

Island Light Cuisine

Carol Devenot

*ebooks / Download PDF / *ePub / DOC / audiobook*

 Download

 Read Online

#7620167 in Books 2003-08-30Original language:EnglishBinding: Ring-bound | File size: 24.Mb

Carol Devenot : Island Light Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Island Light Cuisine:

A cookbook with ethnic and local favorite foods of Hawaii, but with a lighter and healthier touch. The 176-page illustrated cookbook is spiral bound and very easy to use. Included for spirit are special quotes. This cookbook is for all those who live here in the islands or away from the islands and are missing their favorite local foods. It fits in with our healthier life style, and you don't have to give up the foods you love.

Devenot has an exceptional knack for knowing how to make a dish taste right to the local palate. -- Wanda A. Adams, Honolulu Advertiser, August 27, 2003Local food expert strives to make light taste right. Devenot calls her approach "healthy fusion cooking." -- Wanda A. Adams, Honolulu Advertiser, August 27, 2003You don't have to sacrifice everything that you eat normally. You just have to adjust ... use quality ingredients...nutritionally better -- Wanda A. Adams, Honolulu Advertiser, August 27, 2003About the AuthorCarol Devenot, a "local" girl, is a retired food science teacher in Hawaii. She earned her master's degree at the University of Hawaii, and was named Home Economics Teachers of the Year by the American Home Economics Association and Teacher of the Year for her school district. Since 1993, she has worked with Dr. Terry Shintani (doctor, well-known diet and health expert in Hawaii and creator of Waianae Diet and Hawaii Diet, author) to help create nonfat vegetarian dishes for his cookbooks and programs. Her son, daughter-in-law and three grandchildren live on the Island of Hawaii. She is an artist, makes jewelry; and loves

dancing hula, working out, and traveling.