



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

By Seamus Mullen

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...



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