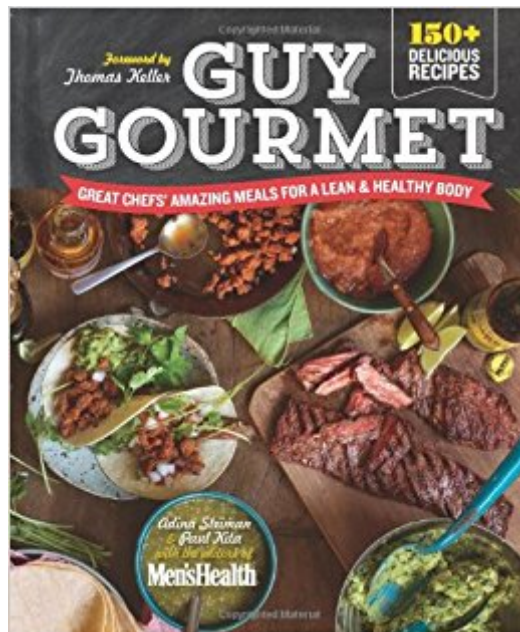




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# Guy Gourmet: Great Chefs' Best Meals For A Lean & Healthy Body



## Synopsis

Man cannot live on bread alone. He also needs chili and steak, tacos and jambalaya, barbecued ribs and burgers. But what about keeping body and mind in top-notch condition? How do you satisfy your appetite and stay lean and healthy? From Adina Steiman, the food and nutrition editor of Men's Health, and Paul Kita, who oversees the Guy Gourmet blog on MensHealth.com, comes GUY GOURMET: Great Chefs' Amazing Meals for a Lean & Healthy Body, the ultimate guide to crafting easy, delicious meals at home. GUY GOURMET, the first-ever cookbook from Men's Health magazine, features more than 150 healthy, delicious recipes, many from the best chefs in the nation - including Thomas Keller, Rick Bayless, Kenny Callaghan, Tyler Florence, Adam Perry Lang, Chris Lilly, Anita Lo, Masaharu Morimoto, Seamus Mullen, Eric Ripert, John Stage and Marcus Samuelsson. Written for seasoned cooks and beginners alike, GUY GOURMET satisfies readers' hunger with nutrient-packed, soul-satisfying dishes like Steak au Poivre with Roast Potatoes, Crab Cakes, Grilled Fish Tacos with Chipotle Crema, Backyard Baby Back Ribs and more. Highlights of GUY GOURMET include:- Fast Weeknight Meals: Instead of takeout, try these fast, protein-packed, delicious dinners- Cooking for a Crowd: Round up the crew for big-batch meals designed to feed the masses- Celebration Meals: Craft holiday meals that won't wipe out or weigh down readers (or their guests)- A Guide to Imbibing: Pair the right beers and wines with food; make cocktails a breeze and more - Date Night Meals: Impress her with failsafe recipes and chef-worthy tricks- How to Master the Grill: Learn all the skills you need to become a backyard grilling champ In addition to tons of great recipes and cooking techniques, the 320-page manual packs in all the basics on essential cooking equipment and tools, tips on stocking a pantry, organizing a fridge, and more. And throughout, quick kitchen tricks on how to flip a flapjack, roll dough with a wine bottle, and zest a lime will transform any hungry guy into a confident home cook.

## Book Information

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## Customer Reviews

A Sample of the Delicious Recipes in Guy Gourmet [Click here for a larger image](#) [Click here for a larger image](#)

Adina Steiman is food and nutrition editor of Men's Health magazine and a graduate of the Le Cordon Bleu in Paris. She lives in Brooklyn. Paul Kita is an editor and writer for Men's Health magazine who edits the Guy Gourmet blog on Menshealth.com. He lives in Allentown, PA.

the second is anything from julia child and the third is how to stay alive in the woods (look em up.)but seriously, this is quite possibly my favorite cookbook to date. being a guy, I gave it a shot after reading a review in men's health and damn, it really impressed. love the designed and thought put into the layout of the book itself. plus the recipes are delicious! I use this book for entertaining, fast weeknight meals when work runs late, lunch prep for the week, it even has a section on how to grocery shop (may be obvious stuff, but certainly helped me out.)honestly, one of the best cookbooks out there. plus it looks cool on a bookshelf.

Bought this for my boyfriend. I love it because I expected it to just have recipes but it also has info on what basic cooking utensils (knives, pans, etc.) you should have in your kitchen and other info for a beginner in the kitchen or someone stocking their first kitchen.

Bought as a well wishes gift. Feedback was great. Many meals have been made and groceries bought because of this book!!!!

This has become our go to book for healthy meal ideas. We have tried many of the recipes and really can't say much that is negative. Surely some dishes are preferred over others, but we have enjoyed everything. We even made several of the recipes for visiting friends and family and they, in turn, were interested in getting their own copy of the book. Now we wish there was another book with MORE great recipes!

Possibly the only cookbook you will need? Especially for a starter! So many helpful hints and cooking techniques along with delicious recipes! Bought one for a grandson who is "batching" for the first time! His sister liked it so well, that we got her one also! That did it, bought one for myself and grandson-in-law. We do like our food!

This cookbook has so many great recipes. The organization is a little hectic at first glance but it's not too bad. This has helped to completely change my eating habits

This book is exactly four star worthy. It has a lot of information on the equipment you need for your kitchen, information on recipes, how to cook basic meats, and covers a lot of categories. My only gripes is they don't list average preparation time for the meals as a lot of the "30 minute meals" actually take 45 minutes or more. And about 60% of the fast late night meals are different variations of stir fry. Otherwise its great, if these guys rushed out another book, I'd buy it immediately.

I bought this book for a nephew who graduated recently and it seems to be exactly what I was looking for: background on the kitchen and some basic tools to use, preparation instructions for common foods, and essential bartending instructions for various cocktails, all in addition to the recipes which appear to be relatively simple and healthy. Will definitely be purchasing another copy for myself.

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