make them as simple as possible. There are plenty of clear instructions and step-by-step pictures, so whether you're an accomplished cook or a complete beginner, you'll be able to enjoy cooking and achieve great results in the kitchen. This book is inspired by all the people I've met who thought they could never and would never learn how to cook. I believe that good home cooking is one of the most essential, fundamental skills that every single person on this planet should have in order to look after themselves, their families, and their friends. This food revolution is all about people learning how to make a recipe, then teaching that recipe to their friends and family . . . if enough people do this, pretty soon everyone will be cooking. So cook something today, then PASS IT ON!

## Book Information

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## Customer Reviews

"His books make me want to sit down and eat." — Andrew Scalvani, New York Times "...his take on "the good life" of gardening and eating close to the earth is so common-sense, so relaxed, that kitchen nerves don't intrude." — Orlando Weekly

Jamie Oliver grew up in his parents' country pub, the Cricketers in Clavering, where he started cooking at the age of eight, before studying at London's Westminster Catering College. He then

went on to work with some of the top chefs in England namely Antonio Carluccio at the Neal Street Restaurant and Rose Gray and Ruth Rogers at the River Café. The author of such popular titles as *The Naked Chef*, *Jamie's Kitchen*, and *Jamie's Italy*, among others, he has written for the *Saturday Times*, served as Food Editor at *GQ* and *Marie Claire* magazines, and hosted the popular television show *The Naked Chef*. He is thirty-three and lives in London with his wife Jools and their daughters, Poppy and Daisy.

My husband has food sensitivities, so I've been cooking at home for a long time. I mainly bought this book to generally support the movement and see what Jamie Oliver was up to with the Food Revolution. I didn't expect to really find many--if any--recipes that I would be able to use. But I did. The good: \* TONS of photos. Every single recipe has photos, both of the finished dish and of the preparation. Yay! \* He doesn't just give you the recipe (add 2 onions, chopped). He walks you through the process (Chop two onions and set aside). So you can usually cook as you read the recipe. \* He tells you what to serve with the recipes, and the recipes for suggested sides are in the book. Yay! \* Many of the recipes can be easily adapted for allergen-free cooking. My husband is sensitive to gluten, corn, dairy, honey, legumes, and some nuts. That's a long list, and I was still able to adapt several recipes. \* He offers recipes for all meals: breakfast food, lunch food, suppers, desserts. You could use this as your only cookbook. \* The dessert section is amazing. We generally don't eat dessert in our house...at all. I think sugar makes you want more sugar, and it's a nasty cycle. But these desserts, while clearly luscious, include a lot of healthier stuff in the preparation, like fruit and oats. And the photos depict appropriate serving sizes. They look very elegant. I'm glad I'll have something wholesome to serve when company visits. The not so good: \* There isn't any nutrition data for the recipes \* Some of the recipes, while simple, can take some real time to prepare (fine by me, but I'm not trying to whip together dinner in a frenzy when I get home from work) \* Many of the recipes serve 2 people. Which is fine, but it took me some time to adapt. I've purchased ingredients for a recipe only to realize later that I didn't get enough. In the end, the recipes are quite good. These are not recipes that will show up in *Gourmet* magazine. And they won't all make the list of the world's healthiest foods either. There are several comfort food recipes...spaghetti, stew, cheesy pastas, roasts. But overall, I'm pleased. Even experienced cooks will be able to find some things of interest here. And this is an awesome collection for someone trying to transition to real food from a diet full of McDonald's and pizza rolls. Update: I've cooked several more recipes from this book since I wrote this review, and I am growing more and more pleased. At first I blew off some of the recipes; I thought I didn't need another recipe for roasted chicken. But I made it, and it's

great. I have cooked many recipes from the book now, and so far nothing has flopped. This is the only cookbook I own that I can say that about. Update #2: I'm still cooking from the book all the time. I'm a complete convert. I've purchased copies for other family members now...even for my total foodie of a father-in-law. We are all fans, and the majority of my everyday recipes now come from Jamie Oliver. Everyone knows I'm a Jamie Oliver fanatic now, so when people like something I cook they don't ask, "Where did you get the recipe?" They ask, "Is this from Jamie Oliver?" I've become a proselytizer for the book. And still, after all this time, nothing has flopped.

I can't recommend this cookbook enough. Perfect for newlyweds, single guys, and anyone who cooks, really! Even if you are an advanced cook, it has plenty of recipes that are practical, easy, and flavorful. I've never had a recipe fail. It covers a lot of basics, which are sometimes simplified, so don't expect the usual cookbook full of unique recipes (that you never actually try making). This book is sort of a crash course in home cooking, so you can refer to it for the everyday staples of family dinnertime. You might conceivably cook each one of these recipes. If you open it any given day, you'll easily find something you can make that very night, not on some special occasion. It really has changed my cooking for the better. Because of this book, I've learned how to make homemade salad dressings in seconds, whip up a quick and fresh curry, and throw together a cheap and rich pasta sauce. Jamie Oliver's writing style reflects how you really cook. No asking for 2 tablespoon of oil--he just tells you to pour a "glug" of olive oil in the pan. Cooking is rarely that precise about measurements anyway, unless it involves baking. Cheap is key here: I can cook an complete, Sunday-type dinner for less than \$5 per person (and usually less). It sure beats fast food for cost, taste, and nutrition. Good stuff.

I am often asked to mentor other cooks and help them with new and unfamiliar cooking techniques. I remember how fearfully I approached roasting my first chicken. This book has proven not only an ideal resource for fairly new cooks but also proves its value for those who already know their way around the kitchen. I bought it for myself when it first came out, and I have given several copies as gifts since. It is a good antidote to the fear of cooking real food.

Jamie Oliver's Food Revolution changed my life. I had, slowly but surely, been learning about healthy eating but I never really took the steps to incorporate what I was learning into changing my diet. That all changed when I watched Jamie Oliver's Food Revolution - Season 1. I didn't even know the show existed. I was simply flipping through the channels one night and BAM, there it was.

To say it was serendipitous would be a massive understatement as this was exactly what I needed and exactly what I was looking for, something to motivate me to make the changes I needed to make. Since watching season 1, I have made EXTENSIVE changes to my diet. I have cut out 99% of the processed foods from my diet, I now purchase all of my meat and vegetables from organic CSA farms, and I haven't had a single fast food serving since watching the show. The difference in how I feel is nothing short of remarkable. I have FAR more energy and just feel much healthier. The biggest challenge when it comes to changing your diet is learning how to cook and finding recipes that you like. I went on looking for healthy cookbooks and since it was Jamie who motivated me into really taking these steps, I figured I would see if he had any cookbooks. When I saw that there was a Food Revolution cookbook....well, I couldn't push the one click buy button fast enough. To say I was impressed is a massive understatement. First and foremost the cookbook is really beautiful as the photography is very well done. The pictures have a very unique quality to them and all of the food looks very appetizing. I am a photographer so I found this aspect of the cookbook very pleasing. Basically this cookbook is absolutely perfect for beginners which makes perfect sense considering what the Food Revolution is all about. Well, Jamie really does an outstanding job in this regard. I can't imagine anyone having a hard time with this cookbook, even the people that are literally cooking their first meal. It's just laid out perfectly and the directions are top notch. Another aspect of this cookbook that I love is that there is a little bit of everything in here. Breakfast, Lunch, Dinner, Desert...it's all in here. That makes it just that much more perfect for beginners as this is really the only book that a beginner would need. I have now been cooking out of this book for 12+ months and have made 90% of the recipes in this book. With that being said, I haven't come across a recipe yet that I didn't really enjoy and all of the recipes were extremely easy to make. Again, that makes perfect sense considering what the Food Revolution is all about. Basically this cookbook is a perfect companion to the TV show. Everything that Jamie is trying to do has this cookbook written all over it. It's just a perfect starting point for eating healthy, home cooked meals. I couldn't possibly give Jamie, his TV show, or this cookbook any higher recommendation. It's a class act cookbook written by a class act man. Vive le Revolution!

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