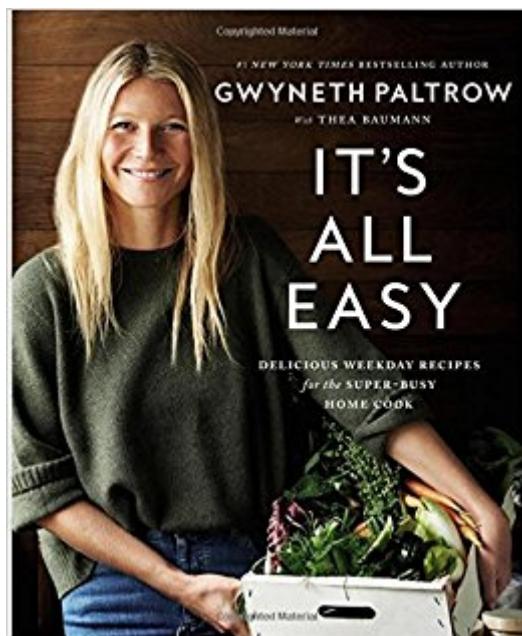


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# It's All Easy: Delicious Weekday Recipes For The Super-Busy Home Cook



## Synopsis

The #1 New York Times bestselling cookbook that will help anyone make delectable, healthy meals in no time! Gwyneth Paltrow is back to share more than 125 of her favorite recipes that can be made in the time it would take to order takeout (which often contains high quantities of fat, sugar, and processed ingredients). All the dishes are surprisingly tasty, with little or no sugar, fat, or gluten. From easy breakfasts to lazy suppers, this book has something for everybody. Yummy recipes include Chocolate Cinnamon Overnight Oats, Soft Polenta with Cherry Tomatoes, Chicken Enchiladas, Pita Bread Pizzas, Quick Sesame Noodles, and more! Plus, an innovative chapter for "on-the-go" meals (Moroccan Chicken Salad Wrap, Chopped Salad with Grilled Shrimp, and others) that you can take for lunch to work or school, to a picnic, or to eat while watching soccer practice!

## Book Information

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## Customer Reviews

Gwyneth Paltrow is an Oscar winner and author of the New York Times bestselling cookbooks *My Father's Daughter* and *It's All Good*. She is founder of the website *Goop*, which covers food, fashion, fitness and travel. Paltrow is a mother, businesswoman, and actress, who lives in Los Angeles.

The title of this book has to be a bit of a joke. This is a cookbook for someone who is 1) experienced in the kitchen 2) willing to spend significantly more than the average person on groceries and 3) with the patience to source unusual ingredients. It is also a cookbook for someone who defines "easy recipes" as ones that take up to an hour to prepare. The commentary that is included with them is so self-congratulatory and boastful, it is a real turn-off and something I have never seen in another

cookbook (other than ones by Paltrow). These recipes are, for the most part, poorly written and assume a great deal of knowledge on the part of the cook, often leaving out key details. I am a very experienced cook, but these recipes are not "easy." Perhaps the biggest investment of time and money comes with finding the ingredients. I live in a city, but I still had to rely on for a few tools and ingredients to proceed with these recipes. A few of Paltrow's recipes require a Vitamix (a very big investment for anyone who does not plan to use it regularly) as well a far less expensive tools like a Matcha whisk (\$9) and a Spiralizer (as inexpensive as \$15). Even with my very well-stocked pantry and kitchen, I have now spent close to \$200 of various ingredients, drawing the line at a \$24 bag of vanilla powder (vanilla extract can be substituted) and the very difficult to source Pitaya (up to \$40 a bag for frozen chunks and unavailable in my Whole Foods markets or at the large organic grocery in the city). This is not a book for anyone who does not want to invest in unusual pantry items and maybe even do some shopping to source the harder-to-find ones. For instance, I had to buy chickpea flour (best bought at an Indian grocery), brown rice syrup, coconut sugar (worth reading about the debates surrounding it before purchasing), gochujang paste, Veganaise and about 10 other unusual food stocks in order to make the recipes that interest me. For the average home cook with little time to cook, let alone time to scare up ingredients, this makes the cookbook's title laughable. On average, I have spent 45-1 hour making her recipes. Frankly, recipes that come in under 45 minutes are what I am aiming for after a very long day at work. So far I have made the Thai Curry Noodle Pot (B), the Cauliflower and Kimchi "Fried Rice" (A), Shrimp Stir-Fry (B-), Za'atar Roasted Carrot and Avocado Soca (A-) and her Chocolate Mousse (B+), but have at least 8 more recipes I plan to try. So far, I will only make one out of five of the recipes again.

This is my 3rd GP cookbook. In this one a lot of the recipes aren't hers. She had help with the recipes in this one. I've made a few and they are delish! Lots of protein/veg combination which I love. Lirs

While there may not be much that is "new" or the fact that the recipes seem too easy (avocado toast), I believe the point is it's a great go-to for adding variety and getting out of ho-hum routine meals for super busy weekdays. I really enjoy the introduction to new flavors and seasonings.

I consider myself an adventurous cook, and I'm willing to spend extra money on high quality ingredients. That being said, I have mixed feelings about All Easy. It has a lot of recipes that are quite trendy right now, like cauliflower mac and cheese, and

several menus with zucchini noodles. I could see how a Standard American Diet cook would be like. "What the what?" I am not like that. I have a spiralizer, a Vitamix, and a Whole Foods down the street. Still there was something about this cookbook that was off-putting about this cookbook. The contrast between the title "It's All Easy," and all of the specialty ingredients I had to hunt down to be able to prepare the meals was irritating. What is Manuka honey? Will regular honey work? I still don't understand what Pissaladiere Socca is. Saying that this cookbook is easy is insulting to all the home chefs like me who have worked our tail off to be familiar with the unusual recipes that the book includes. A better title would have been "You Can Do It!" or "Fresh Dinners for Busy Moms." Some of the recipes I've tried have been exceptionally cool, like the homemade insta-noodle pots in mason jars. Other things, like the zucchini leek soup have been more for an adult palate. (My son described that particular soup as tasting like zucchini and gruel had a baby.) I've noticed other reviewers criticize this book for the multitude of pictures of Gwyneth Paltrow looking effortlessly gorgeous, and strolling around Paris. It's not Gwyneth's fault she is so beautiful. If there were twenty pictures of Rachel Ray in this book, nobody would be critiquing her. I do think it would have been better to replace some of those pictures with explanations about the more unusual recipes and ingredients. I'm still not sure what Pissaladiere Socca is.

Good cookbook but beware that this cookbook requires some exotic ingredients I've never heard of--much more so than her other cookbooks. Overall, not as useful as "it's all good" for this very reason. Also don't buy if you don't like soft-boiled eggs. They're in almost every recipe it seems (slight exaggeration). Lots of anchovies too. I love GP, but this cookbook didn't grab like the other did.

Great recipe ideas, love the pictures inside also. What I also like is that she gives alternatives as well (meatless). I have made a few recipes so far and they turned out great! picky 12 year old approved!!

So here's the thing--breakfast, lunch, and dinner everyday, seven days a week (or almost) for a long time--you know--raising kids, husband, dinner parties (my fav) and you need inspiration, guidance and a new perspective. This book did it. I ordered the kindle version--bad mistake for cookbooks--(it can get lost) but when I looked at it again, I realized how beautifully done it is and how delicious and healthy the recipes are. A lovely book, must order the hard copy.

The recipes are amazing but when I buy a cookbook I don't expect half of the book to be pictures of the author and her children. Way too many personal photos of her family and travels. More recipes please.

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