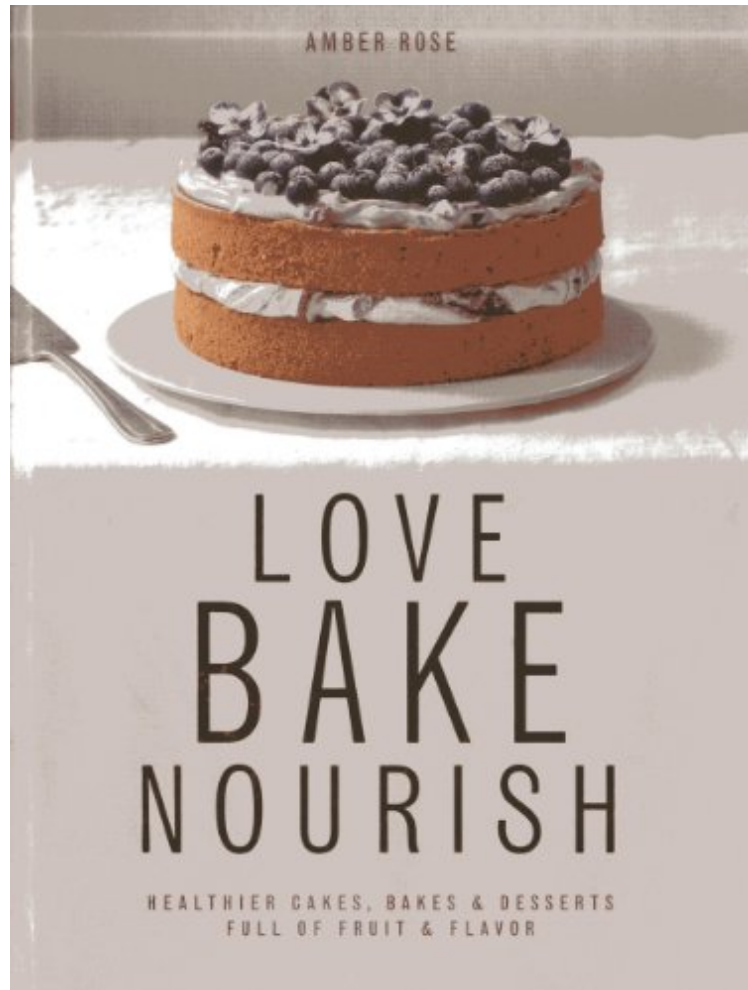


(Download) Love, Bake, Nourish: Healthier cakes and desserts full of fruit and flavor

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Amber Rose

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Amber Rose : Love, Bake, Nourish: Healthier cakes and desserts full of fruit and flavor before purchasing it in order to gage whether or not it would be worth my time, and all praised Love, Bake, Nourish: Healthier cakes and desserts full of fruit and flavor:

6 of 6 people found the following review helpful. Great Book, Needs a Few TweaksBy hillary I.I have mixed feelings on this book - on one hand, I recommend it to friends on a regular basis. For people who enjoy baking but need to be careful with grains and sugar, this is about as good as it gets. The recipes feature lots of fruit, and has options for every season. Favorites include the pine nut peach cake, apricot pistachio crumble, and the banana cinnamon cake.That said, I've often found I've needed to increase the baking time/ oven temperature in order to get a cake that's done all the way through. Part of that is likely the fact that I'm using a silicone and glass Springform pan, rather than metal. I also find

that a lot of these recipes need salt. I'm talking about good quality sea salt, here - it really helps the flavors to shine. But if you tweak those things, this book is a winner. It's probably best for people with a little pre-existing baking experience. 2 of 2 people found the following review helpful. Fabulous and natural, both for the palate, and the eyes! By ToniWow! And again.....wow! This is an impressive baking book, all due to the fact that it is wonderfully packed with "healthy" desserts.....whaaaaa? Healthy desserts? You bet! First before getting into the recipes, there is something about the way this book was produced, there is something about the feel of the pages and the arrangements of the recipes and photos. It isn't your average baking book, actually it has a coffee table vibe to it because it's so beautiful to look at and touch; this is more to it than just a grouping of recipes. There is something very different here. The photography is stunning, and while that isn't the main attraction, there is something so gorgeous in each picture. Actually the photography is as natural, ethereal, and pure as the desserts themselves. I can imagine hanging some of the photos as kitchen artwork. The pages have a thick cotton feel to them; the photography is matte and very much a natural presentation. Actually the entire book is more a subtle journey of healthy eating and desserts just happens to be the main subject. Obviously not a teaching tutorial, but a wonderfully detailed compilation of excellent recipes to celebrate the heights of the fruit seasons. Amber Rose seems to have had a penchant for the natural life, gleaned from her childhood on New Zealand, and thanks to her mother's loving guidance on all things healthy and natural; having an orchard can inspire you! This has translated itself into her appreciation for what desserts should give to the tastebuds, and it has cultivated her palette to be secure in knowledge. While she uses white spelt flour most of the time, albeit pure and unadulterated, there are many recipes that are gluten-free, so there are many wonderful recipes for celiacs, and those challenged by gluten. Every single ingredient is encouraged to be in its purest form, for the end result is perfection! While the recipes are different, they are not odd or difficult. The steps range from rather simple to perhaps a bit more involved but nothing extravagant in nature, and so far, all delicious. The written words are clear, and detailed enough for ease for a novice. There are 189 pages of artwork and recipes for which it could be a veritable confusion of choices. There are 5 chapters of actual desserts with one added chapter of Herbal Teas, which makes a lovely ending to such a lovely baking experience. The chapters are divided into: Seasonal Cakes Fruit Desserts Tarts Meringues Small Bites Creams, Custards, and Compotes Herbal Teas All of these use the best fruits of the season; each chapter deals with the complexity of added ingredients, or the lack thereof, in order to bring out the best of each fruit. One of the best recipes is the Lime Cake with Orange Blossom and Pistachio and Coconut and Sesame Seed Macaroons. I'm hoping to get to the Vanilla Custard, which is simple but rich, and a perfect accompaniment to so many desserts. A truly excellent and healthy book choice for everyone. Peace. 7 of 7 people found the following review helpful. Most elegant cookbook I've seen! By Caleb Darnell The layout of this book is among the best in the market, beautiful and easily accessible. The unique recipes use uncommon but easy to find ingredients that allow you to bake and present guests with unique treats and flavors that you can't find in other cookbooks. Truly an amazing book!

In an ocean of baking books this book is something new. It is an aspirational, yet very achievable, collection of recipes to guide you through baking in a more nourishing way. Food stylist Amber Rose found a lot of the baking recipes out there tend to have the same flavor combinations used over and over again with refined white flour and white sugar as a staple. The heroes of her recipes are the seasonal fruits and ancient flours (spelt, rye, buckwheat and nut flours) used as an alternative to so much refined sugar and gluten, to bring more depth of flavor and texture and to create a healthier baked good. This is a book that covers all occasions, all seasons and all moods, bringing heritage ingredients into the modern kitchen. Using readily available fruit, honey, nuts and flowers to give a more natural kind of baked good, some of the recipes are sugar- and wheat-free and in some instances even dairy-free. Other recipes call for sugar and flour but it's always in a way that brings to the life the ingredients being used. Learning to cook and bake with the seasons helps to support our natural rhythms and brings endless delight to the taste buds as well as helping us to be a little more thrifty, which is an important part of feeding ourselves and our families. Enjoy baking a Spiced Carrot Cake with a crumbly topping; make Berry Good Fairy Cakes for the kids, create a Coconut Passionfruit Tart for a dinner party, or try the healthy Zesty Oat Cookies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too.

Amber's recipes unite luxury with nature. Her cakes are truly delicious and original with tastes that awaken your senses. (Sadie Frost) I adore the whole concept behind Love, Bake, Nourish. All of the recipes use honey, maple syrup, and fruit for naturally sweet flavors (minimizing the use of refined white sugar) and ancient flours like spelt, buckwheat, rye, and nut flours (replacing white all-purpose flour). As you all know, I'm not one to shy away from sugar and all-purpose flour, but it's nice to experiment with alternatives that are not only more healthful but also provide a wealth of different flavors to experience. I'm also a sucker for beautiful food photos, and the images by Ali Allen from Love, Bake, Nourish don't disappoint. (Stef The Cupcake Blog, 3/12/2014) 'How you like your meringues is a very personal subject,' writes Amber Rose in her cookbook Love, Bake, Nourish. The New Zealand native chef hails from a land famous for the pavlova, a meringue dessert topped with cream and fresh seasonal fruit. 'I like them a bit chewy, while others like them to be crisp and crunchy.' She notes for larger meringue, such as a

pavlova, the longer it should bake in the oven. However, once it's cooked, you may leave it in the oven overnight to cool. (Shannon McCook, The Perfect Summer Peach Muffin Parade.com, 4/18/2014) A Comforting Chocolate and Chestnut Cake from Amber Rose Amber Rose has just published Love Bake Nourish, a baking book that reflects a very distinctive personal nature. She's a passionate about foods that are seasonal, organic and not processed. She loves different flours and she cannot abide processed sugar. In her career as chef and author, she has scoured for recipes, old and new, that meet her standards for superior and naturally healthy baking. This dish is old, Italian, and a treasure. No sugar, just honey. No flour, just ground walnuts plus chestnut puree. There is a reason traditional recipes are the core of our culinary heritage. They taste good. Amber's recipes typically end with serving suggestions. I expected to read about whipped cream. How lovely to find she wants this dense, rich cake served with sour cream. This combination is truly self-intensifying. And, uh, no, there is no chance of confusing this cake for a baked potato. (. Cooking by the Book, 4/6/2014) I was sent Amber Rose's book, Love, Bake, Nourish: Healthier Cakes and Desserts Full of Fruit and Flavor for review and the minute I flipped through the pages, I knew this woman had an original voice and approach to baking. The recipes are healthful, yet they remain firmly planted within the arena of classic baking. The design and format beautifully support her goal of bringing delicious, lighter, healthier—nourishing—fare to her readers. There are many recipes using spelt flour and fruit as sweeteners. (Dede Wilson Bakepedia, 5/19/2014) Rose Water and Pistachio Pavlova with Strawberries. [Rose Water and Pistachio Pavlova with Strawberries] is definitely a firm favorite of mine and, for me, scattering rose petals on top is an absolute must?this dessert is not just for the palate, it's for the soul, something to be made with love for a very special occasion. A Lemony Hazelnut Blueberry Cake. I love cream, I love berries and I love nuts. Here, I have incorporated them all in one delicious [lemony hazelnut blueberry cake]. A slice of this, 10 minutes to myself, a steaming cup of fragrant jasmine tea, and the world would simply fall away. On a recent visit to my friend Sadie Frost's house, I took her some cakes to share for an afternoon tea, and one of her gorgeous sons, upon seeing this cake, said: "Baking cakes like this is like being a superhero." Possibly the best compliment I have ever had. (Bakepedia, 5/19/2014) On the other end of the spectrum, Amber Rose's Love, Bake, Nourish is full of desserts that use wholesome ingredients (think whole grain flours, fresh fruit, and natural sweeteners), complete with pretty, airy photos. (Marian Bull, Behind the Book: Olives, Lemons Za'atar Food52, 7/8/2014) From Amber Rose's Love Bake Nourish, these ginger-peach wholegrain muffins are sweetened with honey and topped with a surprisingly good gingery-peach combination that soaks into the top of each muffin as it bakes. (Shannon McCook, The Perfect Summer Peach Muffin Parade, 6/11/2014) In an ocean of baking books this book is something new. It is an aspirational, yet very achievable, collection of recipes to guide you through baking in a more nourishing way. Food stylist Amber Rose found a lot of the baking recipes out there tend to have the same flavor combinations used over and over again with refined white flour and white sugar as a staple. 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Enjoy baking a Spiced Carrot Cake with a crumbly topping; make Berry Good Fairy Cakes for the kids, create a Coconut Passionfruit Tart for a dinner party, or try the healthy Zesty Oat Cookies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too. (Sweet Paul Magazine) About the Author Amber Rose, described by You magazine as "Britain's most glamorous baker," grew up in New Zealand, surrounded by heritage fruit and vegetables. She has travelled the world, cooking in cafes and restaurants. She was a private chef to Sadie Frost before becoming a doula and cook to new mothers. She is also a food stylist, based in London.