



# Let's Cook It Right : Good Health Comes From Good Cooking

*Adelle Davis*

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## **Let's Cook It Right : Good Health Comes From Good Cooking** Adelle Davis

Editorial Review - Kirkus Reviews This is not a cookbook, in the orthodox sense. It is primarily a book on nutrition, with its principles applied to the whole range of cooking, the intent being that food should contribute to well-being, to keeping healthy, as well as to gastronomic delight. A great many theories go by the board. A few examples- basting dries out meat; sweetbreads and brains should not be parboiled before preparing; powdered milk should be used as part of many recipes calling for milk -- it is more nutritious; etc. etc. Pressure cooker enthusiasts will find a few cautions. Marketing will assume new aspects when the selection of meat, for instance, depends on how it is to be cooked (cheap cuts preferred for many uses). There are lots of recipes (not for the uninitiated, as a good deal of basic knowledge is assumed), and menus are linked with recipes instead of the other way round. Stress laid on proper equipment as a contributing factor, on the matter of timing meals so that a half hour working time in the kitchen is adequate. Four fundamentals are taught:- to stew, to fry, to broil, to bake. Variations come with seasoning, with use of unusual foods. There's a lot to learn- and relearn (and she is a bit rough on the run-of-the-mill cookbook), but it is intriguing and there's loads of sound advice, much of it new. A book to sell to people who know a lot, but aren't too set in their ways.

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