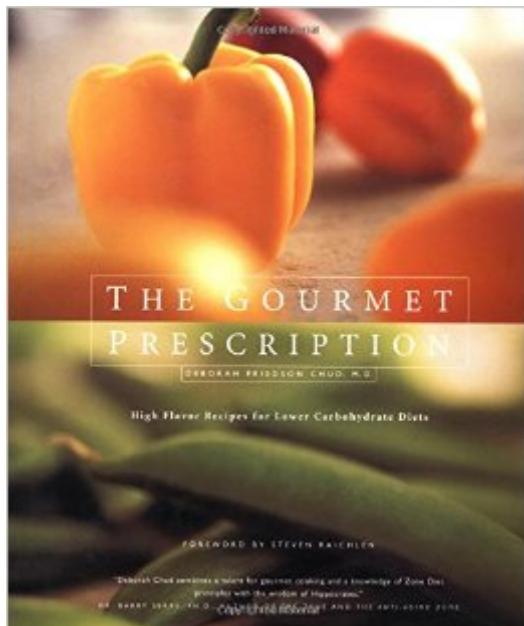


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# The Gourmet Prescription: High Flavor Recipes For Lower Carbohydrate Diets



## **Synopsis**

Following the runaway success of bestsellers The Zone, Sugar Busters, and Protein Power comes Dr. Deborah Friedson Chud's The Gourmet Prescription. The first "insulin-conscious" cookbook to develop sophisticated lower carbohydrate dishes with culinary appeal foremost in mind, this amply photographed book features such enticing recipes as Grilled Shrimp with Red Pepper-Caper Sauce; Chickpea, Fennel, and Red Pepper Salad; and Fresh Figs with Virtual Mascarpone. Chud marries her unique kitchen techniques, original "high-flavor, low-glycemic" condiments, and savory recipes from a variety of international cuisines to achieve a perfect blend of gourmet eating and good health. This ground-breaking contemporary cuisine provides a life-sustaining way of eating for today's tastes and lifestyles.

## **Book Information**

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Average Customer Review: 4.6 out of 5 starsÂ  [See all reviewsÂ](#) (60 customer reviews)

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## **Customer Reviews**

Dr. Deborah Chud's "The Gourmet Prescription" is terrific. I started the Zone Diet in late June 2000 after heart surgery; quickly I found that while I was eating healthy, my diet was becoming boring. I knew that this would make it difficult to stick with the diet for the long-term. By accident I stumbled upon this book and was delighted to find the high-flavor recipes that would allow me to stay in the zone and stay satisfied with eating both healthy and tastefully. Dr. Chud has a knack for creating innovative dishes by weaving together the right spices, cooking methods, and preparations that are generally easy to prepare. The recipes are clearly written, easy to follow, and replete with scrumptious pictures that make you want to prepare the foods and more importantly feast on them!

While the cookbook has plenty of variety, there is an emphasis on Asian and Hispanic dishes. I hope that in the next edition Dr Chud will consider innovating with selected Italian dishes. If you buy this book, and have not cooked these foods before, you will need to place some trust in the cookbook and have some patience in stocking your pantry with spices; some of which I have never cooked with but am not having difficulty finding in local markets (for the most part). The vegetable and protein dishes are equally extraordinary in taste. I have learned to trust Dr Chud's judgment whole-heartedly. I found it hard to believe, but today I prepared charred tomato ketchup. This recipe required more cooking preparation than most of the recipes I've tried so far - however, the results were nothing short of spectacular. It's hard to believe that I had been consuming grilled hamburgers over the past few months without this terrific new complimentary flavor.

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