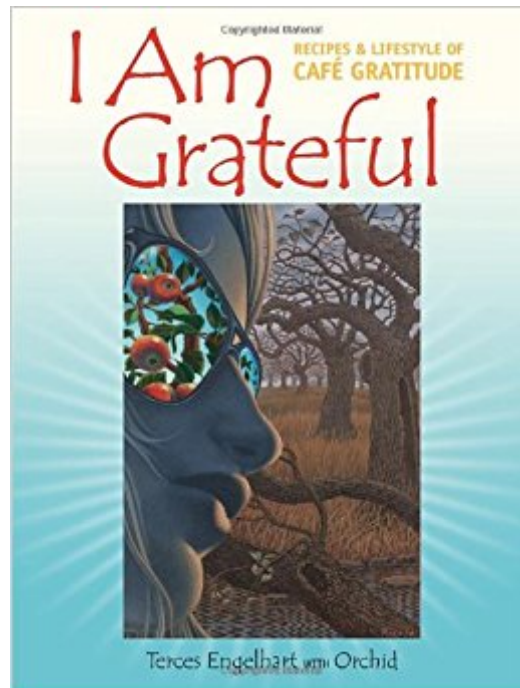




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I Am Grateful: Recipes And Lifestyle Of Cafe Gratitude



Synopsis

With locations in San Francisco, Berkeley, Marin, and Los Angeles, Caf   Gratitude has become well known for its inspiring environment and distinctive, flavorful organic foods. In *I Am Grateful*, cofounder Terces Engelhart presents her and her husband Matthew  s view of life and business philosophy. She also presents her story of personal healing, sharing highlights of her recovery from food addiction while explaining the benefits of a raw lifestyle. The book  s gorgeous, full-color photographs accompany easy-to-follow recipes for the caf  s most popular items, making it easy for readers to prepare live foods at home. Recipes include caf  s favorites such as the   I Am Luscious   raw chocolate smoothie,   I Am Bountiful   bruschetta,   I Am Elated   spicy rolled enchiladas, and   I Am Amazing   lemon meringue pie with macadamia nut crust.

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Customer Reviews

“I spend a lot of time on the road and eat in a lot of restaurants, but every time I return to San Francisco I go to Caf   Gratitude to recharge. Not just on the amazing food but also on the energy of the staff and the practice of abundance that Matthew and Terces bring to everything they do. They have affected my life in a profound way!”

•Michael Franti, musician and filmmaker

“Caf   Gratitude offers an experience that expands what is possible for all people”

œa great recipe for business. I’ve watched Caf   Gratitude grow and have experienced both the flavors of their food and their commitment to providing a sacred experience for their customers.”

•Chip Conley, founder and CEO, Joie de Vivre Hospitality

“In I Am Grateful, Terces Engelhart, one of the most extraordinary restaurateurs of our time, delivers more edible joy than we could have previously imagined. Now you can bring the magic of Caf   Gratitude directly into your home and feed yourself, your friends, and your family these delicious dishes and meals.

•David Wolfe, author of The Sunfood Diet Success System, Eating For Beauty, and Naked Chocolate and founder of the Fruit Tree Planting Foundation

“Whenever we are in San Francisco, Caf   Gratitude is always our first stop. We eat all our meals there and always leave feeling fulfilled and appreciative that such a place exists. Matthew and Terces are the purest spirits and have raised the bar for what a restaurant can be

•a culinary experience with a spiritual lift.

•Woody Harrelson and Laura Louie

“Caf   Gratitude is a leader of our time, opening us to the path of Divine power, possibility, inspiration, and health through the cultivation of Connection Consciousness.

•Julia Butterfly Hill, founder, Circle of Life

“Even if raw food isn’t your thing, [Terces Engelhart’s] inspirational story is reason enough to grab a copy of this book.

•Mother Nature Network

“There are color photos throughout the book and positive affirmations are the titles of each recipe, such as I Am Energetic, I Am Grateful, etc

|I love the inclusion of juice pulp on many of the recipes--what a great way to minimize waste while maximizing nutrition.

•Eco Mama’s Guide to Living Green

“I Am Grateful not only includes a broad range of raw entrees, salads, sauces and drinks, but also includes

|the inspiring story of restaurant founder Terces Engelhart and a bit on the philosophy behind her creation.

•

•Spiritualitea.com

“I Am Grateful is an amazing book.

•

•Vegan Raw Ranch

Terces Engelhart has been preparing and serving flavorful food and delicious meals since her childhood. She is interested in the healing power of food to help people who suffer from diet-based diseases, as she did. Engelhart and her husband, Matthew, opened the first location of their popular Caf   Gratitude 2004 in San Francisco, California. They have opened a second restaurant in San Francisco as well as ones in Berkeley, Marin, and Los Angeles. The caf  s, which support local farmers, sustainable agriculture, and environmentally friendly products, serve living, organic food made with the freshest ingredients possible. The Engelharts published The Abounding River Logbook as well as The Abounding River board game, both of which focus on their practice of being in abundance. In addition, they lead monthly workshops on this topic and are often asked to be guests on radio and TV shows. The Engelharts live with two of their five children in San Francisco. Orchid (Richard Slayen) has studied food and cooking in such exotic places as Thailand, Indonesia,

Singapore, Australia, Central America, and Mexico. He specializes in creating fabulous meals designed to delight the senses and nourish the body. Orchid currently resides in San Francisco, California and Liberty, Tennessee, seducing the palates of private clients as well as the community at Café Gratitude.

One of the hardest things for me to adjust to when paring down my intake of food is the adjustment of making any kind of elaborate gourmet style meal if I need to, to making something out of almost no ingredients and not even be able to COOK IT! When I switched to primarily raw foods, my family was on the verge of Mutiny. I tried RAW IN TEN MINUTES which at first was okay, but I have a good imagination. All of the recipes started to taste the same and my family went from eating everything on their plates to making excuses to avoid dinner and eat in their rooms (stashed organic corn chips etc). When I saw I AM GRATEFUL, I figured it might be another blonger of a book, but I decided to try it anyway. It was someone's birthday the week I got it, so I decided to make a raw dessert (strawberry shortcake) and then a baked cake for everyone else. I never made it to the cake. Everyone went berserk over the raw strawberry shortcake. I have made about 1/2 of the recipes in this book so far and I can say OMG it is truly FANTASTIC. Our favorites are: Marinated Veggies, Falafels, Fiery Carrot Avocado Soup, Coconut Curry Soup (Thai), Thai green papaya salad , Coconut Lime Dressing, Jalapeno mint chutney, Smokey Mole (OMG that is the BEST RECIPE EVER), Marinara with Brazil nut Parmesan cheese, Pad Thai, pecan porridge, Cinnamon Rolls, Strawberry Shortcake (with raspberries is DIVINE), German Chocolate Cake, Strawberry Apple Cobbler, and Lemon Meringue Pie. We don't eat desserts that often, or we would have ripped through the entire dessert section. Preparation is about that of any meal- it is not too involved on some recipes- but others, take overnight food dryer time and have to be planned accordingly. However, I find that it works out fine in some cases to do an overnight. I am really in love with the recipes in this book. They taste AMAZING and Gourmet in quality, yet they have simple ingredients in some cases. I substitute ingredients I don't have until I can get what I need quite often. I can not recommend this book highly enough. It is like Moosewood used to be to vegetarians years ago.....

This book comes out of running a restaurant and does not translate well into a home kitchen. Many of the recipes require ingredients that are also recipes, so often you need to make two or three recipes to prepare a dish. The idiosyncratic condiment and auxiliary recipes are quite perishable and so even if you were to make them you would need to open a restaurant to use them all up

before they go bad or do massive amounts of pre planning. Also you need to love buying and washing machines. Instead of cooking, raw food is machined with juicers, blenders, food processors, dehydrators, and a spiralizer. I have all of these but rarely do I have to wash and clean more than one to make a dish. Here multiple machines are routine. You also need to like to plan 12 hours ahead for what you will make since a goodly portion of the dishes require overnight soaked nuts and seeds. If you were to eat out of this cookbook exclusively the amount of phytic acid you would be consuming is too much. Yes, it is reduced by soaking but only somewhat, the phytic acid is in the skins, thus prepped nut flours are low because without skins, but this stuff is still has a lot. This high consumption of nuts and seeds is the bane of many good diets, paleo, specific carbohydrate diet, etc. The index is littered with affirmations that significantly impede the use of the index. One does not read through dozens of affirmations with any sort of positive response looking for a recipe when trying to get dinner on the table. When I am making dinner I need clarity and function not self indulgence. This volume is often an exposition of a philosophy using food more than a usable cookbook.

I was given this book as a gift, and I in turn, made a gift of this book to a friend, who like myself, is vegan. One of the challenges that we vegans have is to prepare nutritious meals that are also delicious, so I am always looking for new ways to enhance the food I prepare. I enjoyed "I AM Grateful" and found several recipes that I could make right away with the tools I have in my kitchen. I especially enjoyed the "nut cheese" recipes. There are three things I noted that make me rate it less than a five. (1) To prepare many of the dishes, one must have a food processor and a dehydrator. I have neither, so I find that making many of the recipes is not currently possible for me. (2) There is a lot of added sugars and fat in this cuisine, and not a lot of protein. It relies heavily on nuts and coconut (which have a lot of fat) and agave syrup for many recipes. I think for special meals and celebrations, this cuisine is ideal and delicious. But as I have begun to monitor my intake of fat and sugar, I don't see that I could eat this food all the time. (3) It could get quite expensive to eat this way for those who are on a fixed or low income. For example, to make a quart of hemp seed milk using their recipe would cost about \$17.00 to \$18.00, as the recipe calls for two cups (one pound) of organic hemp seeds. Ditto for almond, hazel nut, and other nut milks. The book is well written, informative, thought-provoking (Terces inserts coaching questions on almost every page), nicely-illustrated, and the recipes I have made have been consistently delicious. Overall, it is a wonderful book for your vegan friends.

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