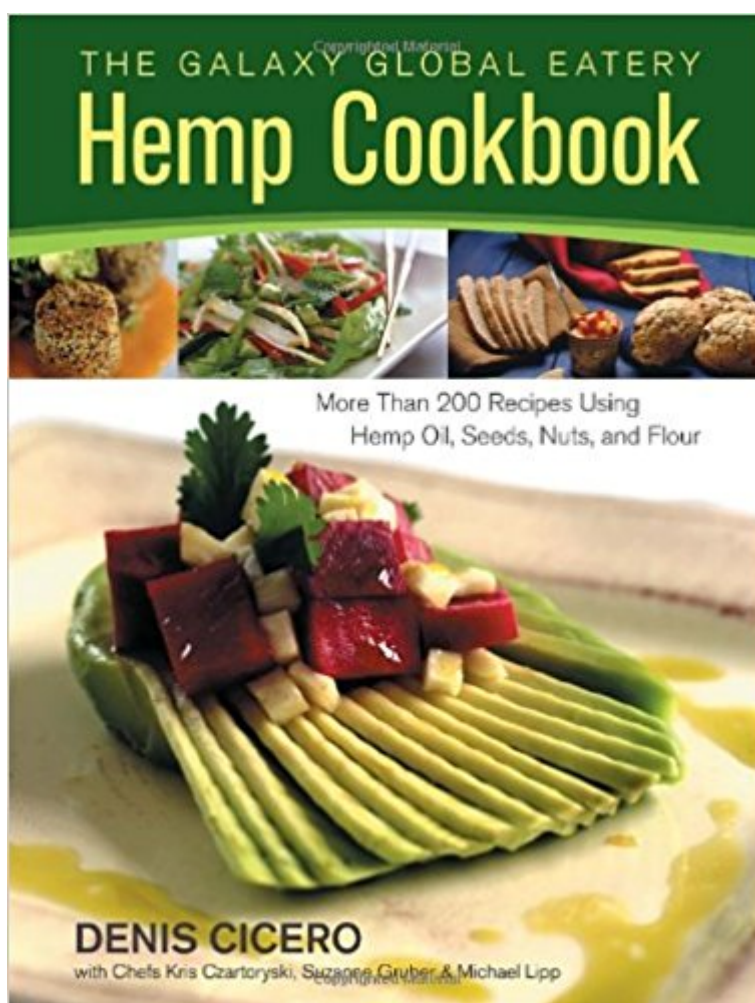


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# The Galaxy Global Eatery Hemp Cookbook: More Than 200 Recipes Using Hemp Oil, Seeds, Nuts, And Flour



## Synopsis

Today's science and culinary arts are finally catching on to what the ancients of China, India, Babylonia, Persia, Egypt, and the Americas knew for centuries: Hemp is one of the tastiest, most powerful superfoods on the planet. Deliciously nutty in flavor, hemp is gluten free and naturally reduces inflammation throughout the body. It contains all nine essential amino acids--making it one of the few plant-based complete sources of protein--and is a great source of gamma linoleic acid (GLA), critical for detoxification and hormone balance. Plus, hemp quickly and noticeably improves the condition of skin, hair, and nails. Each of the nearly 200 recipes in this innovative cookbook uses hempseeds, hemp nuts, hemp flour, or hempseed oil. Vegans, vegetarians, and omnivores alike are honored, and there are many gluten-free recipes as well. The diversity of dish runs the gamut from comfort food such as Hempnut Burgers and Hempnut Fried Chicken to foreign-inspired exotica such as Pumpkin Hempanadas, Hemp Spätzel, and Green Papaya Spring Rolls with Spicy Hemp Dipping Sauce. Also provided are substitutions for hemp ingredients, as well as a list of resources to help readers find top-quality hemp ingredients. The Galaxy Global Eatery Hemp Cookbook is the result of restaurateur Denis Cicero's lifelong dream of making hempseed a household ingredient. In the book, he dispels hemp myths (it is not psychoactive, and eating it won't cause you to fail a drug test), provides "fast facts" (did you know the Declaration of Independence was written on hemp paper?), and offers all kinds of fascinating insight into the amazing virtues of hemp. Best of all, with the simple, step-by-step instructions provided for each recipe, any home cook can impress friends and family by re-creating some of the most innovative and scrumptious hemp dishes ever invented.--Globetrotting recipes feature African, Californian, Caribbean, French, German, Indian, Italian, Japanese, Korean, Laotian, Mediterranean, Mexican, North American, South American, and Thai cuisines.--Simple instructions on making hemp milk, butter, and cheese help vegan and vegan-curious readers try these delicious dairy alternatives at home.--Beautiful four-color photographs throughout will inspire home cooks to re-create these unique dishes for their friends and family.

## Book Information

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## Customer Reviews

"Superbly written and presented ... features easy-to-follow recipes, enhanced with luscious full-color photographs, a simple glossary, and a true appreciation of the wonderful delicacies that can be enhanced with the flavor of hemp." [Midwest Book Review](#) "[The Galaxy Global Eatery Hemp Cookbook is] a gourmet aficionado's handbook to hemp as a culinary ingredient. If you are curious about cooking with hemp, this is a great book to start with. There is something for everyone in this book, from pizza to potstickers and complete instructions for making popular hemp basics like hemp milk and hemp butters. This book will get you started on the road to being a superb hemp chef!" [Hempista Magazine](#)

Denis Cicero (1953-2010) pioneered the use of hemp seed at his popular restaurant The Galaxy Global Eatery. Chef Kris Czartoryski attended the culinary school at the Salzburger Hotel Fach Schule and was a chef at The Galaxy; chef Suzanne Gruber has a culinary degree and has worked for Martha Stewart Living, Saveur, and Glamour. Chef Michael Lipp graduated from the French Culinary Institute in New York and consulted for The Galaxy.

I'm sorry to have to give this book only 3 stars. The recipes look like elegant gourmet fare, yet with just a few exceptions, the hemp seeds are just an add-on, not the primary ingredient, and certainly not an essential or even helpful ingredient. For example, homemade bread rolls that sprinkles hemp seeds rather than the traditional sesame or poppy seeds over the top. Perhaps I should have looked more closely at the product description, I don't know. No doubt this is an excellent book for someone looking for more gourmet recipes, but not someone looking to incorporate a good quantity of hemp into their diets.

I so miss the Galaxy Restaurant! My best friend and I went at least once a week. It was our favorite.

So when the cookbook popped up, I had to have it. It's been a lot of fun to make old favorites. Would have given it 5 stars but the authors did not include a recipe for the hemp flour sandwich buns, the one recipe we wanted most.

I have considered myself well versed in matters of certain plants, this is one of them. This book opens your eyes to what a wonderful plant this is. You can make plastics out of it, paper, cloth, etc. Our Declaration of Independence was drafted on hemp. Can't forget old Betsy Ross. Yep, hemp. She wanted it too last a long time. The finest, strongest fibers except for silk. It really sounds bogus when you start listing the things it can be made to. A house, bio-diesel-gotta stop...That was all from the Introduction. Whew. The recipes are very good, at least the ones I like. This my first tasting of hemp seeds-they're great! Look at the protein it has, lots of it. Just happens to be the easiest for humans to digest. Omega fatty acids lurk there too. The recipes are full of nutritive enter

Here's the deal, I have always known of the health and other benefits of hemp (being a Naturalist myself) but I found the Hemp Cookbook to be informative, well done and it has some really delicious recipes as well. I really like the cookbook and I highly recommend it to others.

Lots of info. on how and why to add hemp to your diet. I now add hemp seeds to my smoothies.and to my homemade yogurt. Very beneficial health wise

like it

My only gripe first: recipes should come with their preparation time, and perhaps even with the kilojoule value for those who need to pay attention to it. Other than that it's a beautifully designed book with truly unique recipes that just beg to be prepared in your own home. Throughout the book are two types of references: one about the nutritional value of certain foodstuffs, the other one about hemp itself, and where/how it has been used throughout the millennia, even by at least two US Presidents. The book focuses on the versatility of (non-THC) hemp in the kitchen, although I would have liked to see a few more references to the use of hemp in general. However, it does a brilliant job in introducing those with little knowledge about this miracle plant to its culinary (and health) benefits, and thus makes an important contribution to the 'de-demonization' of hemp in general. Even if you're not a hempnut (pardon the pun), you should buy this book. It'll then only be a matter of time before hemp finds its way from the kitchen into your daily life, and that - at least

according to some people - is exactly what's needed to save this planet. The benefits of hemp are legendary, but it wasn't until Dennis Cicero's book that the beauty of hemp found its most important application: an incredibly healthy staple food.

The Galaxy Global Eatery Hemp Cookbook is a unique cookbook concerning the culinary uses of hemp - well known for its applications in clothing, rope, and plastics but little known for its seeds' taste (like a cross between hazelnut and a walnut) and the cooking uses of its flour and oils. Superbly written and presented by Denis Cicero (owner of one of New York's most up-and-coming restaurants) with the assistance of professional chefs Kris Czartoryski, Suzanne Gruber, and Michael Lipp, The Galaxy Global Eatery Hemp Cookbook features easy-to-follow recipes, enhanced with luscious full-color photographs, a simple glossary, and a true appreciation of the wonderful delicacies that can be enhanced with the flavor of hemp. Dishes offered include Fruit Hemp Salad, Hemp Cheese Sticks, Hempnut-Crusted Catfish Filets, Lemon Hemparoons, and a great many more.

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