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Seamus Mullen's Hero Food: How Cooking With Delicious Things Can Make Us Feel Better



Synopsis

Celebrity chef Seamus Mullen offers 130 healthy and tasty recipes that utilize 18 key ingredients, or "hero foods," to improve your well-being. "After being diagnosed with rheumatoid arthritis, Manhattan restaurateur Mullen modified his diet to improve his well-being. His debut cookbook, which pairs traditional Spanish cuisine with rustic farm-to-table fare, highlights 18 ingredients ("Hero Foods") that help him manage his symptoms. Ajo Blanco with Sardine Confit and Octopus and Parsley Salad reflect Mullen's years of work and travel in Spain, while Crispy Tuscan Kale on the Grill and Slow-Roasted Lamb Shoulder highlight the bounty of his Vermont farm. Mullen's personal success lends clout to this study in holistic, inclusive eating." --Library Journal

From celebrity chef Seamus Mullen, *Hero Food* is not only a cookbook, but a personal philosophy of well-being. The subtitle says it all: "How Cooking with Delicious Things Can Make Us Feel Better." Mullen was diagnosed with rheumatoid arthritis five years ago, and in that time, he has discovered how incorporating 18 key ingredients into his cooking improved his quality of life. In *Hero Food*, he shows how to make these key ingredients, or "hero foods," your cooking friends; they can be added to many dishes to enhance health and flavor. *Hero Food* is divided into four sections, each devoted to a season. Each season is introduced with a richly imaged "movie," providing the context of Seamus's life and the source of many of the imaginative and beautiful recipes contained in each seasonal section. Seamus's "heroes" are real food, elemental things like good meat, good birds, eggs, greens, grains, and berries. He cares about how his vegetables are grown, how his fruit is treated, and about the freshness and sustainability of the fish he uses. His hope is that you will eventually forget about why these recipes are good for you, and that you'll make them just because they taste good.

Book Information

Hardcover: 320 pages

Publisher: Andrews McMeel Publishing (April 24, 2012)

Language: English

ISBN-10: 1449407587

ISBN-13: 978-1449407582

Product Dimensions: 8.6 x 1.1 x 10.8 inches

Shipping Weight: 3.3 pounds (View shipping rates and policies)

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Customer Reviews

First, and I know that this is kind of off topic, but isn't Seamus Mullen the hottest cookbook cover guy ever? And, Seamus, if you read this, you can cook in my kitchen any old day!! I also have an RA diagnosis and, like our cute author, I have found food to be the best medicine (well, you know, after methotrexate, hydroxychloroquine and prednisone). I could relate to his introduction on how his flares came with stress and poor self-care. The writing was touching without being whiny. The organization of the book is perfect and eye catching. Each section celebrates a "Hero" with recipes that clearly illustrate how to create his dishes along with some pictures that are above and beyond what I expected. To the photographer, Colin Clark, excellent work! The books that use a blurry lens to fuzz out mishaps just make me mad. I can tell that you took the time to stage slightly without taking so long as to lose the sheen of oil or the feel of the moment. As to those who cook, like me, this book is inspirational. I'm not a recipe follower, rather I'm a gleaner that takes the ideas and moves them into my own meals. Parsley made a quick appearance after this book arrived to much success and accolades in the house. Then, baked and roasted root vegetables followed. I made the Tortilla Espanola because it's similar to something I already make frequently. I subbed sweet potatoes because I like them more! I began adding more fish to my meals too. I'm looking forward to trying more of the egg dishes and I'll surely have a blast doing that. Ok, now for the proof: did it help? Yes, somewhat. Anytime I know I'm not the only one still working and living with RA is a good time.

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