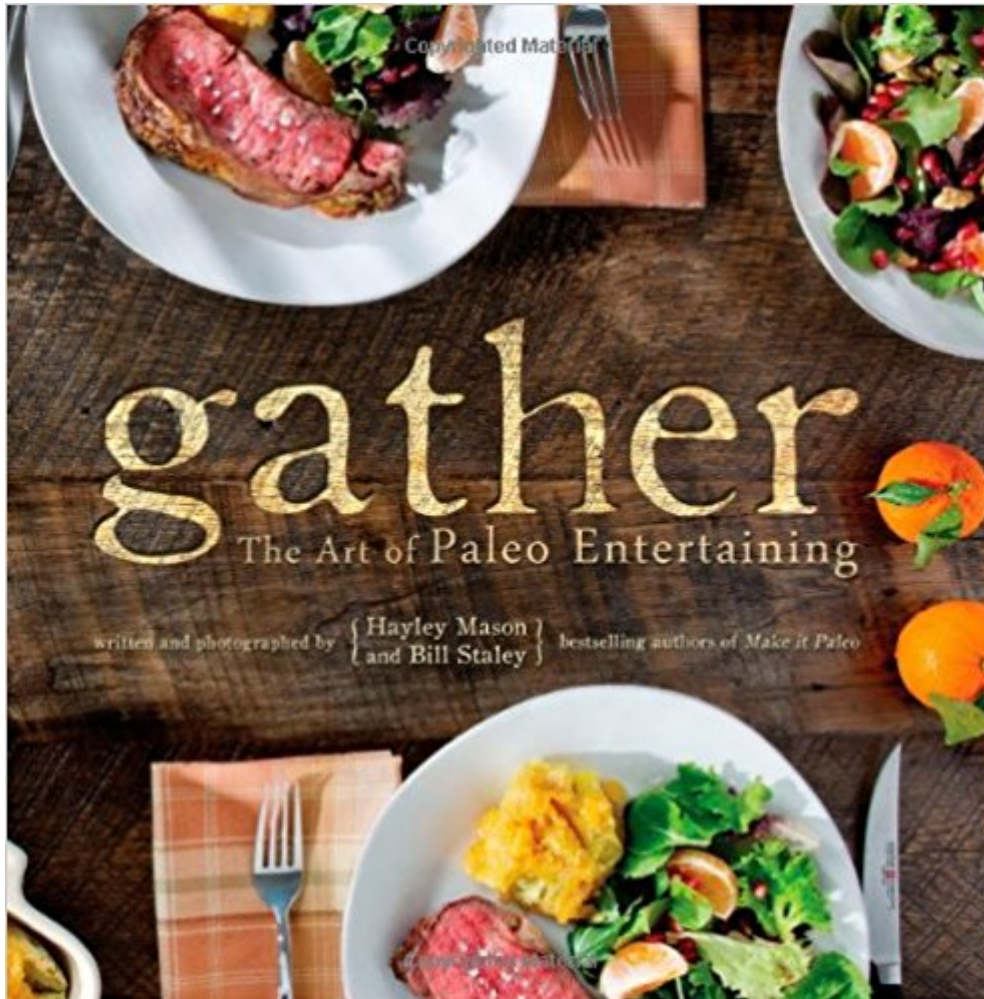




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Gather, The Art Of Paleo Entertaining



Synopsis

There are few joys in life quite like gathering friends and family around the table for a special meal. One of the best parts of making good food is being able to share it with others. With a little bit of thoughtful planning, it can be effortless to entertain your guests and host an incredible meal. However, the true art of paleo entertaining is creating a delicious and satisfying menu that will also promote good health. In *Gather, the Art of Paleo Entertaining*, Hayley and Bill show you how to orchestrate the perfect dinner party—whether you are planning an elegant holiday feast or hosting a casual brunch with friends. *Gather, the Art of Paleo Entertaining* includes: 17 elegant menu spreads 100 delicious dishes perfect for any party Over 300 beautiful color photos Tips and tricks to make entertaining fun and effortless Thoughtful ideas on how to prepare dishes while enjoying the party you're hosting Shortcuts and sequencing suggestions to time everything just right With sixteen creative occasions for gathering, the book acts as your guide to planning any type of menu. Each spread lays out the essential ingredients for success: carefully selected dishes, photos of each recipe, shopping lists for the meal, and even tips to streamline your meal preparations. *Gather* is filled with recipes of all types and a wealth of vibrant photos to inspire you long after your last bite. Regardless of your skill level in the kitchen, *Gather* brings all of the planning elements together to make entertaining fun, relaxing, and most importantly: delicious!

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Customer Reviews

"Hayley and Bill have captured the essence of what it means to dine in the finest Primal

style." "•Mark Sisson, author of The Primal Blueprint and publisher of MarksDailyApple.com"Gather is filled with fresh flavors and amazing recreations of old favorites that will certainly wow your guests." "•Diane Sanfilippo, New York Times Bestselling author of Practical Paleo"This book is proof that it's possible to eat and entertain like a gourmet without gluten, grains or other "non-Paleo" ingredients "A must on your kitchen shelf." "•Chris Kresser, M.S. L.Ac and among the "top 50 most influential people in health and fitness"" "everyone needs this book. Filled with time-saving tips, decorating ideas, beautiful photographs, and simple but scrumptious menus for every occasion, this gorgeous tome will make you the hostess with the mostest." "•Michelle Tam, award-winning blogger at NomNomPaleo.com"Bill Staley and Hayley Mason have taken the Paleo experience out of the sweat of Crossfit gyms, away from the forest and savannah, and launched an elegant 21st century interpretation of this lifestyle. No preceding Paleo cookbook has cast these ideas into such a luxurious and cultured setting, all viewed from the perspective of gathering and entertaining. Beautifully photographed, with uniquely clever approaches to the menu, such as Night in Tuscany, Takeout Fake-out, and Hunter-Gatherer Feast, Gather will be a classic favorite for grain-free living." "•Dr. William Davis, New York Times best selling author of Wheat Belly

Bill Staley, a landscape architect and life long artist, grew up with a passion for great food and creating things with his hands. Drawing upon a decade of experience in graphic design, photography, and various other artistic pursuits, Bill flexes his creativity in the kitchen behind the camera lens. Following their popular debut title, Make it Paleo, Bill and Hayley have blazed a unique trail for themselves in the cooking world. What started as a casual blogging hobby quickly grew into a bustling website, followed by a cookbook, and now has grown to an interactive website with a meal planner, customized user-created shopping lists, and even a companion app for smart phones. Hayley Mason, a high definition makeup artist trained in Hollywood, never thought she would be applying her styling talents to grass fed beef and grain free desserts rather than the eyes and cheek bones of movie stars. Hayley was quick to become one of the most acclaimed culinary forces driving the grain free cooking movement. Her practical, efficient and methodical cooking style shows that delicious grain free eating can be easily attained by anyone and leave you feeling as if nothing is missing from your plate. Her holistic approach to health, wellness and nutrition is a common thread that weaves its way through every recipe she creates.

I tell people that we're on a "modified paleo diet;" we aren't purists. A year ago, the doctor told my

husband to eliminate grains and white potatoes from his diet. (And it's paid off. He's lost 25+ pounds and his blood levels are in range for the first time in many years.) While we eat legumes, it's easiest to choose recipes from Paleo cookbooks because I know I can cook from them without fiddling with changes or sighing over what isn't on the diet. Most paleo cookbooks spend a lot of energy giving you ideas about what you can cook everyday, and that's wonderful. Sometimes, though, you want suggestions for what to make for a special dinner. So many of our big comfort-food dinners are carb-heavy, after all: potato gratin, stuffing, gingerbread. Bill Staley's *Gather* does an excellent job of giving us options for, well, entertaining. I've been cooking from it for months, now -- not only for dinner parties! -- and I can comfortably give the cookbook 5 stars. But you might not. Aside from "no grains, no legumes, no white potatoes," paleo has several variations. Some people use milk products; others eschew them. Most paleo folks avoid any kind of refined sugar, though I've encountered flame wars about the use of agave versus honey versus, well, all the other options. I don't have a dog in that fight, but I'm aware you want to know: The author uses milk and cream, as well as some sugars (such as maple sugar) you might avoid. That didn't make you run off screaming? You're still here? I can proceed to tell you why this is such a great cookbook. First, it's organized by season and menu, so that you can (but obviously do not have to) put together an entire meal that's well-balanced in flavors and theme. For example, a backyard picnic (which includes teriyaki country ribs; no'tato salad -- using turnips and hard boiled eggs; creamy fennel slaw with carrots & apples; balsamic tomato and peach salad; lemon blueberry muffins) has a "shopping and preparation" page that helps you plan the menu one or two days ahead (e.g. make the muffins the day before; these use coconut flour, coconut milk, maple syrup, palm shortening). The accompanying photos are pretty enough to inspire you to make the effort, too. The recipes are themselves solidly GOOD, with clear instructions. I made a few dishes from this cookbook for Thanksgiving, and all were excellent: Fried plantain chips served with a guacamole that included asian pear (yum!), and a simple roasted lemon green beans with shallots. Earlier, I made the pizza margherita: the crust uses almond flour and arrowroot, and the sauce is both homemade and easy to put together. I haven't yet met a great paleo pizza dough, but the sauce in this cookbook is among the best-AND-easiest from my extensive collection. Many of these recipes scratch my "I miss eating..." itch. I haven't gotten around to making the "takeout fake-out" menu yet, but I'm looking forward to it as it includes: steamed spring rolls (using cabbage leaves); shrimp fried cauliflower rice; long beans with mushroom sauce; General Tso's chicken (using a cup of arrowroot as the "breading" flour). I'm also thinking about my New Year's menu: It might be "A taste of Cuba," with Yuca and garlic sauce; Cuban baby back ribs; grilled fish; saffron "rice," coconut flan. Sounds good,

doesn't it?

What a collection of recipes! I will start with the fact that many of these are not strict paleo recipes since some include dairy and some have sugar (less processed versions, but sugar none the less). I actually don't mind this at all, but I thought it worth mentioning in case someone is on a strict paleo diet. With that said, this book is awesome whether you are planning a gathering or just cooking dinner on a weeknight. The book is divided by event. It includes 17 possible gatherings, each with a menu, shopping/preparations and recipes. The gatherings included are: Takeout fake-out Casual Sunday brunch Springtime tea party Easter lunch Backyard picnic A night in Tuscany Midsummer garden party Tropical getaway A taste of Cuba Urban escape Harvest dinner Spooky supper Thanksgiving feast Hunter-gatherer feast Birthday celebration Winter holiday New Year's eve cocktail party I recommend this to anyone who follows a more primal style paleo lifestyle.

I really like this book - great ideas for entertaining Paleo style. I only gave it four stars because of two reasons: 1. It's not always clear the serving size. Some recipes could serve an entire soccer team, others are much smaller. 2. It's not entirely paleo - there are a lot of recipes with dairy. Still delicious - enjoy!

This book was beautifully written and photographed. The meals seem to jump off the page and into your mouth, or at least that's what I kept wishing would happen! It takes a daunting task - preparing a solid, and sometimes fancy, menu for a group of people - and makes it a simple, easy to conquer task. And, on top of it all, it keeps the food clean, fresh, and Paleo. I've already begun to make grand plans in my head for inviting friends over, especially non-Paleo friends, to join in a delicious meal with me! If you're interested in stepping up your game with Paleo meals, for holidays or special events, this is definitely the book for you. If you're wondering if Paleo is "right" for you, or how eating grain-free could be tasty, this is definitely the book for you. If you love cooking/food related books that show the beauty and simplicity of providing a good meal for your family and friends, this is definitely the book for you.

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