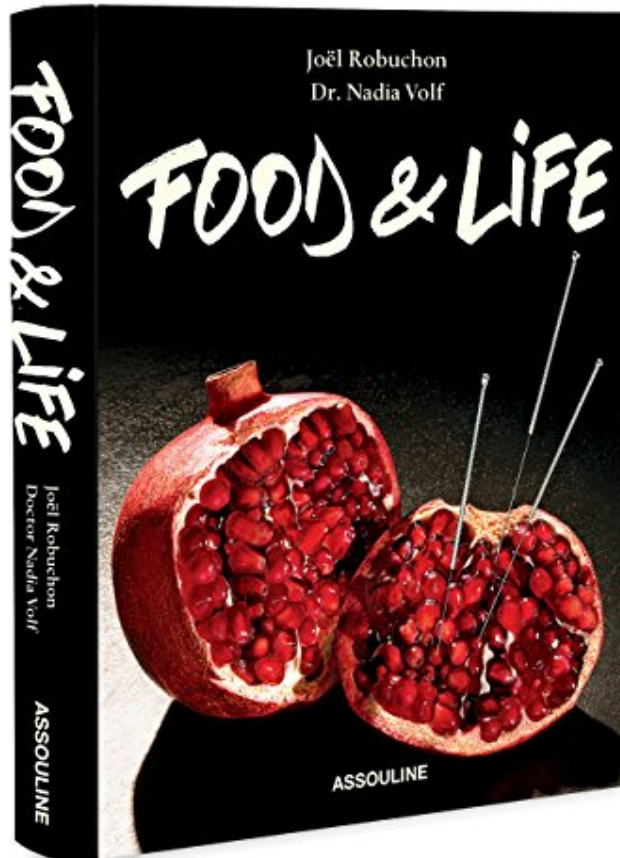


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## Joel Robuchon Food and Life (Connoisseur)

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#401865 in Books 2014-10-14Original language:EnglishPDF # 1 11.40 x 1.20 x 9.80l, .0 #File Name: 1614282641200 pagesISBN: 97816142826489.5 x 11.75 in - 23.5 x 30 cm200 pages | 100 illustrationsSpiral-bound hardcover | File size: 21.Mb

**From Assouline : Joel Robuchon Food and Life (Connoisseur)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Joel Robuchon Food and Life (Connoisseur):

0 of 0 people found the following review helpful. this book makes vegetable appear suer sexyBy kyle ketchumreally cool book. great for the pure vegetable lovers3 of 4 people found the following review helpful. The book is wonderful!By taoistThe book is wonderful! Full of delicious recipes, easy to cook, and good for healthy. Ive tried already a half of them and it works very well! All my friends and family enjoy all meals which Ive started to cook since I've bought this book. It is really special cooking book - very clear and easy to repeat. Joel Robuchon is a great Chef, and now I feel that I can do like him! And also, it is easy to choose, what to eat: just look out of the window, see the time, and you have your food. My daughter was tired, and Ive cooked for her the Chicken Soup with ginger and mushrooms. She recovered pretty immediately! She was so happy, and so do I, thanks to this book. One evening my husband came home very angry - he was obsessed with his job and with one of his colleagues. He was really scared to

lose his job. And I've prepared him a celery root and endive salad with walnuts. It was not difficult - I did it just in the half of hour. But the result was fantastique - my husband came down and began to smile and to relax. And he slept very well this night. I would love to thank authors for this book which brings me good solutions. 13 of 15 people found the following review helpful. Not as advertised  
By Elizabeth Evans  
This book was not as advertised. The opening section described the health properties of a small selection of foods but the recipes had no connection to the information re: the health benefits discussed in opening chapter. Additionally I enjoy cooking and do it well but found no recipes that seemed appetizing or particularly healthy. The photographs were nicely done but all else about the book was very, very disappointing. An enormous waste of my money.

An ode to the art of delicious and healthful cuisine, *Food Life* is a new way to understand food: This cookbook may just change your life. Whereas today's fashionable diets create deficiencies and imbalances, and deprive us of part of the joy of living, *Food Life* is a celebration of food as an integral part of happiness. World-renowned chef Jol Robuchon offers delicious gourmet recipes balanced for all seasons and all stages of life, and respected acupuncturist and neuropharmacologist Dr. Nadia Volf provides detailed explanations of the nutritional virtues of fruits, vegetables, beans, grains, meats and fish and their effects on our physical and mental well-being.

The Result, *Food and Life*, offers dozens of recipes designed to heal, all prepared with the inventiveness of the chef with most Michelin stars in the world. --Vogue  
In Robuchon's latest cookery book, *Food and Life*, dishes are meant to do more than fill the belly and satisfy spoiled taste buds. --Luxo  
This premise that food can heal what ails you serves as the foundation for *Food and Life*, the new cookbook by Jol Robuchon and his acupuncturist / neuropharmacologist Dr. Nadia Volf. --Epicurious  
About the Author  
World-renowned French chef Joel Robuchon has devoted his culinary art to bringing people health and happiness. Originally from Poitiers, Robuchon was awarded Meilleur Ouvrier de France in 1976, Chef of the Year in 1987, and Chef of the Century in 1990. Today Robuchon holds the most Michelin stars of any chef in the world. In 2014 he will open Atelier de Joel Robuchon in Bangkok, New York, and Mumbai, along with a gastronomic restaurant in Bordeaux.  
Dr. Nadia Volf, MD, PhD, is a professor, a neuropharmacologist, and an acupuncturist with thirty-five years of experience. She is founder and co-director of the Scientific Acupuncture Department at the Medical University of Paris, France. Currently she continues her research and practice in Paris, both in the university hospital and in her clinic. A member of the American Academy of Medical Acupuncture (AAMA), Dr. Volf has given lectures at Harvard Medical School, George Washington University, and the Pacific College of Oriental Medicine in Chicago. Dr. Volf is the author of several books, translated into twelve languages, as well as a great number of articles published in scientific journals. The aim of her whole life and practice is to combine modern science with traditional wisdom to bring people knowledge of health and longevity.  
After finishing school, Harald Gottschalk became assistant to the renowned Robert Doisneau and began fulfilling his childhood dream to become a photographer. Gottschalk has had more than 60 solo and collective exhibitions in France and abroad. Parallel to his personal work, Gottschalk collaborates on many prestigious projects and publications with international brands.