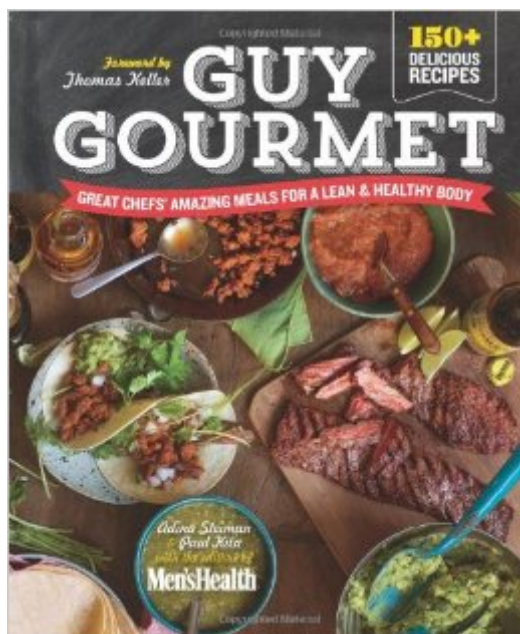


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# Guy Gourmet: Great Chefs' Best Meals For A Lean & Healthy Body



## Synopsis

Man cannot live on bread alone. He also needs chili and steak, tacos and jambalaya, barbecued ribs and burgers. But what about keeping body and mind in top-notch condition? How do you satisfy your appetite and stay lean and healthy? From Adina Steiman, the food and nutrition editor of Men's Health, and Paul Kita, who oversees the Guy Gourmet blog on MensHealth.com, comes GUY GOURMET: Great Chefs' Amazing Meals for a Lean & Healthy Body, the ultimate guide to crafting easy, delicious meals at home. GUY GOURMET, the first-ever cookbook from Men's Health magazine, features more than 150 healthy, delicious recipes, many from the best chefs in the nation - including Thomas Keller, Rick Bayless, Kenny Callaghan, Tyler Florence, Adam Perry Lang, Chris Lilly, Anita Lo, Masaharu Morimoto, Seamus Mullen, Eric Ripert, John Stage and Marcus Samuelsson. Written for seasoned cooks and beginners alike, GUY GOURMET satisfies readers' hunger with nutrient-packed, soul-satisfying dishes like Steak au Poivre with Roast Potatoes, Crab Cakes, Grilled Fish Tacos with Chipotle Crema, Backyard Baby Back Ribs and more. Highlights of GUY GOURMET include:- Fast Weeknight Meals: Instead of takeout, try these fast, protein-packed, delicious dinners- Cooking for a Crowd: Round up the crew for big-batch meals designed to feed the masses- Celebration Meals: Craft holiday meals that won't wipe out or weigh down readers (or their guests)- A Guide to Imbibing: Pair the right beers and wines with food; make cocktails a breeze and more - Date Night Meals: Impress her with failsafe recipes and chef-worthy tricks- How to Master the Grill: Learn all the skills you need to become a backyard grilling champ In addition to tons of great recipes and cooking techniques, the 320-page manual packs in all the basics on essential cooking equipment and tools, tips on stocking a pantry, organizing a fridge, and more. And throughout, quick kitchen tricks on how to flip a flapjack, roll dough with a wine bottle, and zest a lime will transform any hungry guy into a confident home cook.

## Book Information

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## Customer Reviews

The promise in the copy about this being MH's "first cookbook" is very misleading. I can attest that most of the recipes in this collection are relatively easy to make and taste pretty good, but if you've bought any previous Men's Health books (especially the "Eat This, Not That!" collections), you'll find that almost all of the material in here has been recycled from those books and other hardbacks like "The 8 Hour Diet" and "Belly Off!" There's some new copy, and a different design and layout, but 85% of the actual recipes are old news to me. Also annoying is that while they were recycling standbys like "Cornmeal Catfish" (very nice dish, BTW) they could have included some of the more interesting stuff from columns in recent issues of MH; there have been some extremely useful columns about roast chicken (by Michael Symone) and proper burger preparation, and 3 course dishes that can be prepared in one baking sheet. This is still a good stand alone recipe collection; anyone starting out trying to learn new cooking skills might find this book very useful. But it's very annoying to pre-order the book based on the hype in the MH magazine for it, and then discover that MH is following in the tracks of Cook's Illustrated and endlessly repackaging the same 300 recipes over and over again. Plus in spite of their promised "21 one day examine and return" guarantee, Rodale makes it very difficult to actually return the book.

We recently moved into a new home with a very family friendly cooking area. My husband has been chopping, grilling, sauteing, and whipping up delicious meals for the last 3 months. I saw this advertised in my (yes, I get it for me) Men's Health Magazine and thought it would be a great purchase for him. Of course I ordered it from Amazon because - hey! Who doesn't love better prices and a Prime Membership shipping perk?! The style of writing in this cookbook is great. Very user friendly and fun. Tips on the actual cooking of meats and veggies, the selection of knives, a list of kitchen "must have" tools and pans and even a crockpot!! I haven't been subscribed to the magazine for more than a year, so for me to have these recipes in one place is a bonus. No more page tear-and-store and never use. (I found the same was nice when I got the Clean Eating Magazine Cookbook 1). There are recipes in here for breakfast, lunch sandwiches, dinner, date nite, and party night. Also recipes for infused liquors and other drink recipes. Personally I prefer a cookbook with lots of photos of the food, but they do not offer a picture of every recipe. The book would be much

larger I'm assuming and therefore more expensive. I did order and receive the hardback copy of this book which has a nice gift quality to it. We did not have any prior copies of any Men's Health cookbooks, but I do own many of the Clean Eating Diet cookbooks so I understand the "recycled recipe" comments. \*Note-- I would say that this book is way cooler than the CE for Men book. So, for the group who may wonder which to select as a gift I would pick this FIRST. Please let me know if you have some questions! I'm ready to answer.

This book is exactly four star worthy. It has a lot of information on the equipment you need for your kitchen, information on recipes, how to cook basic meats, and covers a lot of categories. My only gripes is they don't list average preparation time for the meals as a lot of the "30 minute meals" actually take 45 minutes or more. And about 60% of the fast late night meals are different variations of stir fry. Otherwise its great, if these guys rushed out another book, I'd buy it immediately.

From the editors of Men's Health magazine, at first glance it looks like a novelty or gimmick, maybe even a little sexist. But don't judge a book by its cover because this one is incredibly informative and intelligently designed, more like a guidebook than a cookbook. Although the book is geared toward men and saturated with male pronouns, being clueless in the kitchen is equal opportunity for both genders. Everyone needs to know how to properly handle their kitchen tool kit, • pick and store food properly, and grasp basic nutrition for a healthy body. No recipe in this book is more than one page long, and they range from sophisticated-but-easy dishes to impress a date to healthy protein snacks (even vegetarian) for workouts. They even tackle campfire cooking, strategies to cook for a crowd or holiday, and primers demystifying cheese, alcohol pairings and making your own stock, seasonings, pickles and bitters. In the forward, Thomas Keller writes, • We become adept at interpreting these recipes into something that is meaningful and personal to us, and in the process we evolve into better cooks ourselves • | The resulting successes we encounter through practice and repetition gives us the confidence and the courage to try new things. • Amen. I wish someone had given me this book ten years ago.

This has become our go to book for healthy meal ideas. We have tried many of the recipes and really can't say much that is negative. Surely some dishes are preferred over others, but we have enjoyed everything. We even made several of the recipes for visiting friends and family and they, in turn, were interested in getting their own copy of the book. Now we wish there was another book with MORE great recipes!

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