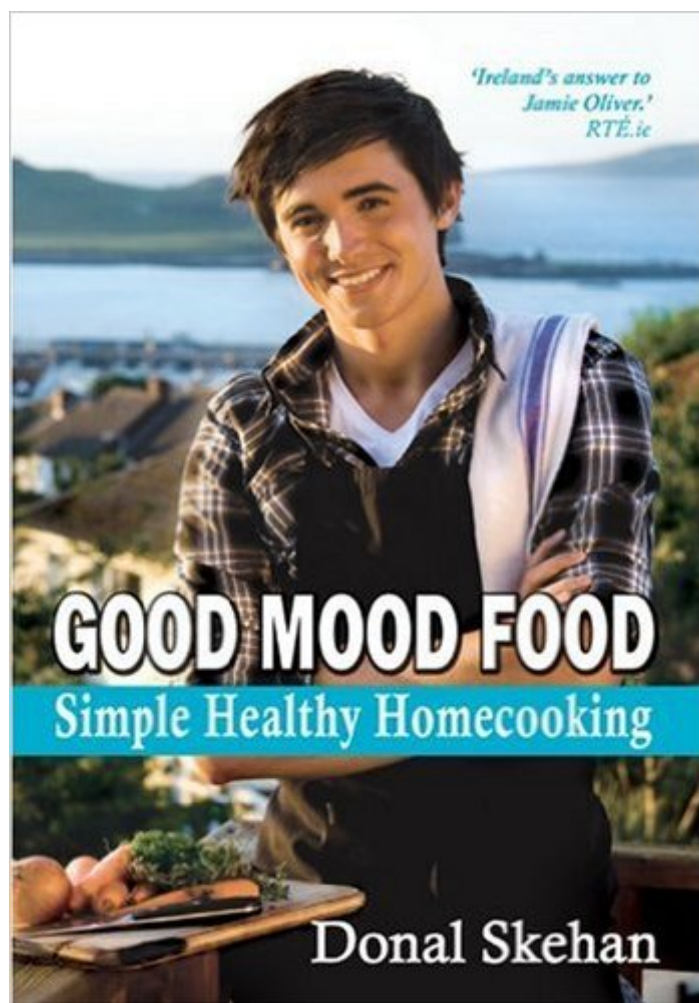


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# Good Mood Food: Simple Healthy Homecooking



## Synopsis

Keeping an open mind and a positive approach to what you eat is one of the most important steps when it comes to improving your health. The Good Mood Food approach to cooking is straightforward and full of health benefits by improving your mood, sleeping patterns, energy levels, and mental state. With delicious recipes for Gazpacho Salad, Sesame Chicken Satay Skewers, Real Baked Beans with Focaccia, Apple and Oatmeal Muffins, Ginger Lemon and Honey Tea, Baked Dill and Garlic Salmon, Baked Pears with Spiced Honey and Peanut Butter Cookies among others, Good Mood Food is a healthy delight! ""This book is a feast for the eyes. . . An incredible first cookbook."" - Library Journal ""Truly lives up to the promise of its title and is highly recommended."" -The Midwest Book Review

## Book Information

Paperback: 288 pages

Publisher: Mercier Press (May 5, 2010)

Language: English

ISBN-10: 1856356299

ISBN-13: 978-1856356299

Product Dimensions: 6.8 x 0.8 x 9.5 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #444,874 in Books (See Top 100 in Books) #50 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Irish #794 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #6064 inÂ Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

I'm usually dissapointed with my cookbook purchases; many dishes that look promising end up tasting just so-so, or have such exotic ingredients that are very difficult to find in my area. Not so with this book; every recipe I've tried has turned out very good. It is amazing how Donal can take very simple ingredients, and prepare them in such a way that ends up tasting complex. Even though many of these recipes are posted on his blog, it is much more convenient to have them in a book form. Other than my having to translate oven temperatures, measurements, and some ingredients ("Rocket" is arugula, "Courgette" is zucchini) the instructions are very straightforward and clear. I use this cookbook more than any other I own, and my family and I have never been dissapointed

with the outcome. Every recipe is a winner!

In "Good Mood Food: Simple Healthy Homecooking", Donal Skehan emphasizes the importance the necessity of paying attention to what you eat as a fundamental necessity for having good health. What we eat and in what quantities affects our mood, our sleep, our energy, and our overall mental health. That's why Skehan has created this 288-page compendium dedicated to recipes of dishes for all dining occasions from breakfast to lunch to dinner. There are invaluable chapters of recipes devoted to aiding the body in healing and the removal of toxic substances. Of special note is the chapter showcasing recipes for 'Sweets and Treats'. Profusely illustrated throughout, the thoroughly 'kitchen cook friendly', step-by-step recipes range from Oat Pancakes; Sesame Chicken Satay Skewers; Asian Steam Baked Fish Parcels; and Real Baked Beans with Ciabatta; to Prawn and Potato Basil Salad; Red Pepper Soup; Baked Pears with Spiced Honey; and a Bacon, Avocado and Sundried Tomato Sandwich. Of special note is the opening chapter offering basic information on storage and freezer essentials, basic tomato sauce, basic chick stock, growing herbs, and washing salad leaves. "Good Mood Food: Simple Healthy Homecooking" truly lives up to the promise of its title and is highly recommended for personal and community library cookbook collections.

I've used and loved this cookbook since it was published in 2009. The author uses easily obtainable, reasonably priced ingredients to create delicious recipes that are easy to follow. The whole family loves it when I make something from this book. Favorites at our house include Favorite Couscous, Irish Brown Yeast Bread, Caramelised Roast Vegetables, and Lemon Poppy Seed Cakeri, but everything we've tried has been good.

One of my own personal preferences is that a cookbook include pictures of the finished recipe - and this book has lovely full-page color photos for each of the easy-to-follow recipes included. One negative is that it doesn't include nutritional information, which is always helpful for those of us trying hard to watch our calories or fat or carb intakes. But one thing to remember is that all of these recipes are healthy, and when eaten in the recommended portions, won't contribute to expanding your waistline.

This is my first purchase of a cookbook and I am totally satisfied. First found the book at our local library, tried quite a few recipes and decided to order mine. It really is a good mood food, easy to follow recipes, easy to find ingredients and simple but healthy advice. Thank you Donal Skehan.

Love your recipes .

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