

Cooking with No Recipes! A new 'Cookbook' tells how.

A 'cookbook' with no recipes? By the time you have made a decision to 'cook something' in reality you have already made many decisions. This new book gives us a brief walk through history, and then gives the tools you need to form your own recipes: kitchen hardware and essential ingredients.

It relates how all of the senses are employed, and shows analogies with music, art, and perfume.

March 20, 2011 (FPRC) -- Recipes are everywhere. But what if you want to cook without using a recipe? This book discusses how we got to where we are today with food, and how we can custom design our meals and recipes.

The new book presents a brief history of food, ways to decide what you should, and should not eat; how much, how often. How to design your own food profile, and be conscious of the needs of those you cook for as well as yourself.

Discussion about GM food (genetically modified), 'health food', diets, vegetarian, wines, kid's food, and how to relate music and art to food.

We think that 'taste' is all we need, but we use all of 'the senses' to fully appreciate food.

By the time you have decided to cook a meal, you have already made lots of decisions: the type of food you like, what you have at home, what times you eat. Many preconceptions do not serve us well.

So, how do you come up with your own recipes?

Here are the answers: creativity and fine tuning your senses, and letting go of preconceptions. And giving proper thought to nutrition.

Much of the world's environmental degradation is due to our food practices. So in a holistic way, food needs a re-think.

The book shows how music, art, and perfumery are related to food.

It contains suggestions for 'kitchen essentials' .. both food items and hardware. It gives some starting points for quick meals, and assumes that 'fast' food can be healthy if you make the right choices.

There are suggestions on how to make food appeal to kids. This is one 'cookbook' that everyone should have, regardless of cuisine.

It is written in a narrative style, more like a general reader, and each section gives you tools to assist in forming your own attitudes.

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