



## The Art of Eating Well

*Jasmine Hemsley, Melissa Hemsley*

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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.

## The Art of Eating Well Details

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## From Reader Review The Art of Eating Well for online ebook

### **Sarah says**

One of my favorite cooking books. Beautiful pictures, useful tips & instructions and the results are always great. Never surprised that an ingredient is missing or that measurements are not correct. I loved many recipes from this book and my favorite is the Sticky Toffee Pudding! I make it so often that it became an addiction. Thank you to the brilliant Hemsley sisters!6

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### **Maria C says**

I really like the philosophy about eating healthy of these two sisters, the book has great recipes and great advice. The only let down is that there are no substitutions for some ingredients, or some ideas of what to use instead, without compromising the flavor.

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### **Christina says**

I love their blog and I love their cookbook. It's the cuter, glossier, pictorial version of Nourishing Traditions. If you don't know where to start with incorporating detoxifying foods into your diet - this is a great book to get you started. There are very helpful explanation and how-to sections. I always get cookbooks first at the library - I may even buy this one!

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### **Rachel Martino says**

Super book. On the whole a really lovely collection of whole food recipes that are relatively low in allergens. Love the intro & extra information in the back of the book - particularly on fermentation.

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### **Hobbes says**

I've been constantly dipping in and out of this cookbook during the last year. Great philosophy for healthy eating, tasty recipes, and most important for me gluten-free.

A staple on my kitchen cookbook shelf.

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## **Adina says**

I've been wanting to write a review for this book for some time but I was facing a dilemma: when should I consider a cooking book as read? Do I have to read every word from it? After long deliberations I decided that for me it means to cook at least 20 recipes. Which I did from this one, and more.

When I started to become more involved with training for triathlons a few years ago, I also decided that I should eat healthier and cleaner. I searched the web for suitable recipes to match my culinary preferences and healthy eating philosophy and I realized there weren't many options. Most of the blogs/cookbooks that I found were vegetarian which I have no intention to become, ever. It was very hard to find healthy recipes that included meat and fish. My problems dissipated when I encountered these 2 wonderful ladies.

The recipes substitute less healthier/fattening ingredients with healthier options without compromising on the taste. For example, instead of using potatoes as mash they propose broccoli or cauliflower. I remember eating a delicious fish pie with celeriac mash. Also, instead of wheat pasta you get courgette spaghetti or buckwheat.

From the 20 or more recipes that I tried there were only 2 that were not so great. I highly recommend this book if you are trying to maintain a healthy lifestyle.

The only two downsides that I could find is that some of the ingredients are a bit exotic and harder to find and some recipes require time to prepare which I do not always have. To solve the latter issue they wrote another book with easier recipes *Good + Simple*, which I also have the pleasure to own.

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## **Ninja Neko says**

I encountered the Hemsley sisters online while looking for a gluten-free crumble topping. They do look painfully hip, but as I'm always looking for more healthy recipes I was eager to try their cook book. It didn't start out promising I have to say... an introduction full of frankly ridiculously over the top rules with some holier-than-thou preaching - it was like reading Gwyneth Paltrow all over again. I find this sort of stuff very amusing and started reading some extracts aloud to my boyfriend who consequently got very annoyed: "Why the hell are you even reading this nonsense? You're not going to cook from this are you!?". But I kept at it as I wanted to see those recipes for myself. And you know what? They look really good! Very original takes on things, getting me inspired to try new things, and nifty gluten-free spins on some dishes to boot. I tagged so many recipes in this (library) book that I might actually just have to buy my own copy.

I still don't care for all of the philosophy behind their recipes - they can sue me for using bouillon cubes - but the actual dishes look (nice pics) and sound great. Can't wait to try out some of these recipes.

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## **Natalie says**

The great mix of tasty vegetarian and meat dishes in this book make it a hit with all members of our family. There is a delicious meal to fit both diet types in here.

I particularly enjoy the wonderful Aubergine and Coconut curry which is so flavourful.

It is always a pleasure to find a cookbook to match my way of eating. There is lots of valuable information in here as well as plenty of nourishing recipes. So if this way of eating speaks to you also then I'd highly

recommend getting this book!

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### **Raquel Marques says**

I really enjoyed this book. They have great ideas and some super delicious recipes. I often only use e-readers but I think I will have to purchase this one. Currently obsessed with their Pablo's Chicken! Warning some of these recipes can be time consuming (bone broth) but not all!

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### **Sami says**

This cooking/lifestyle book has some great points and I will definitely be trying to apply some of its clean eating ethics in my life. Another big plus - the entire book is so aesthetically pleasing. The photography, the font, the layout, everything was done well. This is what a cookbook should be.

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### **Amy says**

I don't remember where I got the recommendation for this book, but it was strong enough that I added it to a Christmas wish list and subsequently received it.

This is a cookbook with much explanation before and during the recipes, outlining the whole-foods, organic, high-quality ingredient, gluten-free, etc style of eating the authors espouse in their meals-to-order business and in their personal lives. Many of the recipes use easily obtained ingredients, but there are some things that are more difficult to source, and as they are based in the UK, some substitutions must be made.

I read this book during a time when my own calendar shifted from being on holiday, to handling serious family business, to starting a demanding many-hours-a-day job, so essentials like cooking a bone broth for six to twelve hours on the stove are well beyond the amount of time I am even awake in my own home. The fact that it took me nearly a month to get through a cookbook speaks eloquently about the amount of free time I currently have available.

This may be a good solution for someone with plenty of time and financial ability to purchase dozens of ingredients for a single dish-- for me, it's not practical at present; I will certainly incorporate some of the healthy ideas into my routine, but this book falls more into the aspirational cookbooks category for now.

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### **Kyla says**

I'm not against healthy eating at all and can even tolerate people who are gluten-free for non-health reasons (sort of) but the pictures of these sisters draping themselves over tables and languishing over a platter of ancient grains drove me so crazy that the third time they used the word "bespoke" to describe their catering business...back it went to the library with nary a recipe made.

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### **Ellie M says**

I saw this book in the supermarket and had a look through a few recipes. I then read about it and from discussions in a group on Facebook it seemed that the recipes were not going to be too bizarre or fiddly to make. The recipes will appeal to clean eaters / paleo followers because there is an avoidance of wheat, and a use of maple sugar and coconut oils / flour, and cacao. I managed to borrow a copy from the library recently and was really quite impressed. My kids love the Black Bean Brownies and I have to say I mainly focused on making sweeter dishes first, but would use many of the savoury / main meal options in future.

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### **Sinead says**

I often flick through this book for inspiration. I've also added a few of their recipes to my weekly home cooking menus. Their attitude and ethos are what I really identify with. They present healthy eating without any airs or graces about it - it's accessible and affordable no matter the budget. The girls are awesome - really looking forward to their second book in Spring 2016, have it preordered. Happy cooking!

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### **Cath says**

So I've tried some stuff and I really like their philosophy, for the most part.

Healthy, unprocessed, real bone broth, full fat yoghurt and real butter! I don't see the point of removing gluten from my own diet.

Thanks to Hemsley Girls I learnt that I absolutely love courgette and that avocado can be used in so many different ways! It also motivates me to plan the menu for the week ahead so I can use up all my fresh veg.

I make zucchini fries regularly, courgetti with all kinds of sauces - my boyfriend who is a cook at a 1 star restaurant said it's AMAZING and that to me is a huge compliment! Tried some salads, cauliflower puree, bean brownies...

The biggest surprise was avocado cheesecake. I made it out of curiosity and I ended up loving it.

I find the pictures stunning, recipes clear and simple and the authors seem very nice and pretty might I add :)

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