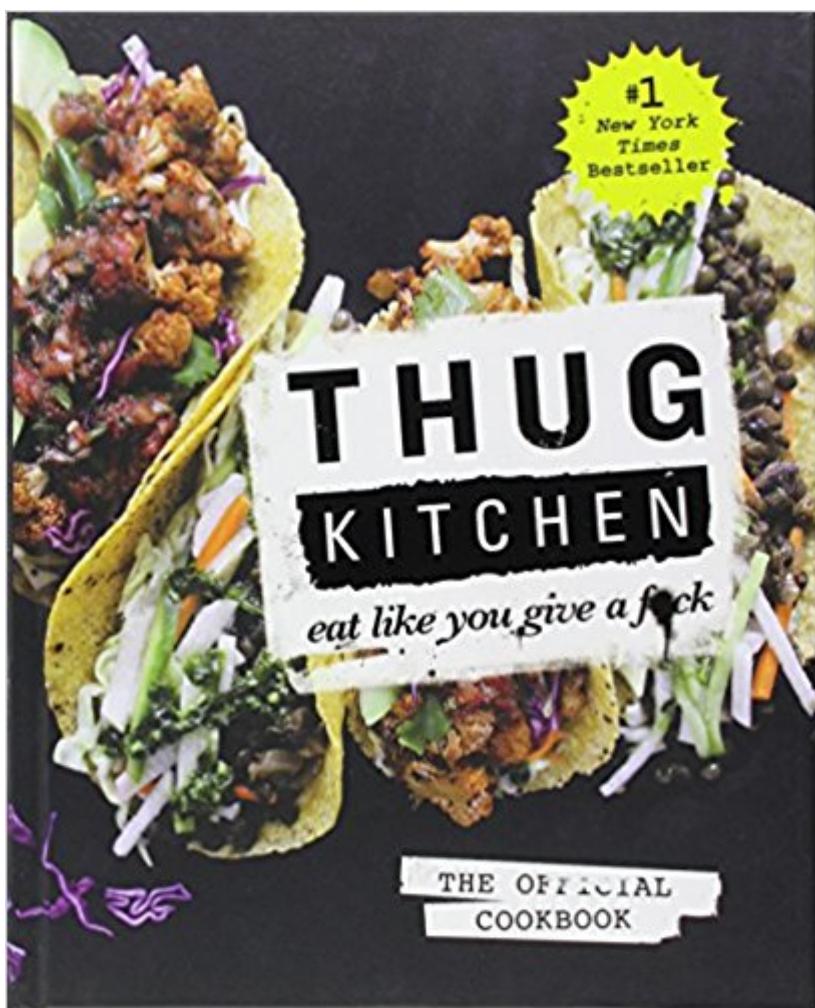


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# Thug Kitchen: The Official Cookbook: Eat Like You Give A F\*ck



## Synopsis

#1 New York Times Bestseller, the first in the bestselling series Thug Kitchen started their wildly popular website to inspire people to eat some goddamn vegetables and adopt a healthier lifestyle. Beloved by Gwyneth Paltrow ("This might be my favorite thing ever") and with half a million Facebook fans and counting, Thug Kitchen wants to show everyone how to take charge of their plates and cook up some real f\*cking food. Yeah, plenty of blogs and cookbooks preach about how to eat more kale, why ginger fights inflammation, and how to cook with microgreens and nettles. But they are dull or pretentious as hell -and most people can't afford the hype. Thug Kitchen lives in the real world. In their first cookbook, they're throwing down more than 100 recipes for their best-loved meals, snacks and sides for beginning cooks to homechefs. (Roasted Beer and Lime Cauliflower Tacos? Pumpkin Chili? Grilled Peach Salsa? Believe that sh\*t.) Plus they're going to arm you with all the info and techniques you need to shop on a budget and go and kick a bunch of ass on your own. This book is an invitation to everyone who wants to do better to elevate their kitchen game. No more ketchup and pizza counting as vegetables. No more drive-thru lines. No more avoiding the produce corner of the supermarket. Sh\*t is about to get real. Can't get enough? Check out the bestselling follow-up Thug Kitchen: Party Grub

## Book Information

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## Customer Reviews

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Tortas

“Dear reader, I love Thug Kitchen’s cooking. As hilariously foul-mouthed as these motherf\*ckers are, I really like their passion for eating the right food, for cutting to the chase, and for knocking up good, nutritious food from scratch. Their message is simple--stop relying on the microwave, stop relying on processed crap. Whoever you are and wherever you are, get down to the markets and supermarkets, use your budget to pick up some fresh ingredients, and get cooking. So, Thug Kitchen, good luck, and keep doing what you’re doing.”  
• Jamie Oliver

The Thug Kitchen crew is an LA-based duo.

I’ll start by saying, the food in this book is amazing. Out-of-this-world good. I live in Portland, the mecca of all things vegan, and my non-vegan friends have been clawing at my door to eat these recipes instead of eating out. It is some hearty, delicious stuff. That being said, I feel like they kind of sell it as a beginner’s cookbook, and that it is not. The intro says ‘Cooking vegetables takes a minute and a little finesse, but it’s not rocket science.’ But these recipes are complicated! They do include a lot of instructions. And big bonus points for the fact that you don’t need a bunch of esoteric ingredients and fancy kitchen gadgets. Still, I haven’t made an entrée yet that took under an hour. They have you making your own sauce and everything from scratch. For me, this is not weeknight cooking. And it might be challenging for new cooks to be juggling a sauce, a sauté and steaming veggies all at once. I wish they had prep and cook times listed for recipes, but I have to read the recipe and make an educated guess. Anyway, those are just things to be aware of. The food is delicious, the tone is funny, and I have been talking it up to my friends. So, despite the drawbacks, I’m still giving it five @%ing stars. :)

i recently received this in the mail upon ordering. I have prime so i go ti t fast. Most of the reviews ive read before purchasing this book are mostly people complaining about the cursing, that they didn't know it was vegan and that the ingredients are too "fancy". so before i give my review i want to say to those people; who buys things without reviewing them?? and then complains about i t afterwards?? I mean the trailer and entire motto wrapped around this book is cursing. OBVIOUSLY its going to be cursing... how are you surprised? which leads me to another complaint ive seen which says they are offended by the term "thug". UHM, it isn't literally them supporting thugs.. its like a metaphor.. they are thugs in the kitchen, they toughen you up and motivate you in almost a boot camp sort of way. therefore they're they thugs in the kitchen telling you how to get that sh\*t right..Now as for the fancy ingredient complain.. one guy said smoked paprika was too fancy and

hard to find... which is not.. at all.. it should be a staple in any cooks spice rack.. Aminos might be hard to find but i seen those even in low level market places and farmers markets or nurseries or co-ops.. health stores, nutritionists or a damn WHOLE FOODS! if you are motivated and want to change your diet you will find these and if you cannot then there's always online.. and how do you not know its vegan?? again, how do you buy a product...especially a COOKBOOK and not read detail info about it?!?! with all the gmo and crazy processes they're doing lately its surprising people aren't paying attention to minor details like that and then they complain about it like if the author set them up...\*sigh\*Now for my honest review; first Id like to say im Hispanic and raised with ethnic foods. Cuban to be precise. Much of the sides and Spanish dishes am familiar with and can use more spices and salt. but that's just my palette. If you are starting off on actual real food and moving away from fast food or just want to train your taste buds, these recipes are perfectly balanced! Many leftovers you can freeze for another time. They are delicious and i dont miss the meat. I do admit it takes prep time and cook time. sometimes i cook for 5 hours but im cooking like 3 different things plus dessert so its different. I'm trying to establish a routine where the most used items are already cutup and stored somehow for easy access.. perhaps when i do a week food prep. also lotsa beans in here which is awesome for slow cookers. I love the baked apple beans. I added 2 apples instead and its so damn good!!! you don't miss the meat at all... i do wish there were more recipes and more versatile breakfast ideas with more fruit but its still a good way to kick-start a detox or life style.. it weans you and really does motivate you if you don't mind the potty mouth. and from someone who curses a lot this isn't really a lot and its funny. sometimes i don't notice it. it truly speaks to me and it is educational as fu\*k.definitely a good buy and a good read. not too exotic things on here that i saw.. i haven't tried their tempeh or tofu recipe but there really isn't much. Their sweet potatoes fried rice is also yummy and they have this peanut dipping sauce yum! you will have to switch up some of your spices and pantry items but that's what eating healthy is. Switching up what you've been raised to believe is healthy or even food. Think for yourself and bring your mind back to reality with real food and nourishment.Their grilled peach salsa is also yummy and i be putting it on everything. Some recipes i feel are missing something but maybe thats just my habits and culture that are used to different sides a big slab of meat. I feel like this would if anything be a good cookbook of healthy sides and good for introducing your infant to good food after their puree stage or even puree some recipes for baby. look up spices and baby food. make your own!! its cheaper and safer and more nutritious! Check out my pics!

Love love love this cook book. Four recipes in, I am a proud meat eating, 1000% non vegan but

dam this food tastes good. The enchiladas alone make this worth the cost. Also i like the swearing, they speak my f\*%king language.

If you've ever worked in a restaurant, you will read this with laughter on your tongue! If you have delicate ears, well, the title will be enough to either draw you in or push you away. Delicious recipes await inside along with lots of "common sense" cooking tips that you might not have known.

This cookbook is the bomb diggity! LOVE the recipes. They are easy to make and the ingredients are easy to find. Recipes can be time consuming but come on you are using FRESH foods, although they do give ideas of purchasing pre-packaged if you need to save time. The language may be offensive to some but I absolutely appreciated the raw, honest, and hilarious text. Great cookbook. Would make an excellent gift or purchase for yourself. Cannot wait to get others!

My mom and I can't wait to try these out! Trying to be a little healthier by getting this VEGAN book. I capitalized vegan because I see a some of reviews who bash it because there is no meat... Also the contents have strong language if the title didn't clue you in.

Awesome cookbook , entertaining to read as well as new ideas for meals .

Well at my age....the language is somewhat shall we say ... strong....lol....BUT the book is excellent, the recipes I have made delicious and for the most part pretty easy. I am buying another to give to my daughter. I am hoping the book will inspire her to be more plant based and Vegan. Its written in a way that she can relate to...so keeping my fingers crossed.

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