

# ALL GOOD

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Recipes and Tips by Chef Marvin Woods





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# ALL GOOD

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# ALL GOOD

## COOK, EAT, and LIVE WHOLE

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**A lifestyle cookbook designed for balance.  
You *can* have your cake and eat it too.**

### Introduction

Since I was a youngin, I've heard the saying, "You can't have your cake and eat it too." I've always wondered, what's the point of having the damn cake, then? Can I have the cake or not? Why would I want the cake if I can't eat it?

We have been bombarded for years by deafening messages asserting that we cannot have food that is good tasting and good for us. These messages suggest that health-conscious eaters forego good-tasting food for healthy food. They are so pervasive that most assume having flavorful, satisfying food is bad for you, and the ultimate umami feeling is unachievable because salt, butter, sugar, and meat lead to illness.

Food is my passion and helping people make food that tastes good and is good for you is my calling. This cookbook was written with everyone in mind. With over 200 recipes, I've included recipes for people without dietary restrictions and for those who are managing health issues. I have something for the vegan and the carnivore, for the vegetarian and the pescatarian. I have included guidance for beverage pairing to ensure that you learn how to enhance your meal with wine or cocktail when you choose to.

*All Good* also contains tips that will help you become a savvier shopper. Using this cookbook will lead to better cooking skills while also increasing your general knowledge about food.

I wrote this cookbook to share what I have learned from my many years as a chef and restaurateur. I want to equip you with some tools that will help you make sound purchasing decisions regardless of your income level and prepare meals you did not know you were capable of making. I want to be your kitchen sidekick so that you can make quality meals consistently and with confidence. And lastly, whether you are cooking for yourself or for a table full of family and friends, I want to help you make memorable dishes.

In *All Good*, I am also advocating for a balanced lifestyle. I am sharing my recipes and some of my practices to show you the kinds of things you can do without spending a fortune or sacrificing taste.

Pick a few recipes to try and you will quickly see that you can "have your cake and eat it too."



## Preface

Friends, I have lived a culinary dream of a life. At age 12, I found joy in making dishes from scratch and presenting them to family and friends. The ooo's and ahh's gave me a feeling I loved. I was encouraged to focus on this budding passion and that passion became my calling. For almost four decades, I have been cooking for artists, athletes, world leaders, and of course everyday people. I consider it a blessing to get paid while doing the thing I love. And since I recognize my talent as a gift, I want to use it to change some of the habits and beliefs plaguing my community and our country.

Perhaps like me, you have noticed a scarcity of certain foods in poorer neighborhoods and you too are paying attention to how food is produced, marketed, and priced. There appears to be many factors contributing to unhealthy eating and illness. In fact, studies continue to show that people with limited means and most often, Black and Brown communities are hit the hardest by diseases like obesity, hypertension, and heart disease. These ailments, known as lifestyle diseases, are typically the result of poor food options and little to no physical activity. Once our loved ones have been diagnosed with one of these illnesses, more often than not, they receive a prescription without information about how to also make better food choices. Those who are not managing an illness are enticed by fad diets which require sacrificing meat or carbohydrates rather than focusing on whole quality foods that provide nutrition and balance. When we consider this short list of variables the need for more information and more tools is clear.

It is with that sentiment that I have written this cookbook. I believe we have more power than we sometimes believe. We can take control of our lives and free ourselves from a negative cycle with our daily choices. Let's talk about how we can do that, beginning with the three areas I focus on in this cookbook. To guide us, just remember this acronym, **IPD** which stands for **I**ngredients, **P**reparation, and **D**iet.



Chef Woods pictured with Dr. Akua Woolbright



*continues on page 10*



## Ingredients

The word “healthy” can mean almost anything now that food preparers and manufacturers apply a creative license to food labeling. For example, have you ever thought about how much sugar, additives, and preservatives are in a box of cereal that is also whole grain and high in fiber? My definition of “healthy” food is simply any whole food (or beverage) that has been minimally processed without chemicals or genetic modification (GMO).

For the carnivores and pescatarians, when we apply my definition of healthy, to livestock or sea life, we are talking about animals living in natural unenhanced environments with access to their natural and appropriate diet, without additives or drugs that impact growth or lifespan. In other words, cattle that live outdoors and eat grass or chicken that live outdoors and eat insects and vegetation.

For my plant-based readers, when we think about fruits, vegetables, beans, and other plant-based foods, local sourcing is essential. As much as possible, consume the fruits and vegetables from down the street or from a neighboring state instead of from the other side of the country or even grown outside of the country. The farther food from this category travels, the earlier it is harvested. Early harvesting compromises the nutritional value and the taste since that food often ripens unnaturally while in transit. It is possible therefore, to be vegan, vegetarian, or plant-based and still be unhealthy because foods thought to be nutritious have been grown or processed with techniques that strip away those nutritional benefits. Genetic modification is also a popular US farming technique used to increase the production and shelf life of some plant-based foods.

If you research this topic, you will find no shortage of information arguing for and arguing against the use of GMO technology. I encourage you to keep it simple; eat local plant-based food that has been minimally processed as much as you can. If you can't buy it fresh, the next best

option is frozen but avoid most canned foods if possible. To preserve food in a can requires the type of processing that will absolutely compromise its nutritional value.

Since I don't have a garden or a chicken coop in my backyard, I buy my food at the local grocery store or farmer's market. Throughout this book, I share my approach to selecting properly sourced ingredients. No matter which type of eating group you fall in, *All Good* will show you how to do this too so you can confidently stroll into the kitchen and make a quality meal from scratch.

## Preparation

How you prepare your food is everything. Did you know that as early as 1929, Clarence Birdseye had changed the food game by using the technique of flash freezing and applying it to vegetables. It was revolutionary at the time and was made available to consumers all over the country. The packaged food industry continued to expand and technology has led to a literal transformation of food. Now, with our on-the-go culture, many of us choose fast food over a home-cooked meal and the microwave over the oven. Considering these technologies and the habits we have developed over time, how we prepare food is critical. Learning proper timing, serving temperatures, as well as herb and seasoning selection will not only lead to healthier eating, you will get more enjoyment from what you eat.

You may worry that eating like this costs more and takes more time. Throughout *All Good*, I'll show you that those assumptions are not true. In fact, since the flavor profile is maintained in ingredients with minimal processing, the preparation can be simple. There is nothing like an heirloom tomato picked ripe from the vine. Hit it simply with a little sea salt and drizzle with some amazing extra virgin olive oil, and OTG - Oh That's Good!

## Diet

“Diet” refers to something routinely or habitually consumed. Once you understand how to select ingredients and learn how to prepare those ingredients, we can focus on what you routinely consume or your diet. When it comes to determining your diet, I do not subscribe to a one-size-fits-all approach. Being a pescatarian might work for one person but not for another. Rather than following a prescribed diet, we must become thinking eaters and pay attention to how each particular food makes you feel after you eat it. Do you feel sluggish or energized? Do you feel hungry still or full and bloated? Ignore the terminology of plant-based, vegan, etc. for a moment and notice how you feel after a meal. This step cannot be ignored if you want to eat healthy and it is a step that has become more important in my life over the years.

Despite all the information I have about food, I started getting messages from my body that caused me to rethink my diet and form new habits. I experienced vertigo for the first time in 2002. I saw western doctors and received acupuncture in search of relief. When my vertigo did not subside, I kept a food log to keep track of how I felt after meals. I was able to identify foods that triggered an unpleasant reaction in my body and ultimately informed the dietary changes I made. I found, for example, that canned tomato sauce and cabernet sauvignon gave me vertigo like clock work. Connected to my earlier point about properly sourced ingredients, I have determined that the production of these products has an adverse effect on me. When I make and eat my own marinara from scratch, I have no reaction. I also found that bleached flour and off the shelf pasta are triggers. In addition to vertigo triggers, I also found that bread enriched with fillers for a longer shelf life, made my ass itch, literally. TMI? Maybe. I'm sharing my personal food challenges so you can see I am not exempt. I not only teach this stuff, I practice it too.

## What you can expect from *All Good*

*All Good: Cook, Eat, and Live Whole* shows you how to look at your diet and lifestyle in a holistic way. This is about listening to our bodies and developing a sustainable lifelong plan for wholeness and health.

I am a chef, not a doctor or medical expert. I have worked extensively with dietitians, nutrition specialists, professional athletes, trainers, and specialty doctors that focus on heart disease and hypertension. In each of these environments, food is the common denominator, breaking the tie between healthy and unhealthy or ill. The food choices we make can be the difference between feeling good daily, or being overweight, tired, or ill.

Before we dive into the recipes, I want to share one final thing. I am frequently asked, “Chef, what is the trick to making (fill in the blank)... really good?” From my humble beginnings in the kitchen following Betty Crocker recipes through my years cooking in kitchens internationally, I have learned that there is only one answer to that question. The number one ingredient is... wait for it... is you! It's the energy you bring to the kitchen. It may sound corny, but it's true. *All Good* has something for everyone but you are always the main ingredient. Dr. Maya Angelou was right when she said, “Do the best you can until you know better. Then, when you know better, do better.” You are about to know better, and I hope to inspire you to do better.

*Chef Marvin Woods*





# The Sham, Flim Flam Crab Cakes

Serves 4-6

Chef de Partie

This is one of my favorite recipes in the book. I truly believe if you can make vegetables taste good enough to where people can get that umami feel, then you are on your way to being a good cook. They are called Shams because when I give these to some people, they feel hoodwinked that they taste just like a crab cake, but it's not. Instant gratifications, oohs and ahhs is what to expect when you make these bad boys.



## Ingredients

¼ cup avocado oil	1 (21-ounce) can garbanzo	¼ cup vegan butter or Earth Balance
½ yellow or white onion, finely chopped	beans/chickpeas, drained	Himalayan sea salt
1 celery stalk, finely chopped	1½ toasted nori sheets	Freshly ground black pepper
¼ cup bell peppers, finely chopped	1 teaspoon celery seeds	2 cups panko or GF breadcrumbs
1 (29-ounce) can hearts of palm, drained	2 tablespoons old bay seasoning	¼ cup avocado or peanut oil
	Juice of 1 lemon	for pan frying

## Instructions

Place a frying pan over moderate heat. Add your avocado oil and allow to get hot. Add onions, celery, and bell peppers and cook 2 to 3 minutes. Turn off heat and set aside.

Add the hearts of palm to the food processor and pulse until it resembles crabmeat. Remove and place in a bowl. Place the garbanzo beans in the food processor and pulse to a rustic paste. Add nori and pulse with garbanzo beans. **Chef's Note:** if you do not have a food processor, you can use a chef knife and rough chop the garbanzo and the hearts of palms. Either way, you want to break it down to resemble lump crabmeat or a rustic mixture.

Place the hearts of palms and garbanzo beans with nori in a large bowl. Gently mix together. Add the bell pepper mixture, celery seeds, old bay, lemon juice, and using your fingers, create small pieces of Earth Balance and drop in different place in the mix. Combine everything together. Check seasoning and add salt and pepper as needed.

Place a ring mold on a flat surface. Place a couple of teaspoons of breadcrumbs inside the mold. Take some of the mixture and put almost enough to reach the top. Add a couple of teaspoons of breadcrumbs on top and pack it down tight. Remove from mold and place on a baking tray. Repeat until all of the mixture is finished. Place the tray in the refrigerator for 1 hour. **Chef's Note:** these cakes have no filler and placing them in the refrigerator will help to firm them up.

Preheat oven to 350°F. Remove Sham Cakes from the refrigerator. Place 2 tablespoons of avocado oil in the frying pan over medium to high heat. When hot, carefully place one cake at a time into the oil allowing some space between each cake (do not over crowd the pan). Cook for 2 to 3 minutes or until you start to see the edges become golden brown. Gently turn the cakes over and cook for another 2 to 3 minutes. Remove from the pan and place on a baking tray. If you have more cakes to make, skim the oil with a mesh spider and wait for temperature of oil to reach 350° before placing the next batch of cakes in the oil. Once all of the cakes have been browned, I place in the oven for an additional 10 minutes to get the centers hot.

## Chef's Note

You can skip the pan and simply bake in oven at 425°F for 15 to 20 minutes or until the centers are hot.







# French Toast Casserole

I love French toast almost as much as I love pancakes. This casserole serves two purposes: it looks and tastes impressive for breakfast or brunch, but it takes virtually no effort to make. Just combine all the ingredients and bake it to feed up to 8 people. Now that's "working smarter, not harder" at its best. As an amazing compliment, I serve this with a mixed berry compote. Enjoy!

## Ingredients

<b>¼ cup unsalted butter, softened to room temperature</b>	<b>1 tablespoon vanilla paste</b>
<b>1 (16-oz) loaf brioche or challah bread, cut into ½ inch cubes</b>	<b>¼ cup honey</b>
<b>2 cups heavy cream</b>	<b>2 teaspoons cinnamon</b>
<b>1 cup milk (whole, skim, non-dairy)</b>	<b>1 cup golden raisins</b>
<b>6 large eggs</b>	<b>Mixed berry compote (see recipe below)</b>

## Instructions

Preheat oven to 400°F. Using your fingers, spread butter evenly on the bottom and sides of a 13 x 9" baking dish and set aside.

In a medium-sized bowl, whisk cream, milk, and eggs. Add vanilla, honey, and cinnamon and whisk a little more to incorporate. Add raisins. Place bread cubes in a large bowl. Pour egg mixture over bread and gently stir, ensuring the bread soaks up the liquid and raisins are evenly distributed.

Place bread mixture into greased baking dish and bake for 20 to 25 minutes or until a wooden skewer inserted into the center comes out clean. Remove from oven and let sit for five minutes. Serve with mixed berry compote.

## Mixed Berry Compote

<b>12 ounces fresh strawberries, hulled and roughly chopped</b>	<b>3 tablespoons raw cane sugar</b>
<b>12 ounces fresh blueberries</b>	<b>Juice of ½ lime</b>
<b>12 ounces fresh raspberries</b>	

## Instructions

Combine all ingredients in medium saucepan. Bring berry mixture to a boil over medium-high heat, occasionally stirring for about 5 minutes, until sugar has dissolved. Reduce heat to low for about 10 minutes while stirring often, until the fruit has softened a bit and the compote has reduced by about half in volume. Remove from heat. Let cool for about 15 to 30 minutes before serving. It will continue to thicken as it cools.







# Whole Roasted Chicken

This is a standard in my house. I'll typically make a whole chicken over the weekend and have it to pick on; making sandwiches, wraps, and chicken salad for several days throughout the week.

## Ingredients

<b>1 (3½ to 4-pound) chicken</b>	<b>1 teaspoon celery seeds</b>
<b>2 tablespoons olive oil</b>	<b>3 celery stalks, cut into ½-inch pieces</b>
<b>4 whole garlic cloves</b>	<b>2 carrots, rough cut</b>
<b>1 tablespoon kosher salt</b>	<b>2 onions, rough cut</b>
<b>2 teaspoons freshly ground black pepper</b>	<b>1 tablespoon freshly squeezed lemon juice</b>
<b>2 teaspoons smoked paprika</b>	<b>2 tablespoons unsalted butter</b>

## Instructions

Preheat oven to 400°F. Line a roasting pan with foil; set aside. Remove neck and innards from inside the cavity; reserve to use later for making stock.

Rub olive oil on chicken. Place 2 pieces of garlic underneath the skin of the breast (two per side). Season chicken on the outside and inside of the cavity with salt and pepper. Sprinkle smoked paprika and celery seeds inside and outside the chicken. Lay vegetables in bottom of roasting pan. Place chicken, breast side down, on top of vegetables. Transfer to oven.

Roast for 20 minutes then turn chicken over. Lower heat to 350°F and roast for another hour, or until the internal temperature at the thigh reaches 165°F and juices run clear when pierced with a skewer. Baste halfway through cooking time. Remove from oven, cover with foil, and allow to stand for 10 minutes before serving.

Pour lemon juice into pan drippings and stir in butter to use as a sauce.

## Chef's Note

Feel free to place sweet potatoes, regular potatoes, and/or tubulars of your choice in the roasting pan with the chicken.





# The Axe Ribeye Steak

Serves 2  
Chef de Partie

The Axe Steak is a bone-in ribeye steak that is cut in a way that has at least a five-inch bone left intact. on the steak. It actually looks like a handle and makes for a grand presentation.

## Ingredients

**2 Axe ribeye steaks**

**Kosher salt and freshly ground black pepper**

**Chef's Note:** Resting your steak on a cooling rack for 5 to 7 minutes is very important.

Temperature reading on thermometer: Rare 120°, Medium Rare 125/130°, Medium 130/135°, Medium Well 140/145°.

## Instructions

Preheat oven to 375°F. Season steak generously with salt and pepper on both sides, using approximately 1 teaspoon of salt and pepper per pound.

Place a cast iron or heavy bottom pan over moderate-high heat. Sear the steak for 3 to 4 minutes on each side. You'll know the steak is ready to flip when it releases easily from the pan. Transfer the steak to a baking sheet.

Bake in preheated oven until the steak reaches an internal temperature of 120°F. Check around 10 to 15 minutes of cooking, but use a meat thermometer for 100% accuracy. Remove from oven and place on cooling rack to rest for 5 to 7 minutes. After resting, place steak back in the oven and heat to desired temperature or level of doneness. Spoon 2 to 3 rounds of compound butter onto steak. Slice and serve.

## Compound Butter

**1 stick (8 tablespoons) salted butter, room temperature**

**2 tablespoons freshly squeezed lemon juice**

**1 tablespoon garlic, microplaned or minced**

**¼ cup arugula, rinsed and pat dry**

**¼ cup scallions, chopped or sliced**

**1 bunch Italian parsley (top part/leaves and some stems)**

**1 teaspoon freshly ground black pepper**

**1 teaspoon Himalayan sea salt**

## Instructions

Place all ingredients in a bowl or food processor and blend well. Lay a sheet of wax paper or plastic wrap on a flat surface. Place butter on paper and roll like a log, twisting the ends. Refrigerate at least 1 hour. Slice into rounds and enjoy on steaks.



# Six-Layer Coconut Cake

This cake is light and fluffy. The trick is cake flour and only using the egg whites and not the yolks. Yolks will add richness but will also make your cake heavier. I also added pistachios to the outside of my cake. The six-layer part is entirely up to you.

**Chef's Note:** 6 layers is optional, you can use 2 cake pans for 2 or 4 layers.

## Cake Ingredients

- 2½ cups cake flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon kosher salt
- ¾ cup unsalted butter, softened to room temperature
- 1⅔ cups granulated sugar
- 5 large egg whites, room temperature
- ½ cup sour cream
- 2 teaspoons coconut extract
- 2 teaspoons vanilla paste or extract
- 1 cup canned unsweetened coconut milk
- ½ cup sweetened shredded coconut
- ½ cup unsweetened shredded coconut

## Raspberry Coulis

- ¾ cup confectioners' sugar
- 6 tablespoons water
- 16 ounces frozen raspberries, thawed
- 1 teaspoon framboise or kirsch

## Icing Ingredients

- 1½ cups unsalted butter, softened to room temperature
- 12 ounces cream cheese, softened to room temperature
- 7 cups confectioners' sugar
- ¼ cup canned unsweetened coconut milk
- 1 teaspoon coconut extract
- 1 teaspoon vanilla paste or extract
- Pinch of salt
- 1 cup sweetened shredded coconut
- 1 cup unsweetened shredded coconut
- ¼ cup pistachio nuts, chopped (optional)



## Instructions

**Prepare cake:** Preheat oven to 350°F. Grease three 9-inch cake pans, line them with parchment paper, then grease the parchment. **Chef's note:** The parchment paper will help the cakes release from the pan.

Sift the dry ingredients together and set aside.

Place butter and sugar in a medium to large bowl. Using a handheld mixer, beat for 2 minutes or until it becomes smooth and creamy. Scrape the sides of the bowl. Add in egg whites and beat to combine. Add sour cream and both extracts. Beat until ingredients are combined. **Chef's Note:** It will look broken or curdled. Scrape down the sides again.

Add dry ingredients and coconut milk to blender. Mix on low speed until all ingredients are combined. Add shredded coconut and fold in with a rubber spatula.

Pour batter into cake pans, distributing equal amounts into each. Bake for 20 to 25 minutes or until a toothpick inserted in the center of the cake comes out clean and dry.

Allow cakes to cool. **Chef's Note:** Do not try to apply icing to a warm cake.

**Prepare icing:** In a large bowl of a stand mixer fitted with a whisk attachment, add butter and cream cheese and blend on medium speed for about 2 to 3 minutes or until smooth and creamy.

Add confectioners' sugar, coconut milk, coconut extract, vanilla paste or extract, and salt. Turn the mixer on low speed and mix for 3 to 4 minutes, allowing all ingredients to combine fully. If the icing appears thin, add more confectioners' sugar; if the icing is too thick, you can thin it out with coconut milk. In a separate bowl, add the shredded coconut flakes and mix them together.

**Prepare raspberry coulis:** Heat the sugar and water in a small saucepan over medium to low heat, stirring from time to time until sugar dissolves completely, about 5 minutes. Transfer to a blender and puree. Strain through a fine-mesh sieve to remove seeds. Stir in the framboise. Let cool and drizzle over cake slices or serve on the side.


Will keep in the refrigerator for 4 to 5 days in an airtight container or for months in the freezer.

**To assemble:** Prepare a tall container or glass of hot water and set aside.

Remove the cakes from the pans. If you want, you can also use your knife to evenly slice the cakes in half horizontally, making each into 2 cakes (6 layers).

Place one layer on a cake stand, cake turntable, plate, or flat surface. Cover the top with ½ inch of icing, intermittently dipping your knife into the hot water to help with a smooth icing application. Place another layer on the top and repeat with icing. Once all the layers have been added and iced, apply icing to the sides of the cake. Using your hands, apply pistachios in an orderly fashion around the sides and on top if you wish. Refrigerate for 20 minutes.





**ALL GOOD** brings inspiration, joy, and conversation to cooking through a diverse collection of 200+ recipes inspired by dishes you may know and from around the world.

Whether you eat a plant-based or meat diet, or whether you're new to the Kitchen or a seasoned home chef, **ALL GOOD** delivers knowledge, anecdotes, tips, and chef techniques to feed the soul and stomach.

Chef Marvin Woods created this cookbook to motivate you to **COOK, EAT, and LIVE WHOLE.**

To learn more and to pre-order, click: [www.chefmarvinwoods.com](http://www.chefmarvinwoods.com)