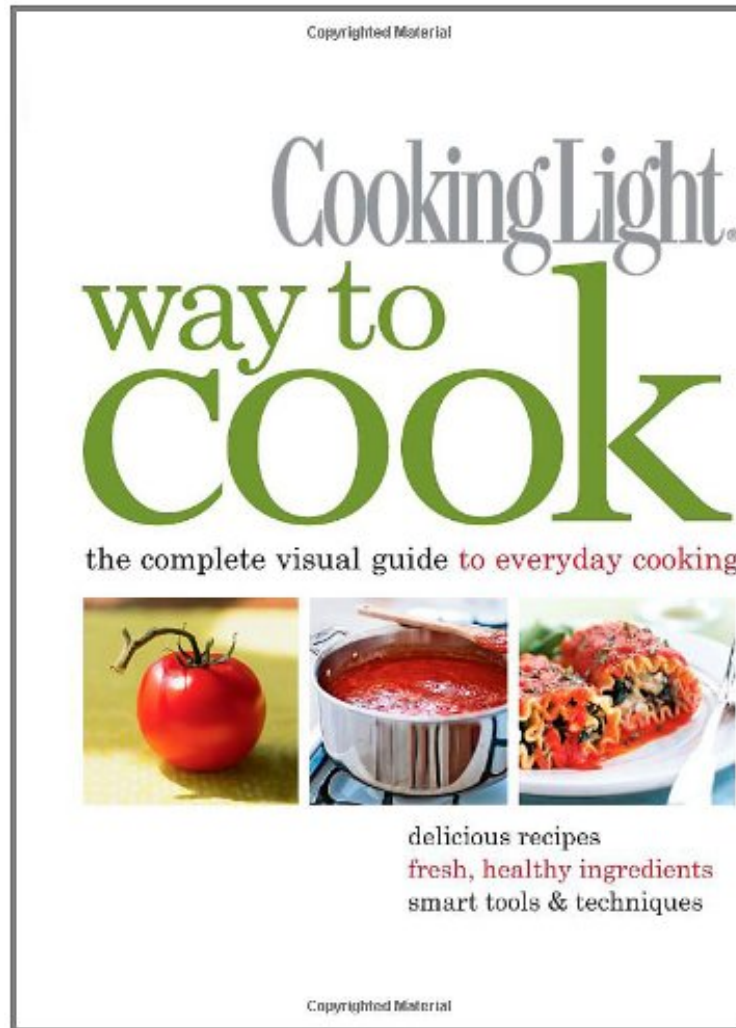


Cooking Light Way to Cook: The Complete Visual Guide to Everyday Cooking

Editors of Cooking Light Magazine
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Editors of Cooking Light Magazine : Cooking Light Way to Cook: The Complete Visual Guide to Everyday Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking Light Way to Cook: The Complete Visual Guide to Everyday Cooking:

9 of 10 people found the following review helpful. A Primer with International flairBy Antigone WalshFor some, the kitchen is a playground. a place of fun and creativity. For others cooking is merely a utilitarian function, necessary for survival, and nothing more. This book helps bridge the gap, providing basic instruction in the methods of cooking and preparing food with easy and tasty recipes with international flair.The instructions are clear and the book has beautiful, bright photographs.The recipes are fairly simple and straightforward but not dumbed down. There is plenty of flavor

and variety, including chinese dumplings, peach mojitos and chocolate souffles. (Many of the recipes have appeared in Cooking Light magazine.) Although I purchased this book for my brother, I wound up making the dinner rolls, the afore mentioned dumplings and mojitos with satisfactory results. My brother is actually enjoying it. He has perfected his omlet making skills and now appreciates the importance of toasting nuts. Again, the emphasis is on technique and as with all Cooking Light compilations, the ingredients are natural and fresh. You will use eggs, butter, salt and sugar although in lesser amounts than in traditional recipes. So while you can survive without ever seeding a pomegranate, peeling a mango or making a souffle, life is much tastier when you do. 0 of 0 people found the following review helpful. Great Series of Books By Kirsten C. My husband and I LOVE the Cooking Light, Way to Cook... series! So far we have this one, the vegetarian one, and the grilling one. They are all wonderful! This book is a little simpler than the others in that it basically gives you just the overviews of the different cooking methods. Don't get me wrong, there is plenty of detailed information in this book. But in order to cover as much as it does, each method only gets a few pages with a few recipes. If you are looking for even more in depth information, I would recommend buying the other books that are designed around more specific culinary things (i.e. Way to Cook, Grilling). The first part of the book (about 60 pages) covers ingredients and a couple of basic techniques (like clarifying butter and separating eggs). This part of the book also gives you insight into equipment you might need and how to take care of your equipment (like sharpening your knives). The other parts of the book cover different ways to cook or assemble meals (such as steaming, sauteing, braising, grilling, baking, etc) 0 of 0 people found the following review helpful. You will never understand how much I love this cookbook. Their test kitchen chefs must all be prophets, working as a medium for the hand of God. They really break down the right way to cook damn near everything, with great quality pictures. They tell you how to buy and store all different kinds of foods and it is just an amazing reference book. I literally call it my bible.

The Cooking Light Way to Cook celebrates the philosophy that all foods have a place in a healthful diet. The keys are moderation and balance, and this highly visual book shows you how to prepare those foods and enjoy them judiciously. It's filled with over 850 photos that show you how to prepare the more than 200 recipes that appear in these pages, as well as hundreds of cooking tips that give an insider's peek into our way to cook great food. Look and learn your way through our healthy eating principles. One of these is utilizing the flavors of the world's cuisines to enhance recipes. These concentrated sauces and robust herbs and spices offer ways to add flavor with little or no fat. Another is embellishing convenience products by adding fresh herbs or a sprinkling of freshly grated cheese. You reap the benefits of time-saving ingredients but can still enjoy the spark of flavor that fresh ingredients bring to a dish. These are just some of the hundreds of tips and techniques that you can use to get started cooking healthfully right now. From making the best marinara sauce to scrambling the perfect egg-it's all here in one stunning collection. In the Cooking Light Way to Cook, learning to cook healthfully is as simple as turning the page. eek into our way to cook great food.