



Relish: An Adventure in Food, Style, and Everyday Fun

Daphne Oz

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Relish by Daphne Oz – bestselling author of The Dorm Room Diet, cohost of the hit daytime talk show The Chew, and daughter of Dr. Mehmet Oz – offers simple, practical, and personal advice to help you live your better life right now.

Daphne Oz made a splash by sharing her secrets for avoiding the dreaded Freshman Fifteen in the perennial bestseller The Dorm Room Diet. Now, this lifestyle guru shares essential advice on how to relish your food, your home, and your life in order to maximize health and happiness.

Illustrated in full color with beautiful food and recipe photos, images of real-world and aspirational decor examples, and lots of creative lifestyle ideas, Relish: An Adventure in Food, Style, and Everyday Fun will help you envision a life that's highly desirable and eminently achievable.

Relish: An Adventure in Food, Style, and Everyday Fun Details

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Author : Daphne Oz

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From Reader Review Relish: An Adventure in Food, Style, and Everyday Fun for online ebook

Toni Decker says

So first of all the book is great and definately worth the read. Positives: The book is well written with anecdotes about Daphne and her family and contains some family photos. The book is more than a cookbook with information about organic foods, organization, style. Its a fun read with lots of helpful tips. The recipes look delicious and I can't wait to try many of them. Negatives: Many of the recipes are time consuming -the majority of these recipes are not for a weeknight when you need to get dinner on the table quickly. Secondly many of the ingredients are not readily available at your local Walmart (lol). Because I do want to try some of the recipes and eat healthier I have placed an order on Amazon for some items which leads me to the next negative- cost. Many of the ingredients are quite expensive. For example a recipe calls for organic tuna in olive oil, using the website recommended in the book 9 cans are \$38.00. That said you can always use regular ole Chicken of the Sea as a replacement (which I will be!). As you can see by my rating overall it is a great book and worth checking out if your a cookbook aficionado like myself!

Angelica Francisco says

i found gordon ramsay's cookbook easier to follow than hers. some of the recipes are difficult to make. the book is all over the place.

Melissa says

I picked this book up because of the unique recipes which are predominately veg friendly. They are something new to me. What I didn't like about the book is that it over steps her boundaries as a nutritionist and starts into the lifestyle maven mode of we need to fit "all of who I am now in the spotlight of fame" as into my first book. While they may be helpful ideas for some; I would rather have more recipes.

Brandy73 says

Cute lifestyle and cookbook. We tried the chai-raspberry chia seed pudding and it was quite good (and used up a lot of chia seeds). I'll definitely try more recipes and refer to the book for inspiration. I love the name of the book - relish - encouraging us to relish our lives more.

Sher♥ The Fabulous BookLover says

3.5 Stars

This was a cute cookbook/lifestyle book. I wasn't dying to make any of the recipes, but there was one or two

that I'd like to try. I did feel like this book was all over the place. Is it a cookbook? Yes it had a lot of recipes, but there were a lot of other info like exercises, home improvement, etc. that I just didn't think was needed. It's definitely worth reading and I understand what Daphne was trying to do, but it just didn't work for me.

Mahin says

Having recently read Daphne's second book, I chose to read her first one. Unfortunately, it wasn't as good as the second. As always, Daphne is an engaging writer, but she inexplicably smushed a polemic railing against GMO and conventional agriculture in the middle of her book. Not only are her claims specious, but she doesn't even attempt to substantiate them with facts. GMO are demonstrably safe as proven by a bevy of studies - to say otherwise is a lie. Organic food - whatever that means, given the many definitions - is not necessarily better for one's health. In fact, chicken that is 'organic' is worse for one's health - it's full of arsenic metabolites due to the feed used. As someone who regularly gardens, I will concede that vegetables grown at home tastes fresher and 'crisper' than that found in supermarkets, but we can't compare the products of small-scale farming to that of conventional farming. The latter does require 'cutting corners' in a sense by dint of economy of scale - this is obvious! It is irresponsible to hawk organic and non-GMO food when scientific studies show that GMO and conventionally-grown food is perfectly safe. If the goal is to promote healthy eating, why discourage people of limited means on the basis of pseudoscience? The author's anti-science rant is infuriating and I knocked off a star for that reason.

With respect to the recipes, there are a few good recipes. I've always liked her approach to cooking - healthy, clean and easy, while using butter and sugar whenever necessary instead of substituting with unappetizing alternatives.

Bree says

Notes:

would have been better if it was just a cookbook, I love so many of her recipes; other book sections on health, party hosting, clothing, organizing and home decorating were rather pointless; this book tried to do too many things at once; chocolate fudge banana muffins were amazing though

Ali Rachelle says

Love, love, love everything about "Relish". This is a whole lifestyle guide. It talks about everything from relationships to working out to food to getting stains out of things to how to build a bar cart and set up your dining area to what pieces of clothing are worth investing in. I know most people will pick this up for the food and IT DOES NOT DISAPPOINT! The veggie mac 'n' cheese to the fudgy banana flax muffins -- there is something for everyone's taste buds made in a wholesome way.

Roberta says

I was really surprised at how many recipes I truly wanted to try and they came out delicious!

This book is geared towards those who are in their 20-30's, it has a bit of lifestyle advice and creating your own way in the kitchen.

There are recipes that have healthy substitutions, that are worth a try.

Amadeus says

This book is an excellent example of "it's fine". There are about 15-20 recipes I bookmarked as cooking possibilities.

What you need to know:

1. This book reads like a blog in terms of structure & format. Recipe, story, recipe, household tip, DIY, recipe. Nothing wrong with that. Just be ready for it. Also, when something is written in a blog-like fashion, you sometimes look at the writer's life and then at your own and think, "Good night. When I am going to get it together like that?" Remember: we all have our off moments, everyday.
2. It is probably best for 20-somethings newly on their own. I love you non-20-somethings and know you probably could get some great tips and recipes out of this. But, most of us have already figured out the included tips and perhaps some variant of the recipes.

Jessica says

This is half cookbook, half general lifestyle guide. I really liked what sounded like Daphne Oz's personality shining through- the stories about her personal experiences and life goals. The recipes also sounded delicious. What I wasn't crazy about was the fact that she tried to accomplish too much; I don't need a recipe for a cocktail, followed by her telling me I should meditate, followed by advice on what I should keep in my medicine cabinet. Plus, there was a tinge of a privileged background that seemed to be coming through (I could be totally wrong, but her dad is Oprah's favorite doctor, and she seemed a little out-of-touch as far as what normal people have access to).

In general, this book made me a Daphne Oz fan. I might watch 'The Chew' at some point, and her gorgeous looks and style certainly make her worth admiring. Way too general a book, though, if you're looking for anything in particular.

Gina says

Oz is only a few years younger than me, and yet I can't help but feel that I was being lectured by a teenage

niece about how her grown-up life would be. It just had a naive feel to it. That said, the recipes look delicious and I can't wait to give a few of them a try!

Aspasia says

Yes, Daphne Oz is Dr. Oz's daughter!

This is more of a lifestyle book (hence, all the tags I gave it) than just another cookbook. Daphne ties the concept of relishing the moment, relishing our lives to food and how we treat ourselves physically and emotionally. She wants her readers to enjoy life now, not when they're older, "For some reason or other we convince ourselves that ...we're not supposed to have it [the life we want] until we're pushing retirement." (x) "Who taught us that the life we've been waiting for kicks in when we're older, wiser, wrinklier?" (x)

Thank you, Daphne! I've also wondered why we wait until "someday" to work on our bucket list, pursue a hobby, travel, or even relax. I have heard or seen so many people wait until retirement to enjoy life but by then they are too tired or ill to travel or pursue their interests.

So how does this all tie in to food? Daphne talks about her struggles with weight and love of food as a teen. She still loves food but has gained mental control over her feelings toward food which helped jumpstart her weight loss and keep it off. She encourages her readers to be smart food shoppers and cooks so that they can have the energy, endurance, and vitality to pursue the life they want now, not in retirement.

You can read more of my book reviews on my blog: www.thesouthernbookworm.blogspot.com*

Qrious Rambler says

If you are looking for a great lifestyle book, you should definitely try Relish. This beautiful book offers easy & healthy but delicious food. It also offers easy tips to decorate one's home, basic sewing tips, how to enjoy your life and spend quality time with one's family, and relish a good life. You are invited into Daphne's world, where you share moments of her family and work life. I was given the chance to meet Daphne, and I was honored. She is a lovely person who makes you feel like you have known her for a long time, even though we just met. She shares some of her favorite things, recipes and memories. Daphne is wonderful, and her book invites you to try some of her tips to reinvent your life so that you can enjoy it to the fullest.

Hannah B says

One of the best cookbook/style books I've read. All of the recipes I've tried have been fantastic.
