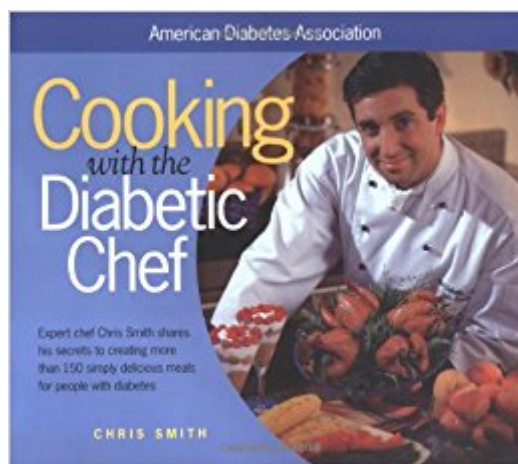




The book was found

Cooking With The Diabetic Chef: Expert Chef Chris Smith Shares His Secrets To Creating More Than 150 Simply Delicious Meals For Peop



Synopsis

First-ever cookbook written by a trained chef with diabetes. Pizza, chicken and mushrooms in white wine sauce, to-die-for chocolate cake. Foods that melt in your mouth and make your taste buds come alive. 150 recipes created by Chris Smith, the diabetic chef. There's virtually nothing you can't have anymore!

Book Information

Paperback: 200 pages

Publisher: American Diabetes Association; 1 edition (May 1, 2000)

Language: English

ISBN-10: 1580400434

ISBN-13: 978-1580400435

Product Dimensions: 8 x 8.9 x 0.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.1 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,018,374 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #739 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #823 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

Culinary Institute of America graduates don't often worry about food's nutritional values. But CIA product Chris Smith has diabetes, so he understands that for himself and his fellow sufferers, the food they consume can indeed be a matter of life and death. Nevertheless, the diabetic in no way must endure a life of bland, uninteresting food. Smith has taken the principles of the best contemporary cooking (fresh ingredients, ethnic variety, eye appeal, multiple textures, and assertive flavors) and applied them to a tightly carbohydrate-controlled diet. To emphasize the importance of fresh ingredients, Smith organizes recipes by season to take advantage of the market's best-quality output. Recipes vary in complexity from sophisticated Grilled Apple Pear Soup to a simple Meat Loaf free of the usual starch binder. Collections lacking good contemporary recipes for diabetics would do well to add this volume. Mark Knoblauch
Copyright © American Library Association. All rights reserved

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the

lives, careers, and interests of readers worldwide

I am sure glad Chef Smith has shared his Diabetic cooking secrets. It has made my life easier. It has made the world of cooking and eating pleasant and easy to do. Cooking doesn't have to be complicated even if you are diabetic. It can also taste good also.

There are lots of very good recipes and I like the use of all the fresh herbs and veggies. I also purchased Chef Chris Smith's "Year Round Cook Book" and use them both.

Some very good recipes for those who have to watch what they eat, but still want to have very enjoyable food.

Very good book and has some pretty tasty recipes in it! I'm glad I got it.

I originally got this book out of the library. The recipes were so easy and interesting I decided I needed my own copy.

Item as described. Thanks!

Cooking is a joy and a hobby for me, when accurate instructions are provided. Regrettably, I was no further into this book than page 8 before discovering a substantive error: Chicken Breast Roulade clearly must require more than 1/8 cup (2 Tbsp.) Chicken Stock in order to produce final portions of 1-1/2 Tbsp. for each of four servings, particularly after it has been reduced by half. Pages 11 and 12 show lovely photographs which, regrettably, are mis-identified. With such careless editing, how can one trust anything else in the contents?

Excelent book for those who want to cook better for the Diabetic, good learning source for the non-diabetic. Would recomend this to anyone who needs additional info re: cooking & preparing meals for the diabetic.

[Download to continue reading...](#)

Cooking with the Diabetic Chef: Expert Chef Chris Smith Shares His Secrets to Creating More Than 150 Simply Delicious Meals for Peop Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking

For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Easy Livin' Microwave Cooking: A microwave instructor shares tips, secrets, & 200 easiest recipes for fast and delicious microwave meals Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Diabetic Recipes [Second Edition]: Diabetic Meal Plans for a Healthy Diabetic Diet and Lifestyle for All Ages Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 8) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 7) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 5) Cultivating Exceptional Cannabis: An Expert Breeder Shares His Secrets (Marijuana Tips Series) Oil Painting Secrets from a Master: Prominent Artist / Teacher David A. Leffel Shares His Secrets for Making Professional-Quality Paintings Bake It, Don't Fake It!: A Pastry Chef Shares Her Secrets for Impressive (and Easy) From-Scratch Desserts (Rachael Ray Books) Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1) Diabetic Cookbook: 25 Healthy and Delicious Diabetic Recipes Diabetic Smoothies: 35 Delicious Smoothie Recipes to Lower Blood Sugar and Reverse Diabetes (Diabetic Living) Cheap And Delicious: 40 Cheap And Delicious Easy Family Meals That Will Save You Time And Money In The Kitchen And Make Your Mouth Water With Delight! ... Cooking With Beans, Cooking With Potatoes) Diabetic Slow Cooker Recipes: Over 190+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... and Chilis, Slow Cooker Recipes (Volume 1) Everyday Vegetarian: A Delicious Guide for Creating More Than 150 Meatless Dishes The Book of Wizard Parties: In Which the Wizard Shares the Secrets of Creating Enchanted Gatherings Vegan Slow Cooking for Two or Just for You: More than 100 Delicious One-Pot Meals for Your 1.5-Quart/Litre Slow Cooker

[Contact Us](#)

[DMCA](#)

[Privacy](#)

