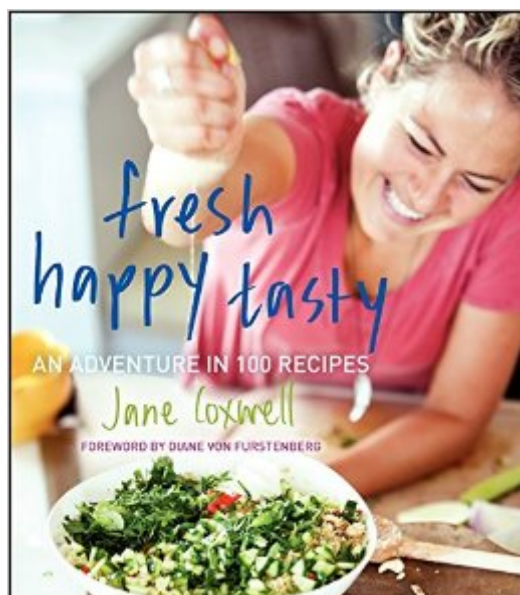


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# Fresh Happy Tasty: An Adventure In 100 Recipes



## Synopsis

In *Fresh Happy Tasty*, Diane von Furstenberg's personal chef, Jane Coxwell, shares 100 healthy, delicious, and unpretentious recipes from her travels around the world on the Eos yacht. Filled with delicious, thoughtful favorites, *Fresh Happy Tasty*, proves that simple, fresh ingredients are all you need to prepare scrumptious, healthy meals. With gorgeous full-color photographs, and a foreword by Diane von Furstenberg, *Fresh Happy Tasty* is a culinary road trip you can take right in your own kitchen and the perfect way to bring family and friends together to share fabulous food and good times.

## Book Information

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## Customer Reviews

I've never written a review before, but I had to for this book--it is hands down my new favorite. Everything I've tried is straightforward, but super, super flavorful. I'd actually never had such bold, flavorful food outside of a restaurant (I don't think I'll ever cook for friends from a different book again...). I love the photos because they're really beautiful and happy (which helps at the end of a long day!), but also anything that sounds like it could be complicated has step-by-step photos, which shows that it really isn't hard at all. A lot of them are great for entertaining, but there are definitely easy weeknight recipes too, and some great breakfast dishes, which I am always having a hard time finding. The recipes have interesting and different flavors, but none of the ingredients are hard to find, and a lot of them are the same (herbs etc.) which definitely helps with shopping. There are so many different influences that I can always find something I'm in the mood for. Every time I make

a new recipe, it's my new favorite. I really can't say enough good things.

I've had the fortune of tasting almost everything in this book that Jane, herself, prepared. Her food is AMAZING! It has completely changed the way that I think about flavors and the way that I cook. Her recipes are so simple, yet so very flavorful. While discussing the amount of herbs that one should use in a single dish, Jane pretty much told me to throw in everything but the kitchen sink. I've been doing just that, and, you know what? She's right. "Over-herbing" is the best thing ever! She also leaves a lot of room for variations in her recipes. They, like Jane, are very organic and lively in nature. I can't wait for the rest of the world to experience the pleasure of Jane food. My three favorite recipes (that have been proven crowd pleasers when cooking for my family and friends) are the 1) Pomegranate, nut, & green herb quinoa, 2) Pearl barley with baby spinach corn, & shiitake mushrooms, and 3) Vanilla bean berries mixed with Warm quinoa breakfast porridge. I'd also like to note that while eating her food for a week straight, my boyfriend noticed that I'd slimmed down. Healthy and tasty, it's no wonder that DVF wants to eat Jane's food on a daily basis! A great gift, I bought copies for everyone in my family. They've tasted my versions of her recipes and, across the board, they've loved it. I can't recommend this book enough!

I've had Fresh Happy Tasty for almost two weeks and I really can't say enough about it. If you are looking for delicious, fresh meals for your family then you will like this book. Some of what I've made so far are the fish tacos, poached chicken, multi-seed granola, avocado, arugula & spinach salad, blackened tomato soup (twice!), and green bean tomato & potato salad. All have been fast and easy to prepare and are exactly as the title describes...fresh, happy, and very tasty! I have since purchased 3 additional books for my friends. We are constantly texting back and forth "did you try...?" I will be purchasing more for Christmas presents. I've never written a review before but needed to one for this book (...hoping it will help encourage a second cookbook, please~please~please Jane!) Everything about this book is so beautiful and well done. Thank you Chef Coxwell!

The pictures in this book are beautiful, and add well to the over all book. I bought this book a few months back, some recipes are so earthy and savory. Not all the recipes are easy or time efficient, especially some of the breakfast recipes seemed unnecessarily taxing. I am ok with making dinners that require a lot of prep work, and step following. But, I am an avid believer that breakfast should be easy and delicious - I just woke up, the sun is rising, coffee brewing, I am still half-asleep, so

what I don't want is cilantro lime eggs! The book has other breakfast recipes that are just a bit much. The tomato soup recipe, hummus, grape and brie cheese salad, cilantro rice, and Israeli couscous recipe are some of my favorites. Over all this book is such a pleasure to read, and even better to enjoy on the table.

This is one of those books that, when you open it and begin reading, you can't help but to continue. When I received my copy, I read it front-to-back. I caught myself smiling almost the entire time. Her story and adventurous lifestyle is something that any professional Chef can relate to. The other reviews describe her food best: simple, flavorful, yet bold. One of the things I enjoy most about this book is that it is also instructional--so it is a wonderful gift for a home cook. This is much more than a "cookbook." This book is inspirational, educational, and entertaining. Well done, Chef Coxwell!

This book is so great! I love the recipes. They're healthy, simple, and full of nutrition. Best of all, they're DELICIOUS. I highly recommend this book. The author's free spirit and love of good food shines throughout, and I enjoy reading it and cooking from it.

The only thing that stinks, at least for me, is that I don't have access to some of the ingredients she has. But for the most part, it was totally worth the buy! I love the stories, and the photos, and the recipes. They are mouthwatering! I would love to see more videos of her on youtube.

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