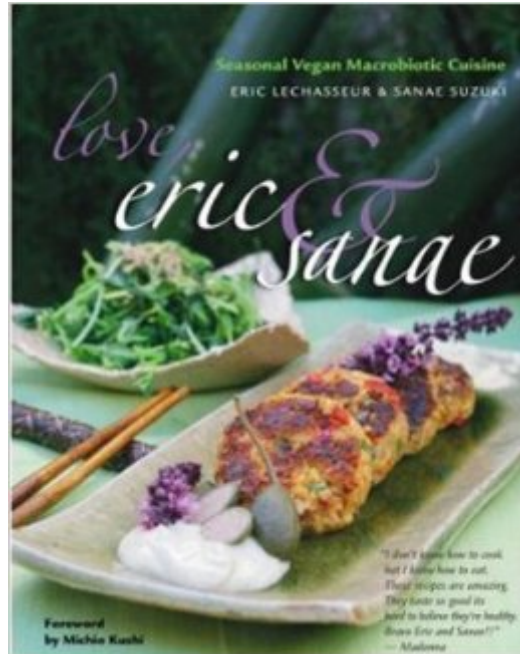


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# Love, Eric & Sanae: Seasonal Vegan Macrobiotic Cuisine



## Synopsis

Gourmet-Vegan-Macrobiotic chef Eric Lechasseur's first title, *Love, Eric*, was an international success, voted one of 2005's top cookbooks by *Variety* magazine. For his second cookbook, he teams up with his wife Sanae Suzuki, a Whole Health Macrobiotic Educator. This beautifully bound softcover book with flaps is filled with stunningly beautiful full-color photos and recipes to live for - all completely meat-, dairy- and sugar-free, and absolutely delicious, combining loads of creativity, flavor and love. Just one look and your stomach will start to rumble! 106 pp.

## Book Information

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## Customer Reviews

I was shocked how few recipes there are in this book. Yes the photo's are pretty and well done but it is a picture book more than a recipe book. I have cooked vegan macrobiotic for a number of years and was hoping for more new recipes. The price of this book is outrageous for what it has to offer. Save you money, there are better vegan macrobiotic books out there with way more recipes!!! If I could return this book I would!

I love the cupcakes in Seed kitchen. I have bought more than 50 for sure. I really love them. I love baking and I've baked for over 10 years. I think I am pretty good. I bought this book because I wanted to do the cupcakes in my house as Seed Kitchen no longer sells the cupcakes in his store. Well, I was really disappointed because I followed exactly the recipe for the cupcakes from this book but it wasn't close at all to the taste in the restaurant. I have followed many recipes in hundreds of books and this is the first one I know there is some ingredients missing. I understand that Chefs

want to keep secrets to themselves because they have worked hard for creating their recipes... However, why then selling a book for 30 dollars when you are not telling all the necessary ingredients for the recipes. And please, don't tell me baking is a science and I'm making mistakes because I'm measuring everything. Mathematics is a science and I don't think anyone makes any mistake with calculations like  $2+2=4$  The recipe is missing something because I've tried to bake the cupcakes many times already and nothing. If Eric answers this, I want to know what is missing or exactly tell me all the brands you use for your cooking. I spent lots of money and I don't want to hear I'm making something wrong.

The recipes are healthy and delicious. Note: Of the 48 recipes, 11 require Kombu, 4 require Kudzu, and 4 require a Pickle Press. Other unusual ingredients used in at least one recipe are: hijiki, nori flakes, burdock root, grated mochi, barley miso, mirin, lotus seeds & root, shiso leaves, jinenjo root, Kukicha, umeboshi vinegar, arame, kamut spaghetti, dulse, agar flakes, Vegenaïse, wakame. Most of these are likely available at a market that sells Japanese/ Asian foods.

These seem like nice recipes, and require a lot of work, but often don't turn out looking much the photos. I wonder if anyone actually tried them out. It seems like there must be a lot of photo editing, or there are a lot of tips you should know that aren't specified. I wish this chef would come out with something more tried and tested.

I love this cookbook. It's so important to eat and cook seasonally, yet there are few macrobiotic books (at least yummy ones) that help in this way. This book is just as lovely as his first cookbook, but with main meals included. Also has many desserts.

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