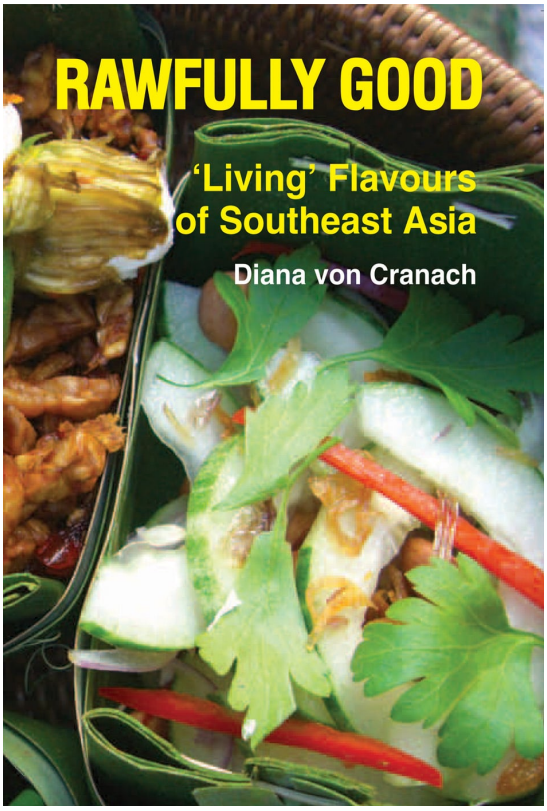
TITLE INFORMATION
Tel: +44 (0) 1394 389950
Email: uksales@accartbooks.com
Web: https://www.accartbooks.com/uk



Rawfully Good

Living Flavours of Southeast Asia

Diana Von Cranach

ISBN	9781904562122
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Territory	World excluding Brunei, Cambodia, Indonesia, Laos, Malaysia, Maldives, Myanmar, Philippines, Singapore, Thailand, and Vietnam.
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Price	£19.95

- Covering destinations stretching from Bali in Indonesia, this book full is of well-known regional recipes with excitingly different and invigorating 'living' flavours

Based in Bali, Diana von Cranach has always been a well-known local food explorer and creator of the most incredible food. A few years ago, she took her dedication to good food a step further and decided to begin a journey into the world of raw food using only locally sourced ingredients. Her idyllic and very personal resort Puri Ganesha Villas in North Bali, is one of only a few hotels worldwide to offer an alternative, purely 'living' food menu to the surprise and delight of her guests. The idea behind this book rose from the Diana's desire to work with chefs at famous restaurants and resorts throughout Southeast Asia, to prepare healthier and lighter vegan food using their own recipes as a basis. At the same time, she hoped to revive the use of more unusual traditional herbs and ingredients, used for generations. Covering destinations stretching from Bali in Indonesia, Langkawi in Malaysia, Nha Trang in Vietnam, Siem Reap in Cambodia, Luang Prabang in Laos, Chiang Mai and Loei Province in Thailand and the cities of Bangkok, Singapore and Yangon the result is a book full of well-known regional recipes with excitingly different and invigorating 'living' flavours.

Diana von Cranach was born in the UK and after being Cordon Bleu trained, decided that she had to find her own style of cooking. Completing a degree in Egyptology at Heidelberg University, then running her own successful interior design business, she moved to Bali to create a small but very personal resort, Puri Ganesha Villas, in 1996. In 2006 Diana began to develop her unique, 'rawfully good' interpretation of the raw or 'living' food movement that began in the late 1990s in the US. Since then, she has been a guest chef at many hotels throughout the region and will be opening the first ethno-botanical restaurant in Luang Praband, Laos.







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