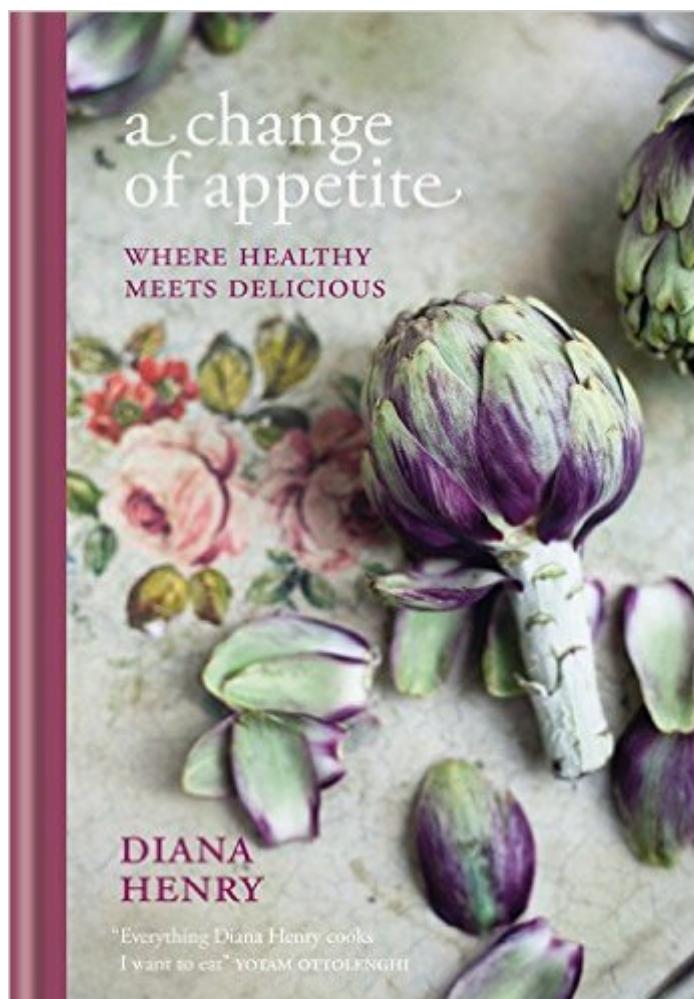


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# A Change Of Appetite



## Synopsis

What happened when one of today's best-loved food writers had a change of appetite? Here are the dishes that Diana Henry created when she started to crave a different kind of diet - less meat and heavy food, more vegetable-, fish-, and grain-based dishes - often inspired by the food of the Middle East and Far East, but also drawing on cuisines from Georgia to Scandinavia. In her year of good eating, Diana lost weight, but this was about much more than weight loss - lead by taste, it was about discovering a healthier, fresher way of eating. From a Cambodian salad of shrimps, grapefruit, toasted coconut, and mint or North African mackerel with cumin to blood orange and cardamom sorbet, the magical dishes in this book are bursting with flavor, with goodness and with color. Peppering the recipes is Diana's inimitable writing on everything from the miracle of broth to the great carbohydrate debate. Above all, this is about opening up our palates to new possibilities. There is no austerity here, simply fabulous food that nourishes body and soul.

## Book Information

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## Customer Reviews

This is a really, really good cookbook. Really. If you're a cook with some ability and an affinity for simply prepared, boldly flavored food, this should be on your cookbook shelf. The fact that it also happens to be fantastically healthy and a decent roadmap to a way of eating that will result in lower weight and better health is gravy....well, maybe a light viniagrette, come to think. As I said, these are simple, rustic dishes with big flavors and not a lot of screwing around. Just about any home cook with a decent mastery of technique could cook anything in this book without worry. There's a lot of

Mediterranean and east Asian influence here, with a few detours through southeast Asia and Scandinavia (!) for variety. The ingredients shouldn't be hard to find in most decent-size cities with a good supermarket, but you may not have heard of a few and some may require a bit of searching in the ethnic foods aisle or at Whole Foods. Don't panic; they're all tasty. There's a fair number of vegetarian and fish-centric entrees, and when meat is called for it's often used in conjunction with other ingredients. Red meat shows up, but not often, and usually in moderation. These centerpieces tend to get big shots of ginger, garlic, chile, and herbs, and often feature a mix of textures and temperatures. Fans of soft, bland food, beware. I was especially appreciative of the fact that there's food for all meals here - solid, tasty breakfasts, quick lunches and light dinners, a few big celebratory meals, and lots of light dinners. Most recipes have taken me about 30-40 minutes of active cooking time, with 20-30 minutes of cooking when I could do something else - maybe an hour or so all told, a few more, many less.

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