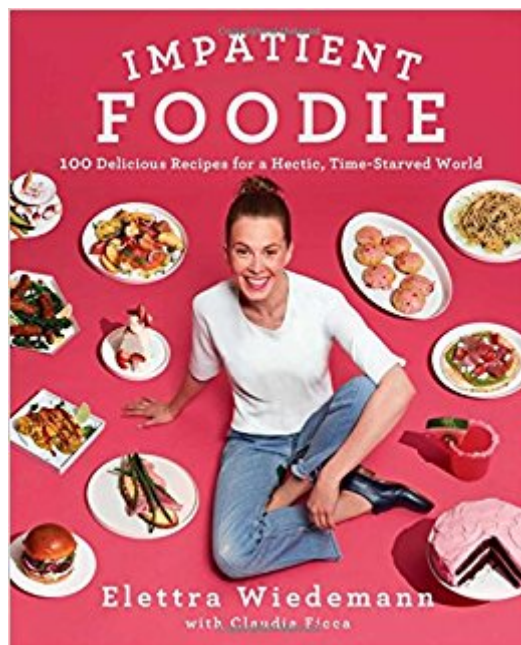


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# Impatient Foodie: 100 Delicious Recipes For A Hectic, Time-Starved World



## Synopsis

Sustainable and conscious eating made simple, fun, and deliciousâ”the founder of Impatient Foodie shows how the âœslow foodâ• movement doesnâ™t have to be slow with these inspired meals perfect for everyone. Elettra Wiedemann didnâ™t set out to be a foodie. At twenty-eight, with a burgeoning global modeling career and a Masterâ™s degree from the London School of Economics, she understood the larger impact of her food choices, and the importance of a more conscious way of life. But whenever she walked into her apartment after a twelve-hour work day, all her ideals about food would collapse. Why did being a foodie mean you have to labor for hours using obscure cooking methods and ingredients? Why did good food always go hand-in-hand with slowing down? Wasnâ™t there a way to have slow, sustainable, delicious food without the âœslowâ•? Impatient Foodie bridges the gap between the ideals of the organic, slow food movement and the realities of a busy life. Loaded with shortcuts, pantry lists, and more than one hundred handy and delicious recipes for busy people, this vividly illustrated, easy-to-navigate cookbook shows how to get the most out of your meals in the least amount of time. Organized by ingredient to minimize grocery store trips and maximize seasonality, Impatient Foodie offers easy ways to spin off kale, chicken, fish, berries, and more into multiple meals, and offers home cooks a variety of inspiring vegetarian and vegan options. Unique, friendly, and entertaining, The Impatient Foodie provides the ideal foundation for thoughtful eating in a hectic, time-starved world. With her immensely popular Impatient Foodie blog, her profile at Refinery29, her degree in biomedicine, and her stunning beauty and charm, Elettra Wiedemann is the perfect spokesperson for this reassuring and helpful message.

## Book Information

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## Customer Reviews

"Say goodbye to the reasons you think a homecooked meal is impossible after a long day of work ... shares shortcuts, pantry lists and more than 100 easy recipes to get dinner on the table in no time."

• "People.com" Torn between the tenets of the slow food movement and faced with the time constraints of a busily hectic life, Elettra Wiedemann became an Impatient Foodie. This cookbook is filled with 100 mouthwatering recipes for home cooks eager to put healthy meals on the table, but who are hampered by a lack of time. The recipes have short lists of ingredients that are easily available at local supermarkets, and there are no complicated techniques, thus making shopping and preparing quick and easy. • "Corky, Lori, Dana, and Tracy Pollan, authors of The Pollan Family Table" Elettra Wiedemann's "Impatient Foodie" proves that eating healthily and sustainably is both uncomplicated and cool. With delightful wit, style and an advocacy for change, Elettra delivers a complete guidebook of easy, time-saving recipes that you will turn to weekly if not daily. I use this book for inspiration in my menu planning all year long and for food dreams. •

• "Mario Batali, chef, author, philanthropist" "100 recipes for tight schedules and lazy cooks...impressive...approachable and easy to pull together. • "Publishers Weekly

"Recommended for anyone exasperated by cooking. There's a lot of humor in Wiedemann's impatience, and many readers will be entertained by her acerbic comments on crowded farmer's markets, confusing food labels, laborious recipes, and useless spices."

• "Library Journal

Elettra Wiedemann is a sustainable food advocate, fashion model, and founder of the popular blog Impatient Foodie. From 2015-2016, she was Executive Food Editor at Refinery29, building out and growing their food and drink vertical from the readership in the thousands to the millions. She holds a Master's degree in Biomedicine from the London School of Economics. She lives in Brooklyn, New York.

I love Elettra's recipes! I am so lucky to eat her dishes because I am her Mamma and she often cooks for the entire family.

This book is awesome! I am one of those people that buys cookbooks and never uses them. I

dream of hosting dinner parties where i cook delicious meals for my friends or actually cooking dinner for my family. But I usually end up doing take out because -- who has the time? This book is filled with amazing recipes that make it easy to make a home delicious cooked meal from scratch. I also love how it is organized by ingredient because then you can find stuff to make based on what you have or what you feel like having. I love it!

**\*\*A copy of this book was provided by the publisher via NetGalley in exchange for an honest review.\*\*** I really wanted to love this book. I wanted it to be a great way to get good food quickly, because I live the life of a single mom. Unfortunately for me, I feel this book fell a bit short of that. While I imagine this book was meant to be a guide to fast, yet healthy food, it was way more complicated than it made it out to be. The word impatient in the title gives me the impression that it's going to be food that is quick to make. While some may have a prep time that is low, it was not typical food. It was complicated, detailed meals that I am not sure my family would enjoy. So I gave it a try. The meals were good, but again, not as quick as the description made it sound. There was also a lot of non-recipe portions in the book. More than I would find appealing. I would like more recipes, and less reading about the authors life. I feel that should be another book, rather than mixed in with what is considered a cookbook. The food did taste good, but again not something I would find myself making often. With that said I always encourage people to try a book (or a cookbook in this case) themselves before judging simply from a cookbook. The food is good, so it may be just what someone is looking for. Check it out and let me know if our opinions differ.

Obsessed with this book. Love how it's organized into main ingredients. Love the impatient baked enchiladas recipe and can't wait to try the chocolate hazelnut banana bread pudding!!!!

The author apparently has never tried to bake. For all her comments at the start, about good food, better eating, blah blah blah, she uses mixes for ALL BAKING. Cakes, scones AND muffins. What a waste. Read the ingredients on a cake mix sometime! It doesn't really matter what you add to them, they aren't good food. Muffins and scones are amazingly easy to make from scratch, and again, you get to use real ingredients that taste good. The ingredient lists for REAL cakes, muffins and scones, is far far shorter than on the sides of these mix boxes. About the only baked good that has real ingredients is a clafouti. We are told to let it sit 15 minutes before baking so the cake will be tender and not chewy. The word cake here is quite a misnomer. The end result is not cake like AT ALL. It ought to be more like a yorkshire pudding or dutch baby but cake it is not. It comes out with rather

rubby parts where the eggy batter is that got wet from the fruit. The shortish baking time is not sufficient for the almonds to toast. This appears to be a do miss recipe. There were much better ways to use my ingredients! Sigh. Not really a cookbook for what I'd call normal food. If this is supposed to urge people back to real cooking, she fails miserably in the baking section!

How much time are you willing to spend on dinner? If it's an hour or less, you'll want to pick up Elettra Wiedemann's *Impatient Foodie: 100 Delicious Recipes for a Hectic, Time-Starved World*. The recipes are not only easy-to-follow and quick to make, but they are for dishes that people will actually want to eat. Wiedemann is the founder and writer of the popular and delightful blog *Impatient Foodie*. This cookbook includes several of her recipes that are on the blog, as well as others that aren't, but are worth having. Wiedemann has successfully come up with a formula to create quick foods that taste like they were made slowly while at the same time reducing the amount of meat consumed and adding more vegetables, grains, and other healthy options. The recipes are unique, healthy, and delicious. Wiedemann uses timesavers like rotisserie chicken, cake and brownie mixes, canned beans, bottled sauces, and even frozen whipped topping (which is, to this cook, a bona fide food crime and one which I refuse to use even though she may use it). Her recipes run the gamut from kale and trendy vegetables, to mouthwatering fish dishes, to lamb and chicken, as well as a shortcut zucchini bread recipe (made with a pound cake mix), to homemade ice cream. Favorites include Claudia's Salmon Burgers (the best), and Almond-Crusted Cod on a Tomato and Avocado Salad. Quick Kuri Squash Soup with Bacon and Goat Cheese was easy and good, and her version of the trendy and ubiquitous Shakshuka includes kale and is excellent. All told, *Impatient Foodie: 100 Delicious Recipes for a Hectic, Time-Starved World* is an excellent, timely cookbook that will be enjoyed by both beginning and experienced cooks. The pictures are beautiful, the recipes are mouthwatering, and there is enough variety to please even the most picky eaters. Special thanks to NetGalley for supplying a review copy of this book.

Great cookery book- I don't like devoting hours to cooking so I appreciate the "impatient" approach here. Looking forward to trying the beet cake because it intrigues me. Last night I opted to try the vegan pesto and it had become an instant family hit! Absolutely amazing taste and texture (and really, really easy!) I was eating it by the spoonful...

I'm a longtime fan of *Impatient Foodie*, and, as expected, this cookbook does not disappoint. Great

recipes, gorgeous art “ and just a good attitude about food. It makes creative cooking seem utterly doable. I also love the way the recipes are organized, so I can choose based on what I have in the fridge or what I’m in the mood for (why doesn’t everyone do it this way?!).

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