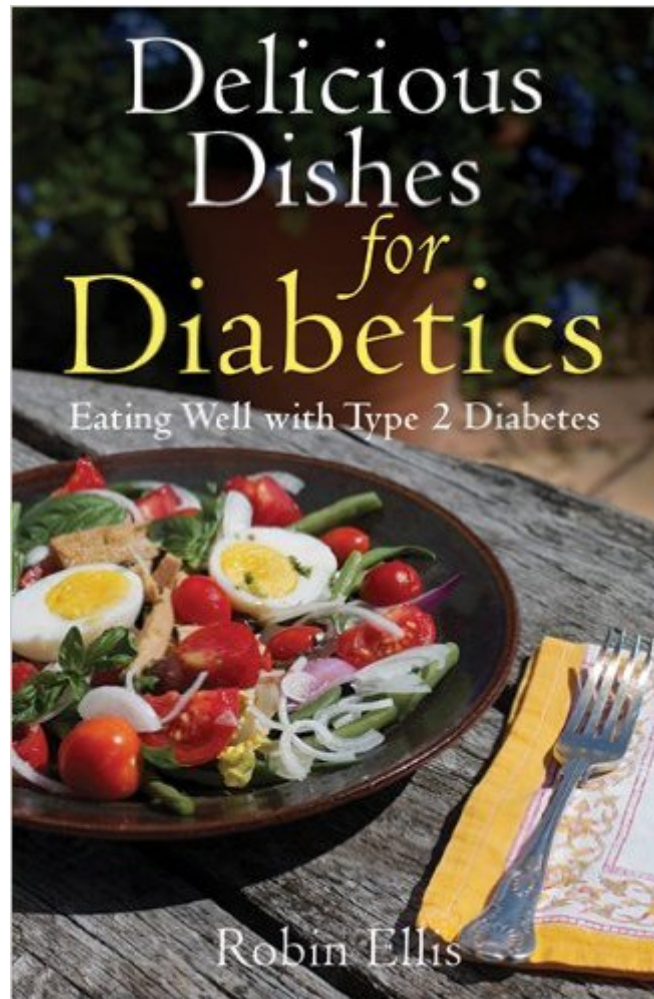


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# Delicious Dishes For Diabetics: Eating Well With Type-2 Diabetes



## Synopsis

This is a food-lover's guide to eating well with diabetes. Based on Mediterranean cuisine; one of the healthiest in the world; British actor Robin Ellis shares his lifetime collection of healthy recipes fit for any type of diabetes. Living with Type-2 diabetes himself, Robin explains the strategic changes he has had to make in what he eats and how he prepares his food. His cookbook offers superb recipes for satisfying dishes such as Lamb Tagine, Roast Quail in Balsamic Vinaigrette, Red Peppers Stuffed with Tomato and Goat Cheese, and Chick Peas with Tomato Sauce and Spinach. Not only does *Delicious Dishes with Diabetes* show you how to eat well, Robin also teaches you how to improve your day-to-day health. With simple daily walks and a revamped eating style, Robin has managed his condition without medication for over six years! If Robin Ellis can, so can you!

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (33 customer reviews)

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## Customer Reviews

Although aimed at diabetics, this book of food is fun and not a trace of denial of pleasure. It is beautifully illustrated by Hope James with delightful pictures of the house where Robin Ellis lives. I have already tried several of the recipes- Donald's cold cucumber soup, Tonno e Fagioli a wonderful tuna salad, the baked mackerel fillets are great as is the Blackened Salmon with Orange Yogurt Sauce. I can't wait to try out Ismail's Spicy Chicken Curry or the Lamb Tagine. There are really useful ideas for salad dressings and sauces. Plus, and this is a big plus, you feel like you are getting to know the man himself. His enthusiasm for good food is transmitted throughout the book like the word Brighton in a stick of Brighton Rock ! :) If you have a day when you just don't know

what to cook, you can open this book and find something to inspire you and get you cooking with pleasure.

I know this cookbook is geared toward people wanting to eat healthier--especially diabetics--but I like it just because it has so many recipes for great-tasting dishes. And because it was written by Robin Ellis--the dashing Ross Poldark in the Masterpiece Theatre series. Try the chicken with capers in lemony sauce with baked sweet potato with fillings.

Well balanced recipes, simply, precisely and informally explained...nice pictures too. I have an organic veg garden and it's inspiring to read Robin's recipes. He shows how to get your meat and vegetables to the table without fuss. Retaining freshness, colour and flavour. It's a great read and you'll love Robin's enthusiasm for the simple delight of cooking.

I bought this book when it came out in England not just because I have long admired the writer and not just for Poldark but his other work. This cook book is full of lovely things to cook and enjoy, not just for diabetic's, but all who like good tasting food, and like a smile and giggle while doing it. My husband is a diabetic 1 insulin taker but my son & I are not, but we all eat the same food, and this book has helped to widen the choice's. The beautiful sketches are so delightful. So fill your kitchen with some south of France sunshine and enjoy.

Hard cover=This was a bit disappointing. Thought it was the hard copy of the soft cover but this one was large print and none of the photos or illustrations that are in the soft cover version. I ended up giving this book to our senior community center. Soft cover=Delightful illustrations and wonderful simple recipes. All items are fresh and most picked from garden or purchased at market in the village in southern France. I agree with reviewer that said the writer is so personable you feel as if you know him.

Who would like to be Robin Ellis (Poldark himself)? Living in the beautiful countryside in the south of France, he has made a great cookbook for the novice cook...or even a very experienced one. Taste and simplicity encourage the reader with fresh and flavorful recipes. They sound good. Have tried several already and they taste great too. Nice to have the help to get healthier and maybe a little lighter too. Arrived quickly and in great shape from the seller.

The recipes really are excellent. Special enough to serve company. However, diabetics need clear information on carbs, fats, etc. these are not provided. Perhaps this is only true of the kindle version, but it is a shame.

Santa was kind enough to leave this cookbook under my Christmas tree this year and I was delighted! Robin Ellis is a wonderful actor and story teller as well as a cook, so I immediately sat down for a cozy winter's read that became a journey to the south of France and the Mediterranean way of eating. I have tried some of the recipes that Ellis has posted on his blog and they have always turned out delicious! I can't wait to try some of these. This book, although aimed at people with diabetes, is a well rounded cookbook that everyone can use. Well written and nicely illustrated.

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