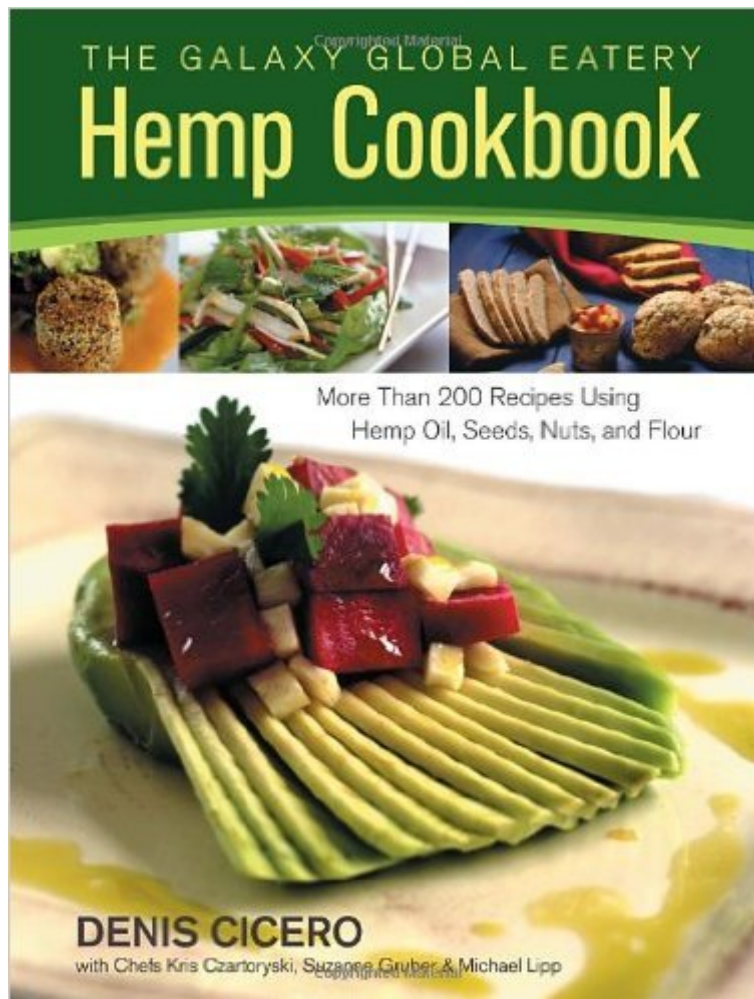


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# The Galaxy Global Eatery Hemp Cookbook: More Than 200 Recipes Using Hemp Oil, Seeds, Nuts, And Flour



## Synopsis

Today's science and culinary arts are finally catching on to what the ancients of China, India, Babylonia, Persia, Egypt, and the Americas knew for centuries: Hemp is one of the tastiest, most powerful superfoods on the planet. Deliciously nutty in flavor, hemp is gluten free and naturally reduces inflammation throughout the body. It contains all nine essential amino acids--making it one of the few plant-based complete sources of protein--and is a great source of gamma linoleic acid (GLA), critical for detoxification and hormone balance. Plus, hemp quickly and noticeably improves the condition of skin, hair, and nails. Each of the nearly 200 recipes in this innovative cookbook uses hempseeds, hemp nuts, hemp flour, or hempseed oil. Vegans, vegetarians, and omnivores alike are honored, and there are many gluten-free recipes as well. The diversity of dish runs the gamut from comfort food such as Hempnut Burgers and Hempnut Fried Chicken to foreign-inspired exotica such as Pumpkin Hempanadas, Hemp Spätzel, and Green Papaya Spring Rolls with Spicy Hemp Dipping Sauce. Also provided are substitutions for hemp ingredients, as well as a list of resources to help readers find top-quality hemp ingredients. The Galaxy Global Eatery Hemp Cookbook is the result of restaurateur Denis Cicero's lifelong dream of making hempseed a household ingredient. In the book, he dispels hemp myths (it is not psychoactive, and eating it won't cause you to fail a drug test), provides "fast facts" (did you know the Declaration of Independence was written on hemp paper?), and offers all kinds of fascinating insight into the amazing virtues of hemp. Best of all, with the simple, step-by-step instructions provided for each recipe, any home cook can impress friends and family by re-creating some of the most innovative and scrumptious hemp dishes ever invented.--Globetrotting recipes feature African, Californian, Caribbean, French, German, Indian, Italian, Japanese, Korean, Laotian, Mediterranean, Mexican, North American, South American, and Thai cuisines.--Simple instructions on making hemp milk, butter, and cheese help vegan and vegan-curious readers try these delicious dairy alternatives at home.--Beautiful four-color photographs throughout will inspire home cooks to re-create these unique dishes for their friends and family.

## Book Information

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## Customer Reviews

My only gripe first: recipes should come with their preparation time, and perhaps even with the kilojoule value for those who need to pay attention to it. Other than that it's a beautifully designed book with truly unique recipes that just beg to be prepared in your own home. Throughout the book are two types of references: one about the nutritional value of certain foodstuffs, the other one about hemp itself, and where/how it has been used throughout the millennia, even by at least two US Presidents. The book focuses on the versatility of (non-THC) hemp in the kitchen, although I would have liked to see a few more references to the use of hemp in general. However, it does a brilliant job in introducing those with little knowledge about this miracle plant to its culinary (and health) benefits, and thus makes an important contribution to the 'de-demonization' of hemp in general. Even if you're not a hempnut (pardon the pun), you should buy this book. It'll then only be a matter of time before hemp finds its way from the kitchen into your daily life, and that - at least according to some people - is exactly what's needed to save this planet. The benefits of hemp are legendary, but it wasn't until Dennis Cicero's book that the beauty of hemp found its most important application: an incredibly healthy staple food.

Here's the deal, I have always known of the health and other benefits of hemp (being a Naturalist myself) but I found the Hemp Cookbook to be informative, well done and it has some really delicious recipes as well. I really like the cookbook and I highly recommend it to others.

I'm sorry to have to give this book only 3 stars. The recipes look like elegant gourmet fare, yet with just a few exceptions, the hemp seeds are just an add-on, not the primary ingredient, and certainly not an essential or even helpful ingredient. For example, homemade bread rolls that sprinkles hemp seeds rather than the traditional sesame or poppy seeds over the top. Perhaps I should have looked more closely at the product description, I don't know. No doubt this is an excellent book for someone

looking for more gourmet recipes, but not someone looking to incorporate a good quantity of hemp into their diets.

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