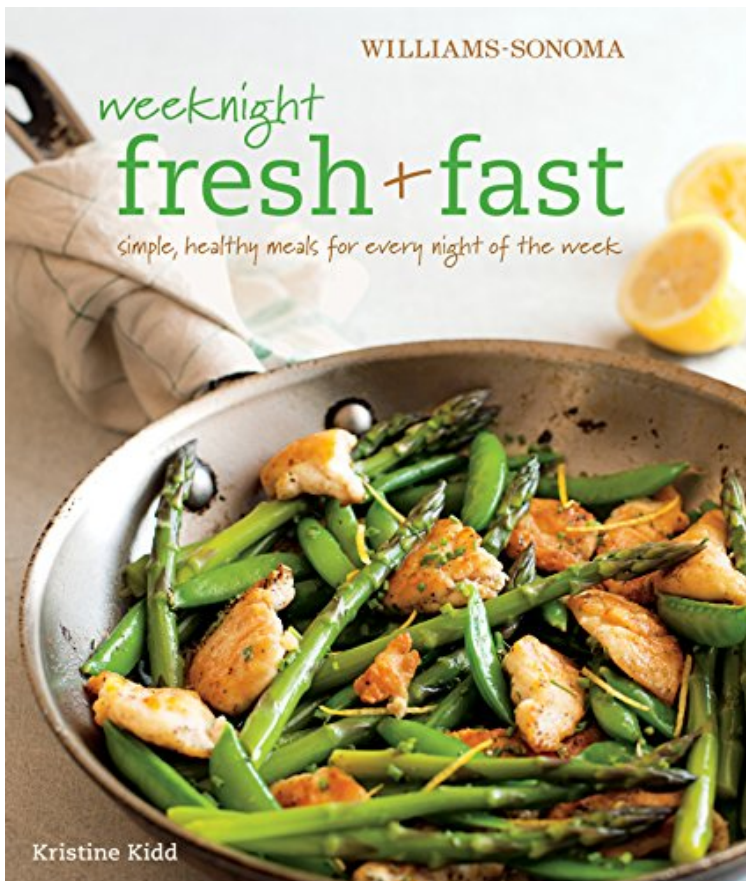


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Williams-Sonoma: Weeknight Fresh Fast: Simple, Healthy Meals for Every Night of the Week



Par Kristine Kidd
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Description :

Prsentation de l'diteurWeeknight Fresh Fast shows how to put a delicious, wholesome meal on the table every night of the week. Reflecting author Kristine Kidds practical and flavorful approach to cooking, it offers quick, easy, and healthy dinner ideas for any time of the year, with dozens of choices for poultry, meat, seafood, pasta, egg dishes, soups, stews and more.Using fresh produce as the foundation, Kidd transforms fresh ingredients into delicious dishes: a lemony saut of chicken cutlets, asparagus, and sugar snaps is perfect in the springtime; quickly grilled lamb chops with chunky peach salsa make the most of summers abundance; a comforting risotto with earthy vegetables and creamy blue cheese is a creative way to highlight falls bounty; juicy roasted salmon topped with tangy grapefruit and avocado relish makes the most of winters citrus. Many recipes are perfect for two people and can easily be scaled up to serve more.Organized by season, chapters open with advice about the fresh ingredients and cooking methods best suited to the time of year. Also included are ideas for quick vegetable sides and fruit desserts as well as

advice on stocking the pantry. Clever tips throughout offer enticing ways to round out meals, customize recipes to personal tastes, menu-planning strategies, and helpful ideas for turning leftovers into new suppers later in the week. With this solution-packed title on the shelf, you'll have a reliable road map for eating well every night, no matter what the day brings. Quick weeknight meal ideas for spring, summer, fall, winter. More than 100 recipes for meat, poultry, seafood, and vegetarian dinners. Ideas for rounding out the meal with quick sides and fruit-based desserts. Tips offer time-saving strategies, ideas for using leftovers, and more. *Présentation de l'auteur* Weeknight Fresh Fast shows how to put a delicious, wholesome meal on the table every night of the week. Reflecting author Kristine Kidd's practical and flavorful approach to cooking, it offers quick, easy, and healthy dinner ideas for any time of the year, with dozens of choices for poultry, meat, seafood, pasta, egg dishes, soups, stews and more. Using fresh produce as the foundation, Kidd transforms fresh ingredients into delicious dishes: a lemony sauté of chicken cutlets, asparagus, and sugar snaps is perfect in the springtime; quickly grilled lamb chops with chunky peach salsa make the most of summer's abundance; a comforting risotto with earthy vegetables and creamy blue cheese is a creative way to highlight fall's bounty; juicy roasted salmon topped with tangy grapefruit and avocado relish makes the most of winter's citrus. Many recipes are perfect for two people and can easily be scaled up to serve more. Organized by season, chapters open with advice about the fresh ingredients and cooking methods best suited to the time of year. Also included are ideas for quick vegetable sides and fruit desserts as well as advice on stocking the pantry. Clever tips throughout offer enticing ways to round out meals, customize recipes to personal tastes, menu-planning strategies, and helpful ideas for turning leftovers into new suppers later in the week. With this solution-packed title on the shelf, you'll have a reliable road map for eating well every night, no matter what the day brings. Quick weeknight meal ideas for spring, summer, fall, winter. More than 100 recipes for meat, poultry, seafood, and vegetarian dinners. Ideas for rounding out the meal with quick sides and fruit-based desserts. Tips offer time-saving strategies, ideas for using leftovers, and more. *Biographie de l'auteur* Kristine Kidd As the food editor of *Bon Appétit* magazine for 20 years, Kristine Kidd was responsible for filling its pages with delicious, modern recipes, and was the resident food trends expert. She collaborated with many celebrity chefs and numerous notable food writers, helping them shape stories for the magazine. Kristine is in demand as a speaker at national food conferences, has been a guest on many radio shows, and has appeared on TV food shows, including *The Next Food Network Star*. Based in Los Angeles, she has written five cookbooks and is regularly sought out by local and national media as an expert on home cooking. Kate Sears An acclaimed food, still life, and travel photographer based in New York City, Kate Sears is a contributor to *Martha Stewart Living*, *Oprah Magazine*, *The New York Times*, *Food Network Magazine*, *Elle Decor*, and *Everyday with Rachel Ray*, among others. Her previous book projects include *Williams-Sonoma The New Slow Cooker*, *Eggs*, *Jasper Whites The Summer Shack Cookbook*, and *Martha Stewart's Dinner at Home*.