

# BETWEEN THE PAGES

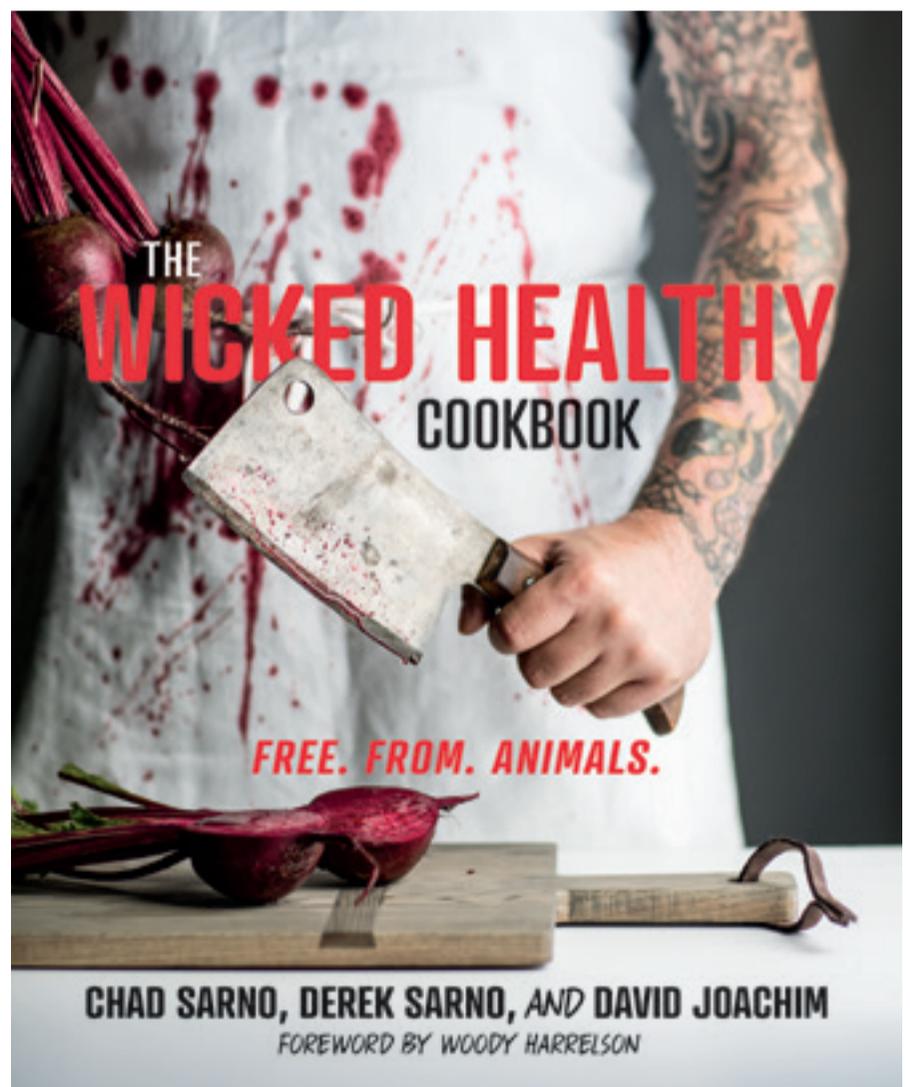
*Book Review by Char Nolan*

## THE WICKED HEALTHY COOKBOOK (Grand Central, 2018) Chad & Derek Sarno and David Joachim

### THREE GUYS AND A COOKBOOK

The new cookbook by the omni-talented Sarno brothers and seasoned cookbook author, David Joachim, is a blend of biography and cookbook all wrapped into 320 pages of plant-based goodness. With 129 recipes, it will be very hard to pull yourself away from this well-planned and written cookbook. Warm stories about Chad and Derek are woven in and about the book, and each story lends itself to a clear understanding for their passion about plant-based eating and food in general. The artful photos that grace each page of this cookbook are luscious looking and all “wicked healthy.”

If you’re ready to challenge yourself in the kitchen, this book is all you need to cook your way through the summer and beyond. Beautiful, mouthwatering photos can instill new excitement in the kitchen and surely will ignite new ways to shop for groceries and pantry items, store them, and to also



cook with them. If you've been in a rut of cooking the "same old thing," the recipes from Chad and Derek's book will hoist you onto a new level of plant-based cooking.

Recipes are clearly written and easy to follow. With many new and delicious food concepts described in the book, the end results will create a total "wow" factor for guests and family alike. The recipes are total game changers. They even provide the steps to convert a recipe to oil-free.

## A COOKBOOK THAT MAKES SENSE

Heading to the grocery store or farmers market can lend itself as a real challenge, especially if new plant-based recipes are on your horizon. Chad and Derek take the angst out of new recipe shopping with their "common sense" approach to gathering cooking supplies. If you're new to plant-based eating, the book has very useful grids that provide alternatives to salt, oils, sugar and more. Clearly, the brothers have shared their expertise and created easy and concise ways to move others to the plant side of eating and living.

## COOK LIKE A PRO

Pages of the book also provide "pro-tips." The contents of this exciting book will truly take the reader to the next level of cooking. Chad and Derek provide practical, fun tips that will enhance the way you cook. The book is encouraging and promotes trying new things, almost getting out of your comfort zone. But, with the Sarno brothers guidance in the book, no territory in the kitchen will be intimidating. They also provide excellent tips for getting the kitchen organized and in order for prep and cooking.

## DISHING UP DELICIOUS RECIPES

We eat with our eyes, and Chad and Derek have created a captivating book that will appeal to all food enthusiasts. Consider it, as well, as a transitional book to eating plant-based. Once



Brothers Chefs Derek and Chad Sarno founded Wicked Healthy.



readers embrace the bountiful recipes in the book, everyone will be making “plant-bacon” options and doing so with great flair, just like Chad and Derek.

Get a copy of *Wicked Healthy*. Take it to the beach. Read it from cover to cover and cook to your heart’s content.

## UP CLOSE AND PERSONAL

We wanted to get a few answers from Chad and Derek. While their book is a huge reflection on who they are, we thought we’d delve a tad more.

### **What is the genesis for the book? Why another vegan cookbook? What is the element that sets yours apart from others?**

*We created the Wicked Healthy brand as a vehicle to share the recipes, culinary innovation and the exciting projects that we have been involved with to better push our plant-based mission to the masses. We knew that the angle of being brothers and*

*sharing this passion would only make our message louder, and a book was the perfect way to be able to showcase this. We didn’t want to just put out another vegan cookbook, but rather a road map and inspirational tool for anyone wanting to eat more plants - no matter what the dietary focus was.*

*Collectively, our work both professionally and personally has been focused on disruption and being activists to the core. The Wicked Healthy Brand embodies this, which was the key for us as the development of this book. Our common-sense approach to health is that we cover the 80/20 rule, (80% healthy and 20% wicked for a sustainable approach to healthy eating). This is doable and in no way intimidating for most who are wanting to highlight more plants in their diet. This is paired with beautifully shot and info-packed images that are integrated into the content, rather than the standard photo, recipe, photo, recipe, etc., that many traditional cookbooks will follow.*

### How do you both differentiate your roles in recipe R&D?

*I would say the core alignment we both have with recipe R&D that we have really captured with Wicked Healthy is bold, flavor-packed and with vibrant colors that highlight fresh ingredients and familiar flavors. We both have different R&D roles with our respected projects. Derek is leading the development of the Wicked Kitchen line in the UK, and I'm leading the development of our plant-based seafood line, Good Catch Foods. Both of our work is rooted in taste and texture first, while developing products in our own kitchens to scale for large production. The overlap of our individual work meets at Wicked Healthy.*

### Describe, in a few words the objective for the book and why people need this scribe in their kitchen.

*Between my brother and I, we have a collection of 50 years experience in kitchens and developing recipes. (Wow, that makes us feel old!) With this being our first book together as Wicked Healthy, we bring this experience, our tricks, kitchen tips and favorite flavor-forward recipes to this book. We structured this collection of recipes to be far more than just a cookbook. In addition to 129 kickass favorite recipes for any occasion, the book is centered around technique, building flavor, and highlighting some new and exciting culinary techniques, along with supportive charts and info-packed sections for getting started on the plant-based path.*

### Favorite recipe in the book? Why?

*For me, this is usually a difficult question. It really just depends on the day and what I'm craving. If it's a warm day and I'm in the mood to cook outdoors, then the Mushroom Brisket would be a go-to. If we're having a dinner party and I'm looking for a sexy starter, then the corn dumplings are definitely a winner; or if it's just a week night with the family, then the simple Nana's Red Sauce and fresh pasta would bring a smile to anyone around the table.*



Co-author David Joachim has authored, edited or collaborated on more than 45 cookbooks.

### You're planning a dinner with recipes from your new book. You get to invite four (4) people, who would you invite?

*I would love to be profound and ramble off a list of folks that would have massive influence with our food system, or have a global impact by them adopting a Wicked Healthy diet, but really, only one guest sticks out to me. If this dinner could include someone who was no longer with us, I would have to say our Italian Nana would be sitting at the head of the table. She was a superhero in our eyes. While growing up in kitchen, she was someone who had such an impact on our culinary path and would be so proud to these Sarno boys feeding the world good food.*

And there, you have it. Thanks to Chad for these reflective answers.

Now, go and get the book!

[wickedhealthyfood.com/wicked-healthy-cookbook](http://wickedhealthyfood.com/wicked-healthy-cookbook)

Sarno brothers and spices photos by Eva Kosmas Flores  
David Joachim photo by Olaf Starorypinski