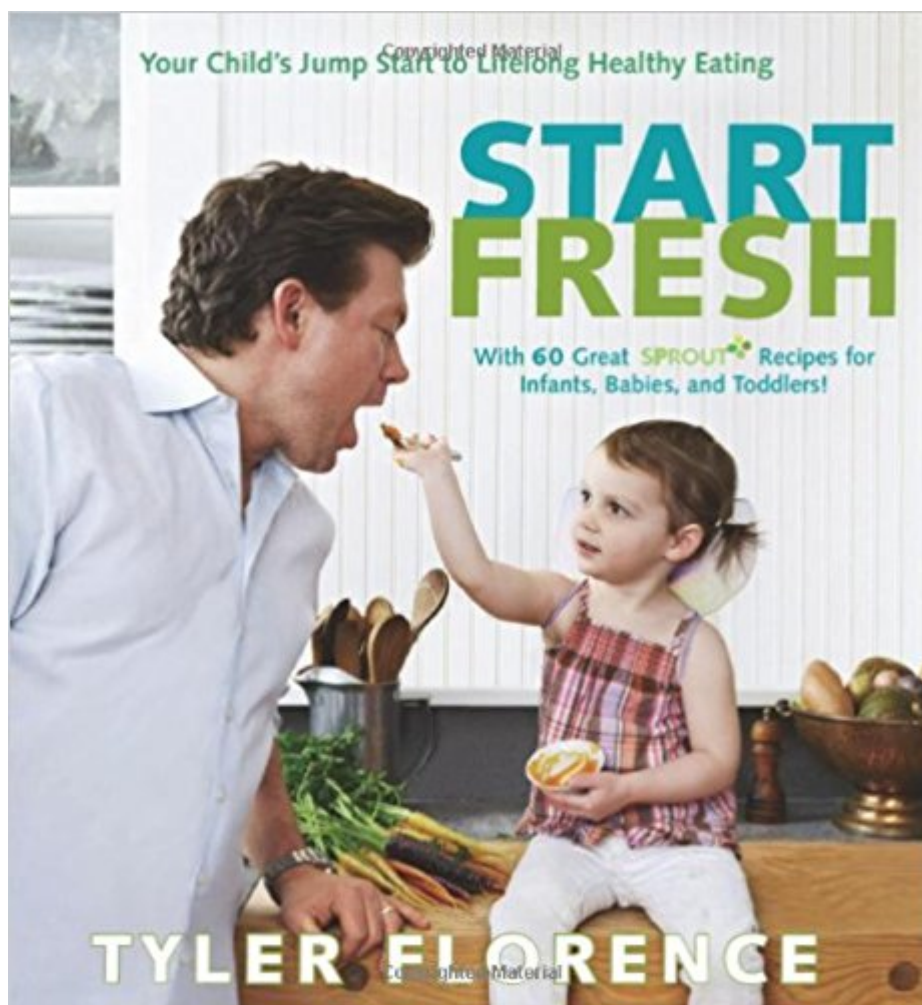


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# Start Fresh: Your Child's Jump Start To Lifelong Healthy Eating



## Synopsis

Chef Tyler Florence believes that everybody deserves to eat delicious, flavorful food prepared with care and the freshest ingredients – and that goes for babies, too. In *Start Fresh*, he takes the expertise he has used to create his own line of organic baby food and presents quick, user-friendly recipes for 60 purees packed with simple, easy-to-digest fruits, vegetables, and grains straight from the earth – nothing fake or processed allowed. A practical, charming little package from a caring dad and exceptional chef that thousands have come to trust, this book will give parents the tools they need to prepare nutritious food their babies will love to eat for a truly fresh and healthy start.

## Book Information

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## Customer Reviews

TYLER FLORENCE is the author of six cookbooks, including the bestselling *Stirring the Pot* and *Dinner at My Place*, and the host of the Food Network show *Tyler's Ultimate*. He owns a kitchen retail store, The Tyler Florence Shop, in Mill Valley and Napa, CA, and has launched signature lines of babyfood and cookware and cutlery at major retailers across the United States. He opened the *Wayfare Tavern* restaurant in San Francisco in June 2010. He lives in Mill Valley, CA with his wife and two children.

The recipes in here are wonderful. I enjoyed them so much that I use them at times to enhance our own meals. The parmesan/spinach/pear is lovely with steak. I've made the root vegetable one into a soup. The roasted blueberry/banana is excellent on ice cream. It was a marvelous way to introduce my kids to new flavors. The recipes are easy and it goes beyond purees to toddler foods. They

aren't your average purees, either. He takes the foods to the next level, making it a restaurant quality puree and flavor, in the simplest of ways. I actually once made a dinner for our friends and our babies where we had purees in every aspect of the meal and our new eaters could eat just about every item we had for dinner. The kids thought it was so fun, the adults thought it was delicious and fun as well! His descriptions are lovely as well. I now always think "liquid sunshine" when I see yellow beets and apricots in the store. My toddlers still love those 2 flavors, and I suspect it could be from their early experiences with foods I may not have thought to pair. I recommend this book to all friends who like making food for babies to explore. :)

Absolutely love this book. I do think that it helps to have a little experience in the kitchen...but that should absolutely not dissuade you from buying the book. There is an excellent introduction that explains the techniques in the book and how to get started. Just need to be willing to use some different ingredients. The best part of this book is that the recipes really are good. We fix the recipes for ourselves (the whole family) and just chop or puree for the little one if needed. I'll probably keep this book even after our little one isn't little any more! I've already bought copies for friends with babies.

Well, my kid won't eat the store bought varieties anymore. Thanks a lot Tyler! These recipes are easy to adapt and work within our family's busy schedule. The photography makes me want to get up off the couch, put down the kindle and make them- like now! There is a paragraph in which he talks about the natural response adults have in thinking baby food should just taste yucky. After cooking up some of these, I have no problem tasting my daughter's food and getting excited in what she is eating. Also, I am so stinking thankful for a cook who talks about organic but doesn't seem judgmental and insulting. \*\*For registry moms or those wondering what they might need to apply Tyler's recipes... I recommend a) a rice cooker with steaming basket and b) bpa free, freezer jars such as those that are 2 or 4oz, or c) the ice cube trays (bpa free also, with lids) work great. Get ones that you can press the cubes out from the bottom.

It pains me to write such a bad review of a Tyler Florence cookbook--Tyler's Ultimate is probably my all-time favorite cookbook--but I have to do it. This is easily the worst cookbook I own. There are actually very good ideas in this cookbook (Kale, chicken, bacon, and pine nuts in risotto? Yum.) but the execution is terrible. The risotto has no flavor (mostly because of the lack of salt) so I make regular risotto with those ingredients. Tonight I made eggplant parmesan following these

instructions against my better judgment and it was a disaster because the eggplant sucked up all the oil and didn't cook properly. (Which is exactly what I should have expected it to do, but I wanted to believe in Tyler.) I'm giving it two stars instead of one because the stroganoff is actually pretty good even following the instructions and it is one of my son's favorite meals.

So far I'm not in love with this book. Let me begin by saying I bought this book when my daughter was 12 months, so my focus has been on the later chapters that focus on toddler meals and whole family meals. The three recipes I've attempted so far have had major issues. Uneven cooking has been a big problem with every recipe I've tried, despite the fact I've tried to faithfully follow the instructions provided. Perhaps these recipes would work better if you had a commercial grade gas oven etc. (as I'm sure the author does,) but cooking them in an average home kitchen was a struggle and required major modifications. The coconut chicken was a total fail, the rice and chicken just didn't cook evenly together. The skillet lasagna was a huge fail. I followed the instructions exactly as written. After cooking for 15 minutes and allowing it to set out for 10 minutes (as directed) it was extremely soupy and the noodles were seriously undercooked. I put it back in and tripled the cook time, it made no difference. Perhaps there were editing issues; maybe the tomatoes should have been drained, and the noodles pre-boiled, but the book did not mention doing either. My gut told me something was off as I was making it, but I try to always follow recipes as written the first time I make them. The kale, chicken, and pine nut risotto was an excellent "almost" fail. The cookbook tells you to broil the chicken, bacon, and kale on one sheet together, after doing so I ended up with "burnt to a black" crisp kale, soggy bacon, and not even nearly done chicken. The first two above-mentioned recipes were too bland and flavorless to bother fixing again, but the risotto is a keeper (after major modifications) I tweaked the cooking method so that it now works. The flavor is outstanding and my daughter loves it. So at this point I'm conflicted about trying any more recipes. That one dish was amazing, but I'm not sure if I want to go through the trouble of trying any of the others. The ingredients are too pricey (organic/grass-fed/ fresh farmer's market veg etc.) to risk wasting. And frankly I'd rather not see the look of confusion on my husband's face when I served him and our toddler bland, utterly unseasoned, weird lasagne skillet "soup."

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