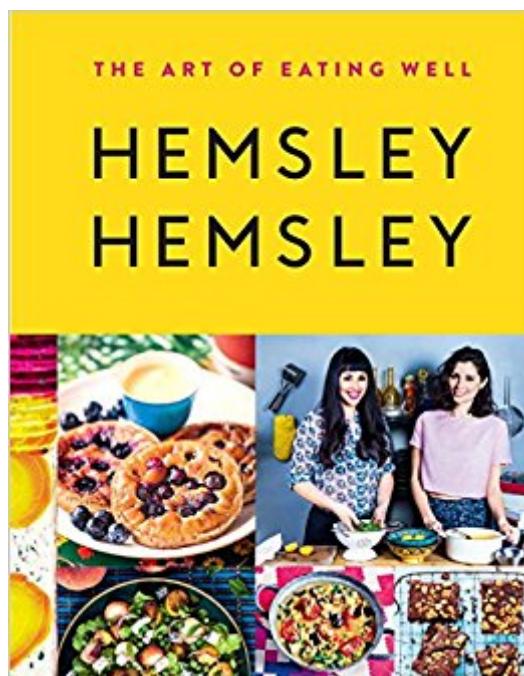


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# The Art Of Eating Well: Hemsley And Hemsley



## Synopsis

Celebrated food consultants and food activist siblings, Jasmine and Melissa Hemsley are starting a food revolution in their native U.K. Their food philosophy— which has already received acclaim in such publications as *British Vogue*, *The Sunday Telegraph*, *Glamour*, *The Sunday Times*, and *Stylist*— is simple: changing the way you eat doesn't have to involve deprivation, but can be enjoyed every day, at home, at work, with family and friends, or eating out. *The Art of Eating Well* is chock full of the Hemsleys' recipes, knowledge, and advice on making the switch to a delicious, healthy, and satisfying diet. *The Art of Eating Well* is a cookbook with exciting and inventive recipes that are so delicious you forget that the premise is health and nourishment. These recipes will not only reboot your approach to food in the most enjoyable ways, with whole, organic, nutrient-filled, delicious homemade foods, free of grain, gluten, high-starch and refined sugar, but will help you realize how satisfied and great you can look and feel. They will empower you to take control of the way you eat. The 150 recipes in *The Art of Eating Well* are easy enough for midweek meals, yet possess enough flair to share with friends; you'll learn why eating the right fat feels good for your body, why a plate of meat and two veggies fills you up better than any low-fat pasta dish, and how you can put an end to your sugar crashes and cravings. *The Art of Eating Well* is a unique approach to a healthy cookbook; there are no calorie counters. This book is about eating simple, homemade, family-style food that will reawaken your taste buds and tune you on to the taste of real food, so you can take control over what goes into your body and look and feel better as a result! The book is divided into Kitchen and Pantry Basics; Cooking in Advance; Breakfast; Soups made from nourishing bone broth (quality animal foods are at the heart of what they do); Salads; Sides and Snacks; Main Meals, including Meat, Poultry, Fish; Vegetable Mains; Baking and Desserts; Dips, Dressings and Sauces; Super Powered Juices and Smoothies; Basics. There are also tips on Cooking with Children; Getting a head start on the week with the 'Sunday Cook Off'; Frugal Feasts and easy One-Pot Dishes. Self-taught cooks, the British Hemsley sisters have created, through personal experience, research, and much trial and error, an ethos and style of eating that is disarmingly simple. "Diets" are often not sustainable, and *The Art of Eating Well* takes readers on a journey, gently educating and framing a perspective from which the reader can reclaim the word "diet" as a noun (as in the kind of foods a person habitually eats) rather than a verb (to restrict oneself to small amounts or special kinds of food in order to lose weight). Jasmine and Melissa show you how and why cooking and eating organic, nutrient-dense, grain- and refined sugar-free, whole and unprocessed foods will nourish both body and mind. They promote an all-encompassing, nurturing

alternative to fad diets and processed meals, focusing instead on taste, quality foods and ingredients, traditional wisdom, and modern science.

## Book Information

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## Customer Reviews

"It's hard not to instantly fall in love with sisters Melissa and Jasmine Hemsley.

They're absolutely stunning, hilarious, and they cook food that tastes as good as it makes your body feel." -Elle.com "The Hemsley sisters' main goal is to bring meals back to basics, focusing on meat and two vegetables, without any hatred for natural fats. Not surprisingly, their food is good (I've made it and tasted it), and makes you feel spectacular, from the inside out."

-Yahoo! Beauty "Jasmine and Melissa Hemsley of Hemsley + Hemsley may be the UK's most delicious food writers and nutritionists. They're constantly thinking up healthy recipes that encourage their readers to live more healthy, energized lives." -The New Potato "Given the sisters' fan base among the chic set, the book's release during the final days of fashion month - just when all the parties and decadent meals really start to take their toll - promises a sort of healthful salvation." -T Magazine "In Jasmine and Melissa Hemsley's new book, The Art of Eating Well: Hemsley and Hemsley, the It-Brits and sisters behind the food blog Hemsley + Hemsley, dish out their favorite recipes, all made from whole foods and unprocessed ingredients." -Martha Stewart "The Art Of Eating Well" by Jasmine and Melissa Hemsley, two ultra-chic food-obsessed sisters from London, is anything but a diet cookbook. -Epicurious "But their book is less a wily

approach to monasticism and self-denial—“which is everything I am allergic to—and more a celebration of the yummy things one can eat.”-Vogue “Their message is simple: you should eat good food that makes you feel good. The recipes that they’ve developed in their book are just that, from a black bean brownie (seriously, it’s insanely good) to pastas made from vegetables, they present a fresh take on treating your body well.”-Garance

Dore “Everything that the Hemsley girls do really works for me. I’m obsessed with them!”

-Yasmin Sewell in *Into the Gloss* As Seen In: *Food and Wine* *Elle Canada* *goop* *The Washington Post* *Lucky* *Nasty Gal’s blog* *Urban Outfitter’s blog* *The Coveteur*

Jasmine and Melissa Hemsley are the founders of Hemsley + Hemsley, a London-based, family-run food consultancy service for people who want to live healthier and more energized lives. They look after high-profile clients, from A-list celebrities to integral members of the fashion, beauty, and health and wellness industries. Jasmine has worked as a model for 16 years, a profession that made her very aware of her diet and health. Melissa travelled the world as a fashion brand manager and then worked in restaurants and bars so she knows very well how difficult it can be to feed yourself well with long hours and late nights.

One of my favourite healthy eating books! I’m so happy that a book like this exists. I’ve been gluten and sugar free (processed sugar) for almost 2yrs now, and initially it was really hard to have inspiration for sweet treats, i had no idea what to do. I had found blogs that fit the bill, but almost all of those were geared towards vegans and vegetarians. Then i found out about this book and wanted to get it straight away. I love how much info is given especially on bone broths. I also really enjoy the section at the back on how to make things such as nut milks, dips, ketchup, nut butters, yoghurt-the list is endless. Although some of the recipes seem daunting to make, they’re so delicious. So far i’ve made the Anytime eggs, Quicker than toast zucchini salad, Chicken tinola, and my favourite Sesame chicken salad with cucumber noodles - I pair this with sweet potato wedges with a cajun seasoning and a squeeze of lime juice. So divinell also made my first ever attempt to make chocolate using the recipe in this book. My first batch wasnt that great, but i slowed down the cooking even more( i think i rushed the first time), and the more i make it the smoother and more delicious the chocolate is. I add an orange extract to mine and then once i pour the mould i grate orange zest over it. There are so many recipes i cant wait to make, such as the paradise bars. So armed with this cook book, and a few others, I do not feel deprived, and i really enjoy eating the meals. If you’re interested in more books similar to this yet with a bit more of family friendly

approaches to eating, one baking book i have is Amber Rose Love Bake Nourish. She uses fruit, honey, and maple syrup in her cakes and they're delicious. And recently I've come across Madaline Shaw, she has some great desserts and a lovely steak salad among other savoury treats. Yet Hemsley Hemsley is still leaps and bounds above any other I have!

I love this cookbook! I have already made the Ribiletta Soup and it is amazing! I can't wait to try more of these very clean recipes. It's filled with salads, soups, stews and mains. Lovely illustrations complete this incredible cookbook. If you have an interest in clean and healthy eating...this book is perfection!

I had no idea I would be cooking out of the cookbook this much. Every recipe has turned out perfectly and tastes amazing. Who knew that healthy food can taste this good? They have great tips and ideas for making everything in your pantry the most nutritional it can be. I am only sad I waited so long to buy this book.

the Hemsley sisters are genius. innovative spins on classics like chicken soup, fried chicken and brownies and delicious creations like broccoli fritters and goat cheese and beet terrine. I've had the book less than a week and I've already made 4 recipes. Can't wait to work my way through the book. And loved it so much, I bought three more for various family members. BUY IT.

More than a cook book, this is a reference and resource for positive life-style change. I bought this for my 20 year old daughter who requested, and she couldn't put it down.

Excellent sell came much faster than expected. It looked brand new

Amazing and healthy recipes. Some complicated.

Love this book - the salmon with chimichurri recipe is one of our favorites as is the chicken tinola soup. Great entertaining ideas, casual, chic, healthy and visually stunning. We've gifted this one to a few friends and everybody loves it.

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