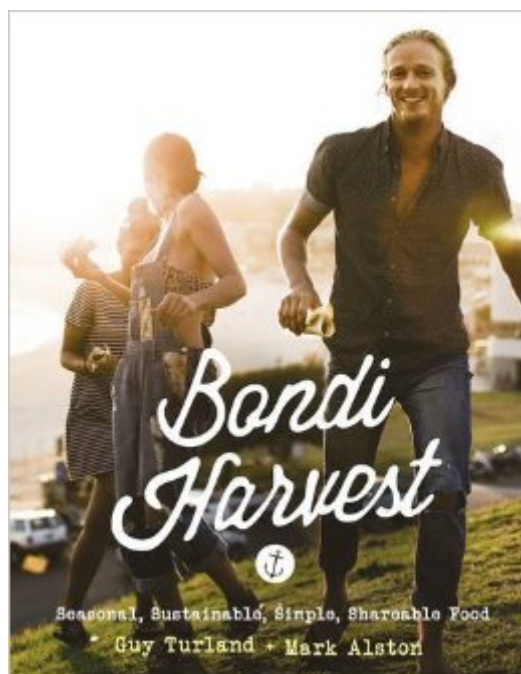


The book was found

Bondi Harvest



Synopsis

BONDI HARVEST brings you the very best of sundrenched, simple, delicious and healthy Australian food and flavours from the most beautiful beach in the world. With a style that sits somewhere between a young Jamie Oliver and a Corona ad, Guy Turland (chef, surfer, free-diver and YouTube cooking sensation) captures the easy, laidback, sundrenched essence of Bondi Beach. His recipes are chock-a-block with sunny, seasonal, vibrant, and zingily fresh flavours, designed to be eaten and enjoyed by friends and family. Celebrating good times and focusing on delicious tastes, simplicity, sustainability, seasonal cooking, fresh whole foods and - most importantly - not taking life too seriously, this is food, flavours and lifestyle from the most beautiful beach in the world. After working as a chef in some of Australia's finest restaurants, Guy Turland and business partner Mark Alston started their YouTube cooking show in 2012, with only a surfboard, a camera and a camp oven, cooking food al fresco in some of Bondi's most iconic beauty spots. Now BONDI HARVEST is a hit weekly YouTube cooking show, with over 48,000 subscribers. Guy's recipes are featured on The Guardian's website and the two men have opened a restaurant in Sydney in addition to the Depot cafe in Bondi. Guy has also cooked live on NBC's Today Show. Find out more at <http://bondiharvest.com/about/>

Book Information

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Customer Reviews

one of the best cook books I have ever seen (and I have 20 at least - I used to be a chef). great recipes, beautifully shot photos and a very inspiring style of writing that makes me want to invite friends over for dinner ASAP. Very Australian in the best way possible. I spent 3 months in

Melbourne recently and was really impressed with Australian restaurants - as good as anything in Paris (and overall better than in San Francisco where I live). Guy Turland is a perfect ambassador of Australian cooking. I got my copy in a book store in Melbourne last December.

The book is lovely: great recipes, great photos, great stories. However, it touts being healthy, but some of the recipes do not necessarily adhere to that mantra. E.g. frying eggs in coconut oil may not be as healthy as the book portrays. I realize that the book is written by a chef and not by a nutritionist, it is meant to share recipes not "healthy" recipes, and it shares opinions rather than facts. Consequently, I do not think that the book was written to mislead. In summary, the book contains good recipes, but not necessarily healthy recipes. Note: I have not done a thorough review of this book. These are my initial thoughts.

Love it! This cookbook has a good variety of recipes and plenty of photos. Full of great, simple ways to use fresh ingredients, with a healthier slant.

Beautiful book, great recipes! But seriously, this book is so well designed, I love leaving it out my coffee table.

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