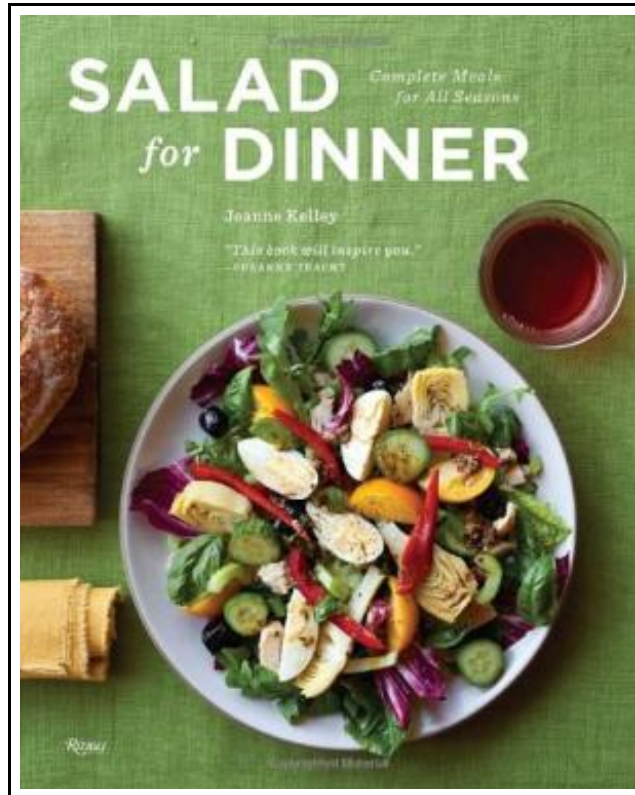


Salad for Dinner: Complete Meals for All Seasons



Filesize: 4.09 MB

Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Mr. Noah Cummerata IV)

SALAD FOR DINNER: COMPLETE MEALS FOR ALL SEASONS



Rizzoli International Publications. Hardback. Book Condition: new. BRAND NEW, Salad for Dinner: Complete Meals for All Seasons, Jeanne Kelley, A celebration of contrasts in color, flavor, and texture an artfully prepared salad is one of the most appealing dishes to eat, engaging all the senses. It is a basic culinary fact but often overlooked: a salad packs the most flavor because the dressing coats every bite. And with the right combination, a salad can be a full meal in itself. We all know it is healthier to eat more vegetables and whole grains. But how do you do so on a daily basis? This book reframes the question: Why not make greens the foundation of the plate? Smart, imaginative ideas abound: kale with lemon, parmesan, and almonds; Indonesian chicken salad with pineapple slaw; and salmon with quinoa, sorrel, and yogurt. There are super-hearty salads to satisfy even the biggest appetites, such as Korean barbecue beef salad; duck confit with fingerlings and frisee; and buttermilk fried chicken salad. These recipes help us break out of the meat-and-three box, leading to a new way of thinking about dinner."



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