



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

*Denis Cicero*

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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.

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#### **Martha Royal:**

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