



The Golden Door Cookbook

Michel Stroot

Download now

[Click here](#) if your download doesn't start automatically

The Golden Door Cookbook

Michel Stroot

The Golden Door Cookbook Michel Stroot

What makes the Golden Door spa so unique, so legendary, and so magical? Why is it consistently ranked the top health spa in the country? Why do guests return year after year?

Set against the lush landscape of southern California, the Golden Door is famous for its dedication to lavish individual service and a top-level fitness program. And, three times a day, after sunrise mountain hikes, water aerobics classes, tai chi instruction, and hour-long massages, guests are treated to the high-flavor, low-fat cuisine created by Michel Stroot, the spa's executive chef since 1974. A pioneer in the field of healthful cooking, Belgian-born Stroot brings classic French techniques and a European sensibility to America's freshest foods. His contemporary, health-conscious food changes the way many of the Door's guests eat forever.

Now, home cooks everywhere can learn the secrets of Stroot's remarkable cuisine with the two hundred recipes in *The Golden Door Cookbook*. The recipes include light and healthful dishes for every course--hot and cold soups, crisp salads made with vegetable greens and grains, fresh fruit compotes, creative chicken and fish dishes, hearty breads, and refreshing, energy-boosting beverages. Every recipe includes a complete nutritional analysis, and each one derives less than 20 percent of its calories from fat. Baked Apples with Kashi and Raisins. Vegetarian Won Tons with Plum Sauce. Chilled Melon Soup with Mint. Crunchy Chicken Salad with Apples and Bulgur. Focaccia Sandwich with Grilled Vegetables Proven&#231al. Wild Rice Pilaf with Pineapple and Ginger. Grilled Swordfish with Papaya-Kiwi Salsa. Black Bean-Chicken Enchi-ladas with California Chili Sauce. Blueberry Bran Muffins. Mango-Banana Sorbet. Apple-Lime Tofu Cheesecake. Illustrated with sixteen pages of stunning full-color photographs, *The Golden Door Cookbook* is the next best thing to a week at the spa itself.

Bring the spa experience home with this collection of vibrant, low-fat recipes from the chef at the Golden Door spa.

 [Download The Golden Door Cookbook ...pdf](#)

 [Read Online The Golden Door Cookbook ...pdf](#)

Download and Read Free Online The Golden Door Cookbook Michel Stroot

From reader reviews:

Holly Flynn:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite publication and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled The Golden Door Cookbook. Try to the actual book The Golden Door Cookbook as your close friend. It means that it can being your friend when you feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you more confidence because you can know every little thing by the book. So , we need to make new experience and knowledge with this book.

Michael Scott:

Book is to be different for every grade. Book for children right up until adult are different content. We all know that that book is very important normally. The book The Golden Door Cookbook had been making you to know about other understanding and of course you can take more information. It is very advantages for you. The publication The Golden Door Cookbook is not only giving you far more new information but also to be your friend when you sense bored. You can spend your own personal spend time to read your publication. Try to make relationship together with the book The Golden Door Cookbook. You never truly feel lose out for everything if you read some books.

Jenny Perez:

The Golden Door Cookbook can be one of your basic books that are good idea. We all recommend that straight away because this e-book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to get every word into satisfaction arrangement in writing The Golden Door Cookbook yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource data that maybe you can be one among it. This great information may drawn you into fresh stage of crucial pondering.

Jerry Schooler:

What is your hobby? Have you heard this question when you got learners? We believe that that concern was given by teacher with their students. Many kinds of hobby, All people has different hobby. So you know that little person like reading or as examining become their hobby. You should know that reading is very important and also book as to be the matter. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You find good news or update in relation to something by book. Many kinds of books that can you take to be your object. One of them is niagra The Golden Door Cookbook.

**Download and Read Online The Golden Door Cookbook Michel
Stroot #EKBDFTVAJ72**

Read The Golden Door Cookbook by Michel Stroot for online ebook

The Golden Door Cookbook by Michel Stroot Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Golden Door Cookbook by Michel Stroot books to read online.

Online The Golden Door Cookbook by Michel Stroot ebook PDF download

The Golden Door Cookbook by Michel Stroot Doc

The Golden Door Cookbook by Michel Stroot Mobipocket

The Golden Door Cookbook by Michel Stroot EPub