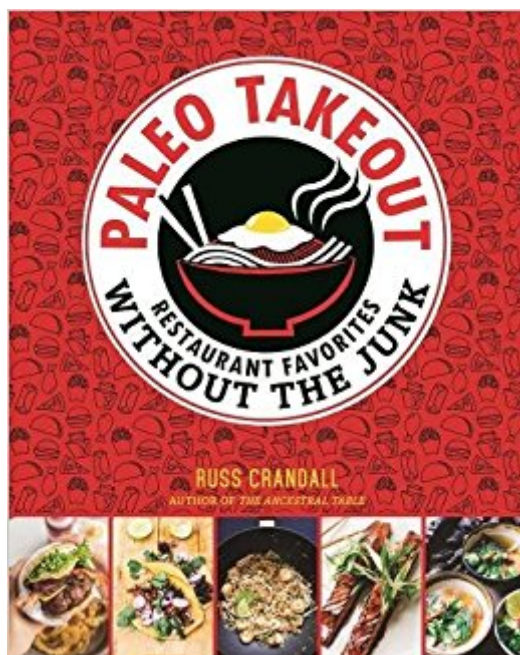


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# Paleo Takeout: Restaurant Favorites Without The Junk



## Synopsis

New York Times Bestseller Wildly popular food blogger and critically acclaimed author of *The Ancestral Table* returns with over 200 weeknight-friendly dishes that taste so good, you'll finally throw out that emergency stack of takeout menus hiding in your kitchen drawer. Despite knowing full well that most restaurant and take-out foods are churned out at a rapid pace using unhealthy ingredients laden with chemicals and additives, most of us can't seem to shake the desire for even just a taste. Not to mention that nothing is easier than picking up takeout, hitting the drive-thru, or ordering delivery, but at what cost? *Paleo Takeout: Restaurant Favorites without the Junk* delivers much healthier but equally satisfying alternatives, offering delectable recipes that mimic the flavors of our drive-thru and delivery favorites--Paleo style! Russ Crandall teaches you step-by-step how to prepare each meal in under an hour--leaving no sacrifice of taste or time. In *Paleo Takeout*, Crandall re-creates everyone's favorite takeout meals using wholesome ingredients and some seriously inventive techniques giving you the opportunity to revisit your favorite restaurant classics, with all of the gratification and none of the regret! Inside *Paleo Takeout*, you'll find over 200 recipes inspired by beloved restaurant experiences: Chinese, Korean, Japanese, Thai, Vietnamese, Indian, Italian, Mexican, Greek, and American cuisines are all represented. Looking to re-create your local Chinese joint's best dishes? Choose from over 25 takeout favorites, like Sweet and Sour Chicken, Beef and Broccoli, Egg Foo Young, Char Siu, Chow Mein, and Spring Rolls. In the mood for curry tonight? Take your pick among your favorite Thai, Indian, and Japanese curry dishes. How about game-day wings made in 20 different ways, pizza that's better than delivery, or quick and easy burrito bowls? We've got you covered and then some. Using the same simple techniques that he learned while working in the restaurant industry, Crandall teaches you how to build a full-course meal in less than an hour. Simply put, *Paleo Takeout: Restaurant Favorites without the Junk* proves that eating right in a way that satisfies even the choosiest of healthy eaters is not only possible, but also a lot of fun!

## Book Information

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## Customer Reviews

Russ Crandall is the talented home chef behind The Domestic Man, a leading food blog in the Paleo, gluten-free, and whole foods communities. In his 20s he suffered a number of life-threatening illnesses, was diagnosed with a rare autoimmune condition--and was sent home with a lifetime's worth of medications. Disenchanted with modern medicine, Russ started searching for his own answers and quickly discovered that eating a gluten-free, nutrient-rich diet alleviated most of the medical issues that had plagued him for years. Taking cues from traditional cuisines, The Domestic Man inspires readers to look to historical recipes for that ever-elusive key to health. His work has been featured in People Magazine, Food & Wine, and was nominated by Saveur Magazine as one of the Best Food Blogs of 2013. He released his debut cookbook, The Ancestral Table: Traditional Recipes for a Paleo Lifestyle, through Victory Belt Publishing in February 2014.

A quick and preliminary disclaimer: I'm a bit of a Paleo skeptic. I eat like one with reluctance, not to return to the cave but to avoid returning into the ground. My nutritionist tells me to because it would be good for my health and keep me alive longer and better. Truth is, I'll enjoy a good grass-fed steak any day, but frankly turn my nose up at the plethora of Paleo pretend foods which have arisen in recent years and which bear as much resemblance to the real thing as a scratch n' sniff sticker. Until this book. They call him the Domestic Man, but he comes close to the Domestic Magician. These recipes are awesome! Russ uses real food ingredients to make real food versions of favorite take-out items, all of which are good first in their own right and second as "versions" of other things. He covers favorite dishes from many ethnic traditions, drawing on his experience and travels and a wealth of authentic flavors and techniques. I had long ago given up on good Buffalo wings that didn't come delivered in a Styrofoam box. Russ's were not only equal; they were in fact superior to local delivery. His pizza crust? Better than any gluten-free version in NYC (and that includes our fancy pants restaurants). Also tried to great delight: gyros (including homemade Tzatziki sauce made with homemade mayo and served on homemade flatbread). We had a gyro making party and the UPS

guy stopped in and tried one, and even he rated it an A+! A note on the flatbread--it does not taste like pita; it does taste better! At first when we tried it on its own I was nervous, because while tasty it was "different"--chewier and a little sweeter. However, when it actually was used in the assembled gyros the flavors were a perfect marriage! And it's consistency held together better than traditional pita/flatbread--I can only say it is an improvement over the "real" thing. We also made Eggplant Parmesan (with Italian Grandma-worthy homemade sauce); Mongolian Beef & General Tso's Chicken; Chicken Tikka Masala (approved my Indian friend for authenticity); Chicken Nuggets (perfect consistency) and all were delicious and worthy so serving even to non-Paleo company. Note: the savory recipes seem to be closest in taste to the "real" thing (e.g. the Chicken Tikka Masala), while the sweeter recipes (e.g. General Tso's) are good in their own right, but less closely mimic the restaurant version, no doubt due to the absence of high fructose corn syrup and canola soaked fried breading. Similarly, the "bread recipes" e.g. pizza crust and gyro flatbread are awesome, but do not taste "just like" the "real" thing. Enjoy them on their own, but let's not play pretend. The recipes in this book are not fast-food in the literal sense. Keep in perspective that this book is named for a demographic whose meal preparation began with meat that still had a pulse, and you'll be more satisfied with the actual work and time involved. Most will take about an hour, though some a little less and some a lot more, and a few need to marinate overnight or even for a few days. (Russ does have a handy chart which spells out the timing for various recipes, as well as ideas on how to make them more quickly and efficiently. There are some that can go "fridge to face" in 30 minutes if you are efficient). You will also have to play hunter-gatherer to procure some unusual ingredients: arrowroot, tapioca starch, mirin, coconut aminos, lard. (And you may wish to invest in a bulk bottle of white pepper, which seems to be Russ's BFF). They are not for the cheap or lazy or those with bland taste buds. This book is great for anyone who loves food, Paleo or not. This book is NOT for the fat-phobic, vegans, vegetarians, or those offended by the inclusion of "debatable" Paleo items such as dairy (mostly butter or yogurt) or potato starch or honey. It is adaptable for those on Whole 30 or AIP (Auto-Immune Protocol)--see The Domestic Man web site for how. Nor is it for those seeking Paleo desserts. I applaud Russ for this decision, and I think it adds to his credibility as a chef. Just say no to fake food! Bottom line: buy the book. Real food for real people, in the cave or in the real world.

Russ Crandall earned some serious cooking cred when he published *The Ancestral Table* about a year and a half ago. He proved himself to be the class of the paleo/ancestral food blogging world by steering clear of the crazy paleo gimmicks and, instead, synthesizing this new health movement

with traditional cuisines. (That they can be synthesized is not a coincidence, Russ would tell you) "there's a reason cuisines evolved the way they did..." With this new book Russ lets down his hair a little bit and parties with the rest of us mere culinary mortals. The Ancestral Table is for when you have some more time to cook; Paleo Takeout is for when you want your food fast. (You probably will need less time than you would need to drive to a restaurant once you get the hang of it.) But don't think that the meals you cook from the new book will be short on Domestic Man quality. Case in point: I just cooked the green curry for friends (with the beef meatballs "amazing") and one of them said: "this is the first time I've ever had Thai food outside of a restaurant that actually tastes authentic." I of course put a cocky smile on my face as if I had had something to do with it. But it was actually Russ "spending all that time researching the history of food, and sneaking into the kitchens of Asian restaurants. OK, let me try to get some more information across here. The majority of the food in the book is indeed Asian, but if you think about it, that kind of makes sense: Asian fast food menus just have more items than American fast food menus. There are plenty of American standards on offer, though: interesting burgers (buns are mostly tapioca starch!), pizza (tapioca and potato crust!), wings with lots of different sauces and rubs, chicken nuggets, spaghetti and meatballs, fajitas, etc., etc. I find the Asian selections interesting: there are a lot of dishes you would see at any old Chinese or Thai or Korean or Indian restaurant in any old town in the States "sweet and sour chicken, orange chicken (cooked it, was awesome), pad thai, bi bim bap, chicken tikka masala" but then there are also dishes that Russ has discovered on his travels or by ordering adventurously "korean seafood scallion pancake, okonomiyaki, bakso... By adding these to his book, it's as if Russ is saying: hey, this is good stuff too, try it! What else. The directions are all clear, I've found. The introductory material is all interesting (btw, if you don't know Russ's story, you should go check it out). There are a few items you'll need that aren't exactly standards in a typical American kitchen, but once you get them you can keep using them (e.g., a high quality fish sauce), and as Russ would probably say, you've got to put in at least a little energy if you want to get quality out. And there are a few time-intensive procedures, but they usually don't involve you very much "like marinating, which your refrigerator does fairly well" or making stocks, which, I admit, does require some attending to, but you do it on the weekend and the stock lasts you all week, or longer. Autoimmune issues and other allergies are accommodated: there's a list of substitutions in the back, and Russ has more extensive autoimmune information in an online appendix (it's up, just checked). I guess I could mention the design of the cookbook last. It's kind of a play on a takeout menu, which is fun and

refreshing, but it's also, well, appetizing. The "Recipe Index" in the back of the book is like a picture menu at a Chinese restaurant: little thumbnails of the food (and one photo of Russ's son mischievously eating chicken nuggets). I took one look at it and thought: "I must cook all of this food, immediately!" So there you go. Fun food that is also high quality. And all of it healthy. One last note, on that: I think the most important thing that has come out of the whole ancestral movement is the stress on eating nutrient-dense food. Whatever your macronutrient ratios, however sweet or savory you like it, you gotta get your micronutrition. All the recipes keep that in mind. This is one of the three or four must-have paleo/ancestral cookbooks. I've been recommending it to everyone.

This is my all time favorite cook book! His recipes are simply amazing. The pizza is hands down best paleo version I've found and the orange chicken is a huge hit in my house! I can't recommend this book enough but be aware this isn't strict black and white paleo but he does include substitutions in the back.

I agree with the other fans...this is an outstanding book and the recipes are delicious. I have made seven of them already and each was delicious. It is a definite 5-star collection. I do have one caution for would-be buyers, however: this collection should have been called "Asian Paleo Takeout." Fully two-thirds of the recipes are for Asian foods. Very little of the book is oriented towards American foods. This may be a telling tale, since American foods tend to be heavy with processed ingredients. It is not a negative comment towards the book, but just meant to be informational to those foodies that are after recipe rescue for the American table. I know that I will be trying more Asian recipes, now that I have a healthy guide to that cuisine. I have found a Paleo - Mediterranean hybrid diet to be the most successful for a lifestyle of healthy eating. But as of today, I am adding these Asian delights!

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