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# Everyday Raw Gourmet



## Synopsis

Raw cuisine in true gourmet fashion Chef Matthew Kenney takes the raw food lifestyle to exquisite heights in *Everyday Raw Gourmet*. He combines his love of art and philosophy with food to bring you recipes for outstanding raw food dishes in this revised edition of *Entertaining in the Raw*. The recipes span many ethnicities; including Asian, Latin, French, and Indian, and feature appetizers, tapas, main dishes, breads, sauces, and decadent desserts. Kenney's focus is on fresh fruits and vegetables, organic, and buying food locally and in season. Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has been nominated for the James Beard Rising Star Award and has appeared on the Today Show, Food Network, and numerous other morning and talk shows. He is also the author of a number of cookbooks, including *Everyday Raw*, *Everyday Raw Desserts*, *Everyday Raw Express*, and *Raw Chocolate*. Matthew splits his time between New York and Maine.

## Book Information

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## Customer Reviews

In 1994 Food and Wine included him as one of their Ten Best New Chefs of the Year. He's been featured on the Today Show, The Food Network, and a variety of other morning talk shows. Matthew was nominated for the James Beard Rising Star Award. He lives in New York City.

golden tomato and lemon cucumber gazpacho with avocado salsa Gazpacho is one of my favorite summer meals. I love not only the texture and flavor contrasts but also the ease of preparation. On a beautiful warm evening, I'm often in the mood for something that can be

quickly prepared. With a blender and some really fresh ingredients, this dish can be made in five minutes. Gazpacho is best served chilled, with an equally cool glass of white wine.

**Gazpacho** 2 cups peeled, deseeded, and diced lemon cucumbers 2 cups deseeded and diced tomatillos 2 1/4 cups diced golden tomatoes 2 tablespoons lime juice 1/2 jalapeño pepper Salt to taste 2 tablespoons olive oil

**Avocado Salsa** 1 avocado, diced 1 tablespoon chopped cilantro 1 teaspoon minced jalapeño 1 teaspoon lime juice Salt and pepper to taste

**Garnish** Olive oil Black pepper

**Gazpacho** Mix all ingredients except olive oil in a large bowl; season to taste. Place 3/4 of mixture in a food processor and process until smooth. Add back to bowl and stir to combine.

**Avocado Salsa** Combine all ingredients.

**Assembly** Serve chilled with avocado salsa, a few drops of olive oil, and freshly ground pepper. Serves 4

Matthew Kenney is, in my opinion, the go-to person where raw, vegan cuisine is concerned. His knowledge of flavor balancing, food texture and feel and presentation are unsurpassed. He pays special attention to quality and purity of his dishes. I have almost all (if not all) of his recipe books and I am never disappointed in the recipes. There are a lot of talented raw chefs in this world, but I think Matthew Kenney is right there at the top!

This is the food of the future for thinking people. Matthew is the American (If not International) leader in raw/vegan cuisine. His schools are well attended by professional chefs who want to add raw/healthy dishes to their restaurant menus or open a new concept. These recipes are easy to read and understand. And, some suggest exotic products..... if you don't live in a food-centric city. I always feel better after eating these recipes. If there was a Kenney take out or restaurant where I live, I could go there EVERYDAY~! You can easily get healthier (If not cured) eating food like this book offers.

I like the book but it's definitely not your average "everyday" meals. With raw foods you do have to plan which is fine but you better be sure you have all the ingredients before starting.

lovely book!!! I love Matthew Kenney's cooking book. Some ingredients are hard to find!

You can't go wrong with Matthew Kenney books. I ate at a restaurant that made their foods from the recipes in his cookbooks. Wow, I had to purchase all of his books. The flavors leave you wanting

more. Now that I have my hands on his books, I can learn from his expertise. It's like going to cooking school without all the expense. Now I can create like an expert.

mathew kenney has some of the easiest best raw gourmet recipes out there every recipe i try of his is a winner

Excellent book with tasty recipes. Easy to get ingredients and easy to follow.

Amazing!

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