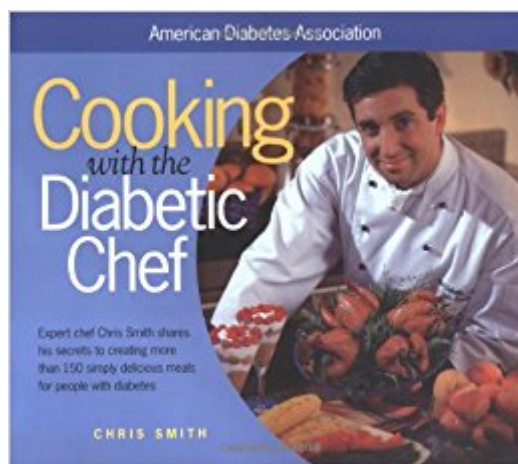




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Cooking With The Diabetic Chef: Expert Chef Chris Smith Shares His Secrets To Creating More Than 150 Simply Delicious Meals For Peop



Synopsis

First-ever cookbook written by a trained chef with diabetes. Pizza, chicken and mushrooms in white wine sauce, to-die-for chocolate cake. Foods that melt in your mouth and make your taste buds come alive. 150 recipes created by Chris Smith, the diabetic chef. There's virtually nothing you can't have anymore!

Book Information

Paperback: 200 pages

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Average Customer Review: 4.1 out of 5 stars 17 customer reviews

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Customer Reviews

Culinary Institute of America graduates don't often worry about food's nutritional values. But CIA product Chris Smith has diabetes, so he understands that for himself and his fellow sufferers, the food they consume can indeed be a matter of life and death. Nevertheless, the diabetic in no way must endure a life of bland, uninteresting food. Smith has taken the principles of the best contemporary cooking (fresh ingredients, ethnic variety, eye appeal, multiple textures, and assertive flavors) and applied them to a tightly carbohydrate-controlled diet. To emphasize the importance of fresh ingredients, Smith organizes recipes by season to take advantage of the market's best-quality output. Recipes vary in complexity from sophisticated Grilled Apple Pear Soup to a simple Meat Loaf free of the usual starch binder. Collections lacking good contemporary recipes for diabetics would do well to add this volume. Mark KnoblauchCopyright © American Library Association. All rights reserved

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I am sure glad Chef Smith has shared his Diabetic cooking secrets. It has made my life easier. It has made the world of cooking and eating pleasant and easy to do. Cooking doesn't have to be complicated even if you are diabetic. It can also taste good also.

There are lots of very good recipes and I like the use of all the fresh herbs and veggies. I also purchased Chef Chris Smith's "Year Round Cook Book" and use them both.

Some very good recipes for those who have to watch what they eat, but still want to have very enjoyable food.

Very good book and has some pretty tasty recipes in it! I'm glad I got it.

I originally got this book out of the library. The recipes were so easy and interesting I decided I needed my own copy.

Item as described. Thanks!

Cooking is a joy and a hobby for me, when accurate instructions are provided. Regrettably, I was no further into this book than page 8 before discovering a substantive error: Chicken Breast Roulade clearly must require more than 1/8 cup (2 Tbsp.) Chicken Stock in order to produce final portions of 1-1/2 Tbsp. for each of four servings, particularly after it has been reduced by half. Pages 11 and 12 show lovely photographs which, regrettably, are mis-identified. With such careless editing, how can one trust anything else in the contents?

Excelent book for those who want to cook better for the Diabetic, good learning source for the non-diabetic. Would recomend this to anyone who needs additional info re: cooking & preparing meals for the diabetic.

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