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# Seamus Mullen's Hero Food: How Cooking With Delicious Things Can Make Us Feel Better



## Synopsis

Celebrity chef Seamus Mullen offers 130 healthy and tasty recipes that utilize 18 key ingredients, or "hero foods," to improve your well-being. After being diagnosed with rheumatoid arthritis, Manhattan restaurateur Mullen modified his diet to improve his well-being. His debut cookbook, which pairs traditional Spanish cuisine with rustic farm-to-table fare, highlights 18 ingredients ("Hero Foods") that help him manage his symptoms. Ajo Blanco with Sardine Confit and Octopus and Parsley Salad reflect Mullen's years of work and travel in Spain, while Crispy Tuscan Kale on the Grill and Slow-Roasted Lamb Shoulder highlight the bounty of his Vermont farm. Mullen's personal success lends clout to this study in holistic, inclusive eating." --Library Journal

From celebrity chef Seamus Mullen, Hero Food is not only a cookbook, but a personal philosophy of well-being. The subtitle says it all: "How Cooking with Delicious Things Can Make Us Feel Better." Mullen was diagnosed with rheumatoid arthritis five years ago, and in that time, he has discovered how incorporating 18 key ingredients into his cooking improved his quality of life. In Hero Food, he shows how to make these key ingredients, or "hero foods," your cooking friends; they can be added to many dishes to enhance health and flavor. Hero Food is divided into four sections, each devoted to a season. Each season is introduced with a richly imaged "movie," providing the context of Seamus's life and the source of many of the imaginative and beautiful recipes contained in each seasonal section. Seamus's "heroes" are real food, elemental things like good meat, good birds, eggs, greens, grains, and berries. He cares about how his vegetables are grown, how his fruit is treated, and about the freshness and sustainability of the fish he uses. His hope is that you will eventually forget about why these recipes are good for you, and that you'll make them just because they taste good.

## Book Information

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## Customer Reviews

Raised on an organic farm in Northeastern Vermont, Seamus Mullen learned early on the value of working with the land to bring a meal to the table. It was while living and studying in Burgos, Spain, that he developed a life-long love affair with the country's language, culture, and food. Following his passion for food, Mullen moved to California to work with Chef Mike Fennelly at Mecca in San Francisco, where he was exposed to the bounty of West Coast seasonal produce. After relocating to New York City, he went on to open Crudo, where he conceptualized and created its Mediterranean-inspired menu. In 2003, Mullen returned to Spain and worked for six months at Mugaritz, Andoni Luis Aduriz's forward-thinking Michelin two-starred restaurant in the Basque country. When Mullen returned to New York, he worked as executive sous chef at New York City's Brasserie 8 1/2, alongside executive chef Julian Alonzo. In 2006, he left to open Boqueria, an accessible Spanish tapas restaurant, and then expanded to Boqueria Soho in fall 2008. He plans to open Tertulia in the West Village in Fall 2011.

We've already made several recipes from the book. I like the mix of stories and recipes, but I'm like that. The recipes are great for those who have autoimmune conditions or inflammatory conditions AND they are delicious. That's always important, right?

I could not be more pleased with this fabulous book. I enjoyed the short history of his family and his professional background. What first caught my eye was when he stated that he has Rheumatoid arthritis. I love that he began eating foods that helped decrease inflammation and an added plus, he lost 65 lbs. The book is nicely illustrated, and I plan on referring to it a lot for the menus and general advice. I have told several friends and my Doctor of this purchase .

purchased this book for my mom because of her arthritis. so many good tasting recipes in here and an added bonus that they are good for people who suffer from arthritis. recipes are easy to make also.

Great book!! Love chef Seamus recipes. Thank you.

This book is a great read in addition to being a wonderful addition to a kitchen library. Healthy seasonal recipes with stories from Seamus Mullen in-between with beautiful photos to boot. I am debating between keeping it in the kitchen vs having it displayed on the coffee table.

I have eaten at Seamus's restaurant three times, one was for breakfast. I love the place and the food. It's almost as good as being in Spain. Seamus's food is simple, fresh, and delicious. This book and the forward are wonderful. I knew of Seamus's RA illness but did not know about the health benefits of the foods he suggests. I make his Zumo Verde all the time because I had it in his restaurant for breakfast. While you may not be able to find the exact ingredients he suggests, he does mention substitute versions of those ingredients in each recipe. But, best of all, his ideas and recipes trigger your own imagination in how you can incorporate these categories of foods into your daily diet. The photos are fabulous. You will want to get on the next plane to Spain after reading this book.

I actually read this cover to cover in a few afternoons. Great recipes too!

Beautiful cookbook. I am giving it as a gift. (Shhh. Don't tell.)

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