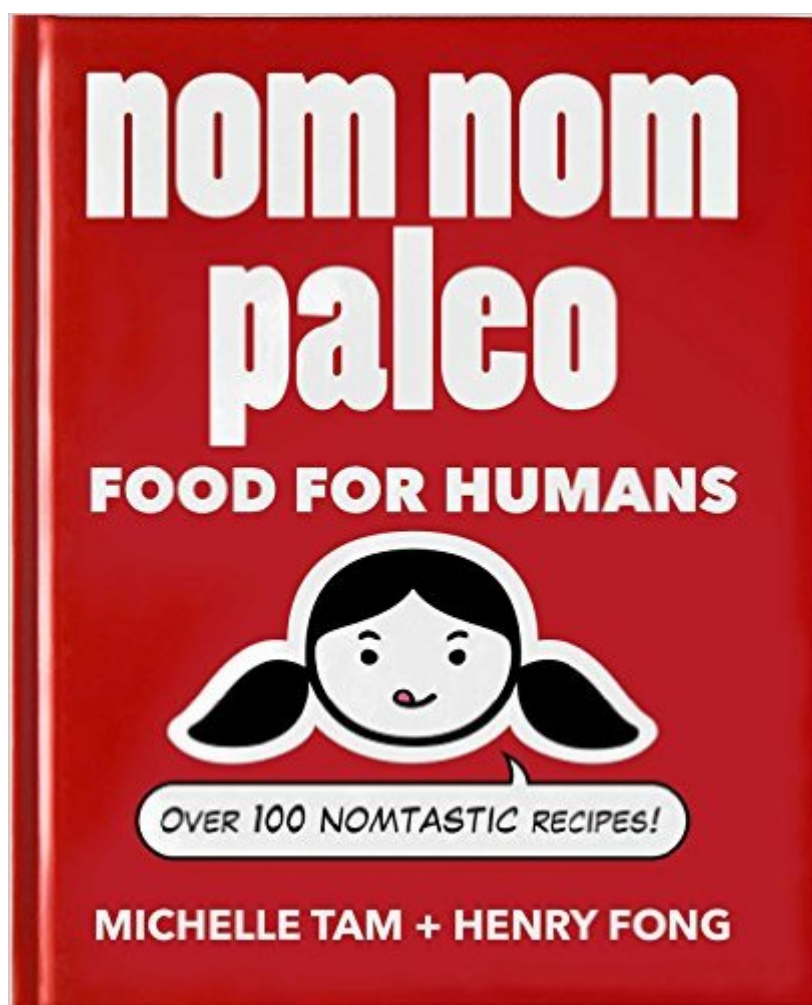


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# Nom Nom Paleo: Food For Humans



## Synopsis

Crackling with humor and bursting with flavor, this James Beard Award nominated *Nom Nom Paleo* New York Times bestseller from the creators of the critically acclaimed Nom Nom Paleo website offers a fun, fresh approach to cooking with whole, unprocessed ingredients free of grains, legumes, and added sugar. Authors Michelle Tam and Henry Fong have cooked up a visual feast, with more than 100 fool-proof Paleo and gluten-free recipes, and over 900 step-by-step photographs and cartoons. There's something for everyone here, whether you're a busy mom, a triathlete in training, or a lifelong foodie who's curious about the "caveman" approach to eating. The heart of this critically acclaimed cookbook is Michelle's recipes, which The Kitchn has heralded as "often Asian-influenced, often California-inspired, and always popping with flavor." Building blocks such as Paleo Sriracha, Magic Mushroom Powder, and Paleo Mayonnaise lay the flavor foundation for many of the dishes in the rest of the book, including Walnut Prawns, Eggplant "Ricotta" Stacks, and Devils on Horseback. You'll find everything from down-home comforts like Yankee Pot Roast and Chicken Nuggets to the exotic flavors of Siu Yoke (Crispy Roast Pork Belly) and Mulligatawny Soup. These pages contain everything you need to maximize flavors and save time in the kitchen--all while transitioning to a real-food Paleo lifestyle. Paleo has more to offer than just optimal health. *Nom Nom Paleo* delivers innovative recipes with a big scoop of personality on the side, and will make you excited to play in the kitchen again. Besides, there are butt jokes in this book.

## Book Information

Series: Nom Nom Paleo (Book 1)

Hardcover: 288 pages

Publisher: Andrews McMeel Publishing; 1st Edition edition (December 17, 2013)

Language: English

ISBN-10: 1449450334

ISBN-13: 978-1449450335

Product Dimensions: 8.2 x 1.2 x 10.2 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (1,227 customer reviews)

Best Sellers Rank: #2,188 in Books (See Top 100 in Books) #7 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#) #12 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#) #13 in [Books > Cookbooks, Food & Wine > Special Diet > Paleo](#)

## Customer Reviews

This is one of the cookbooks I've been eagerly waiting for this year. When it finally arrived it did not disappoint. I've cooked from the author's blog for quite a while now so I had already made a few of the recipes in this book. Time hasn't permitted me to do a big cookup all at once but I've spent the past week slowly cooking my way through the book with delicious results. My favorite thing about Michelle Tam's cooking style is that she uses a lot of ingredients that bring umami to your dish. Umami is that savory meaty flavor that comes from naturally occurring forms of glutamate (not to be confused with MSG...stay away from that junk) and a few other amino acids. It fires up your taste buds while filling your entire mouth with full deep flavor. You know those rich savory dishes that are just so incredibly delicious but you just can't quite put your finger on why? That's umami! Ingredients like mushrooms, beef, seaweed, fish sauce, tomato paste, caramelized onions are just a few of the ingredients that bring this special flavor to your dish and this cookbook is full of them. The book begins with her and her husband's journey to Paleo, the basic 411 on what exactly Paleo is, as well as her tips and tricks for running a kitchen as smoothly as possible. My favorite are the defrost bowl, which I've done forever and it's a huge time saver, as well as defrosting meat (wrapped in plastic...you don't want the water actually touching the meat) in water to defrost in a flash. I've done that for years but I always thought of it as my dirty little secret because I thought somehow it wasn't the safest or most sanitary thing. It was just too easy and convenient to stop though. My mind has been eased as it is apparently perfectly fine and safe. Yay!

I'm pretty sure this book is the most highly-anticipated cookbook to hit the market (Paleo or otherwise) in quite some time. Yes, we know, there are lots of Paleo books on the market (we have two, and an e-book). But this one, well it's different. It was not super surprising to hear that Michelle Tam and Henry Fong were going to be unleashing even more deliciousness to the world via Nom Nom's eponymous masterpiece (Nom Nom Paleo: Food For Humans). Despite having been somewhat on the inside loop knowing that this book was coming out, to say that I was beyond amazed once I got to see the book in the flesh would be a gross understatement. As I am very much a visual learner, seeing recipes accompanied by sometimes as many as 12 or 15 step-by-step photos is immeasurably helpful, providing the home cook with some guidelines as to what they should be doing and how things should be looking at varying steps during the cooking process. And, not worrying about ruining my iPad with some kitchen foibles was an added bonus (as the iPad app also includes lovely step-by-step photos). Michelle's personality, her spunk and kitchen knowledge come across in spades in this piece of art. While I hesitate to use the word "foodie" to describe Michelle and Henry (a term I think gets over-used and abused), I can say

unequivocally that these two LOVE food, and it is absolutely evident in the book. Michelle's educational background in nutritional and food science not to mention the in-home exposure to really tasty eats thanks to growing up in her mom's kitchen provided a strong foundation for such a love of all things culinary.

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