



Great Food, All Day Long: Cook Splendidly, Eat Smart

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"At one time, I described myself as a cook, a driver, and a writer. I no longer drive, but I do still write and I do still cook. And having reached the delicious age of eighty-one, I realize that I have been feeding other people and eating for a long time. I have been cooking nearly all my life, so I have developed some philosophies."

Renowned and beloved author Maya Angelou returns to the kitchen--both hers and ours--with her second cookbook, filled with time-tested recipes and the intimate, autobiographical sketches of how they came to be. Inspired by Angelou's own dramatic weight loss, the focus here is on good food, well-made and eaten in moderation. When preparing for a party, for example, Angelou says, "Remember, cooking large amounts of food does not mean that you are obligated to eat large portions." When you create food that is full of flavor, you will find that you need less of it to feel satisfied, and you can use one dish to nourish yourself all day long.

And oh, what food you will create! Savor recipes for Mixed-Up Tamale Pie, All Day and Night Cornbread, Sweet Potatoes McMillan, Braised Lamb with White Beans, and Pytt I Panna (Swedish hash.) All the delicious dishes here can be eaten in small portions, and many times a day. More important, they can be converted into other mouth-watering incarnations. So Crown Roast of Pork becomes Pork Tacos and Pork Fried Rice, while Roasted Chicken becomes Chicken Tetrazzini and Chicken Curry. And throughout, Maya Angelou's rich and wise voice carries the food from written word to body-and-soul-enriching experience.

Featuring gorgeous illustrations throughout and Angelou's own tips and tricks on everything from portion control to timing a meal, *Great Food, All Day Long* is an essential reference for everyone who wants to eat better and smarter--and a delightful peek into the kitchen and the heart of a remarkable woman.

Great Food, All Day Long: Cook Splendidly, Eat Smart Details

Date : Published December 14th 2010 by Random House (first published January 1st 2010)

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From Reader Review Great Food, All Day Long: Cook Splendidly, Eat Smart for online ebook

Mary says

Love the bits and pieces she shares about her family life.

Dana Cardinal says

Not just a cookbook, but describes Maya Angelou's philosophy on enjoying food and health. (TLDR: Enjoy great food and don't worry about it, just serve smaller portions)

SUSAN *Nevertheless,she persisted* says

I am a big fan of this author's work,her fiction,her essays,her poetry...her cookbook,not so much. The book was supposed to be healthier versions of some her favourite and/or family recipes. The first thing I noticed is that a lot of the recipes included butter,cheese and cream. Perhaps the idea was more about portion control and not the ingredients in said recipes. I don't eat dairy so this book was of little use to me recipe wise, but it is a lovely book with a smattering of her wit and wisdom.

Keisha Bowman says

Not my favorite Maya Angelou book, but the recipes are good, and I love being able to hear Maya's voice in my mind as I read this. Love her voice.

Bobbigalvin says

There is more to Ms. Angelou than poetry. As with her last cookbook though, the stories were better than the recipes.

Shoshana says

It's funny that I gave this four stars, because I only copied out one or two recipes. But Maya Angelou is such a luminous writer and such a formidable yet likable character, with a voice that comes through so clearly even in, it turns out, a cookbook... that I couldn't help it! Reading it was flat out pleasurable, and I recommend it even to non-cooks.

Lisa says

Not one recipe that I wanted to try!

Bridget says**Real comfort food**

This book is as warm and comforting as the lady herself! The recipes are a mix of southern and international dishes, which is just so fresh and interesting.

Laura says

more sucked in by the author than the recipes. some classics.

Jenny says

Lots of pie recipes to try in this, but the best parts are, predictably, where she writes rather than recipes. For example, Maya Angelou unabashedly loved hot dogs, and was an unrepentant carnivore to the point of writing poems about it. And that's awesome.

Michelle Cristiani says

The recipes are pretty good, but the stories trump everything. I could eat the stories for dinner and dessert and be pretty satisfied.

Tamara says

Not my favorite Maya Angelou and not my favorite cookbook, but I still enjoy her strong, even, comforting tone. Might try the Orange Syrup recipe, as I'm not a huge fan of maple syrup.

Favorite Quotes:

Whenever the house resists you, the kitchen can be made into your ally. Start there first, and start with soup.

If someone draws a circle and leaves you out, you draw a bigger circle and include them in it.

Jan says

The cornbread is AWESOME, baked in a loaf pan. A must try!

Mom - Joanne says

Corn bread and pork roast recipes sound delicious orange syrup is great idea. Adding honey to orange juice is mouthwatering idea.

Felicity-ann says

This book filled the soul with a variety's of flavour . Brilliant book
