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PLANT FOOD (PAPERBACK)



Gibbs M. Smith Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Fresh, seasonal, vibrant cuisine The Matthew Kenney team, always on the forefront of culinary innovation, offers up their latest techniques and approaches to raw food dining. This cookbook guides you to prepare raw foods in a contemporary, artistic manner utilizing the best ingredients. The recipes are grouped by method: found, let, sprouted, spun, dried, smoked, sealed, cured, pressed, fermented, aged, sweetened, blended, and juiced,...

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- Authored by Matthew Kenney, Stacey Cramp
- Released at 2014

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