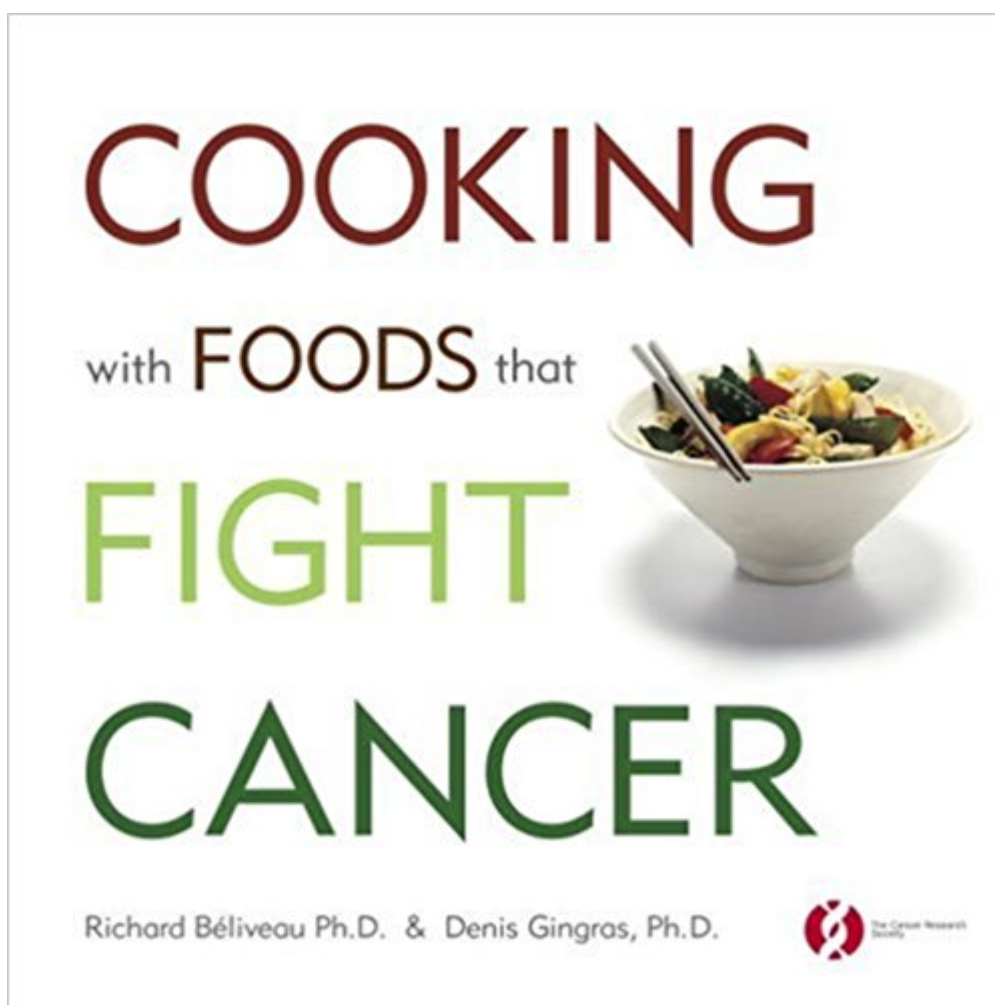


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# Cooking With Foods That Fight Cancer



## Synopsis

From the bestselling authors of *Foods That Fight Cancer* comes the companion cookbook. *Foods That Fight Cancer* has sold more than 180,000 copies across Canada and has kick-started a revolution in our understanding of the cancer-fighting properties of food. Now we know of the health properties of green tea, dark chocolate, and red wine, but how do we learn to incorporate these foods into our daily diet? Anticipating this dilemma, authors Richard Béliveau and Denis Gingras have teamed up with professional chefs to create *Cooking with Foods that Fight Cancer*. Featuring 160 specially created, delicious recipes – including Cuban Black Bean Soup, Scallop and Strawberry Rosettes, Maghreb Couscous, Sweet Chestnut Brownies – and packed with information on the latest research developments in the field, this gorgeous, full-colour cookbook is the essential companion to the first bestselling volume.

## Book Information

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## Customer Reviews

Richard Béliveau is a leading authority in the field of cancer research. He holds the Chair in the Prevention and Treatment of Cancer at the University of Quebec at Montreal, where he is a professor of biochemistry. He is the director of the Molecular Medicine Laboratory of UQAM – Sainte-Justine Hospital (Centre de cancérologie Charles-Bruneau) and is also a professor of surgery at the Faculty of Medicine at the University of Montreal. Dr.

Béliveau's profile continues to grow across Canada. He now writes a regular column for the SunMedia newspaper chain and is a featured expert guest on national broadcast

media. Denis Gingras is a researcher in the Molecular Medicine Laboratory of UQAM – Sainte-Justine Hospital (Centre de cancérologie Charles-Bruneau) and the University of Quebec at Montreal.

**Beef with lemongrass**  
4 servings  
Preparation time: 20 minutes  
Difficulty: easy  
Beef with lemongrass is delicious with perfumed steamed rice seasoned with fish sauce.  
175 ml (3/4 cup) vegetable oil  
160 g (1 cup) onions, finely sliced  
2 tsp garlic, minced  
2 tbsp lemongrass, chopped  
2 tsp fresh ginger, minced  
160 g (1 cup) green onions, finely sliced  
500 g (1 lb) beef, Chinese fondue cut  
60 ml (1/4 cup) fish sauce (nuoc-mâm or nam pla)  
2 tsp sugar  
2 tbsp sesame seeds, toasted  
Salt and freshly ground pepper  
Several leaves of fresh coriander  
Heat the wok over high heat, add the oil and cook the onions, garlic, lemongrass, ginger, green onions, and beef over medium-high heat for 1 to 2 minutes. Add the fish sauce, sugar, and sesame seeds. Season with salt and pepper to taste, and cook for 1 to 2 minutes over medium-high heat. Serve immediately, garnishing with the coriander leaves.  
Yves Moscato, chef-co-proprietor of 48 St-Paul, Cuisine\_monde in Quebec

**Oat and ginger shortbread cookies**  
24 cookies  
Preparation time: 1 h 15  
Difficulty: average  
70 g (3/4 cup) rolled oats  
240 g (1 cup) butter  
240 g (1 cup) brown sugar  
1 tsp ground ginger  
225 g (1 3/4 cups) all-purpose unbleached flour  
30 to 60 g (1/2 to 1 cup) crystallized ginger, finely chopped  
Preheat the oven to 180°C (350°F). Chop the rolled oats in a food processor and set aside. Mix the butter and brown sugar together until creamy. Add the ground ginger, rolled oats, flour, and crystallized ginger. Pack the mixture into a large rectangular 30 x 25 cm (12 x 10 in) cake pan with your hands. Using a knife, make incisions in the form of squares, diamonds, triangles, or rectangles on the surface of the mixture. Bake in the oven for 30 to 35 minutes, until the top is golden. Cut the bars along the incision marks while still hot, set aside and let cool completely before serving.  
Susan Sylvester, Chef-Instructor at the cole h'étélière de la Capitale in Quebec

I would have liked to give this book 5 stars, but it has serious flaws for a cook book. I have read *Anti-Cancer*, the book on which these recipes are based. A whole half of this book is dedicated to reiterating what foods can fight cancer. The second half is the "cookbook". The major problem with the ease of use of the cookbook is that the index is useless! Browsing through the recipes, I noticed at least 4 recipes that feature lentils. When I was ready to make some Lentil and Carrot Soup, I open the book's index to find the recipe. In the index, Lentil is not listed. Nor is Carrot. Nor Soup! Now I've got to flip through the beautiful photos and other recipes hoping to come across the one I want. That's a disappointment. The editor of this book needs a different job.

The BEST book for Cancer fighting recipes. I've had this book since I was diagnosed in 2012, and have tried many recipes, none have disappointed and many are on my table at least once a month. I highly recommend it.

This is more than a cookbook: the book starts with explaining nutritional principles that are helpful in constructing such a diet. But I do like the cookbook part as well: there is a variety of international recipes that encourage the reader to try some new things. Often a healthy diet feels restrictive, whereas this approach stretches the reader to try new tastes and new approaches. The recipes are not difficult to follow. Most of the ingredients are common ones --with a few exceptions.

I am amazed that this book was even written by the same authors as the excellent "Foods to Fight Cancer". The first half of the book does have some very useful information but starting with the very first recipe things go downhill quickly. The first four ingredients (of a six ingredient recipe) are sugar, oil, eggs and white flour. These are foods that actually promote cancer - as anyone who has read the outstanding book "Anti-Cancer" will easily see. The wheat bran and blueberries that finish out these muffins cannot possibly compensate for the harm of the first four ingredients. What follows are more recipes full of sugar, oil, flour and animal products (such as cheese and beef) all of which are known to accelerate cancer growth. I love their other book but this one is likely to do more harm than good. For a much better book on cancer nutrition read "The Cancer Survivors Guide" by Neal Barnard and Jennifer K. Reilly or "The China Study" by T. Colin Campbell PhD.

This is an outstanding book that provides information both about how cancer works and how food works to help prevent it. With this information you can prepare a diet that will certainly help you live longer whether or not you have cancer. It outlines specific foods and how they help fight cancer so you can drill right down on the most important foods you need in your diet. I have purchased numerous copies as gifts for my friends and family.

I'm not much for cookbooks, but this is one that I'm going to keep. There's lots of good information in the first section, which discusses the recommended foods and spices. Its recommendations are very close to those in David Servan-Schreiber's "Anticancer." There are a wide variety of recipes, with gorgeous photographs for inspiration. I'm making a resolution to try something new-- and healthy!-- every weekend.

This book covers all aspects of healthy anti-cancer diet. My wife follows it after my father died from stage 4 cancer.

I am a big fan of Dr. Beilveau ... but I was very surprised to see recipes that include sugar. It appears that the recipes were not reviewed in detail. I plan to try many of the recipes included -- but the sugar thing really surprised.

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