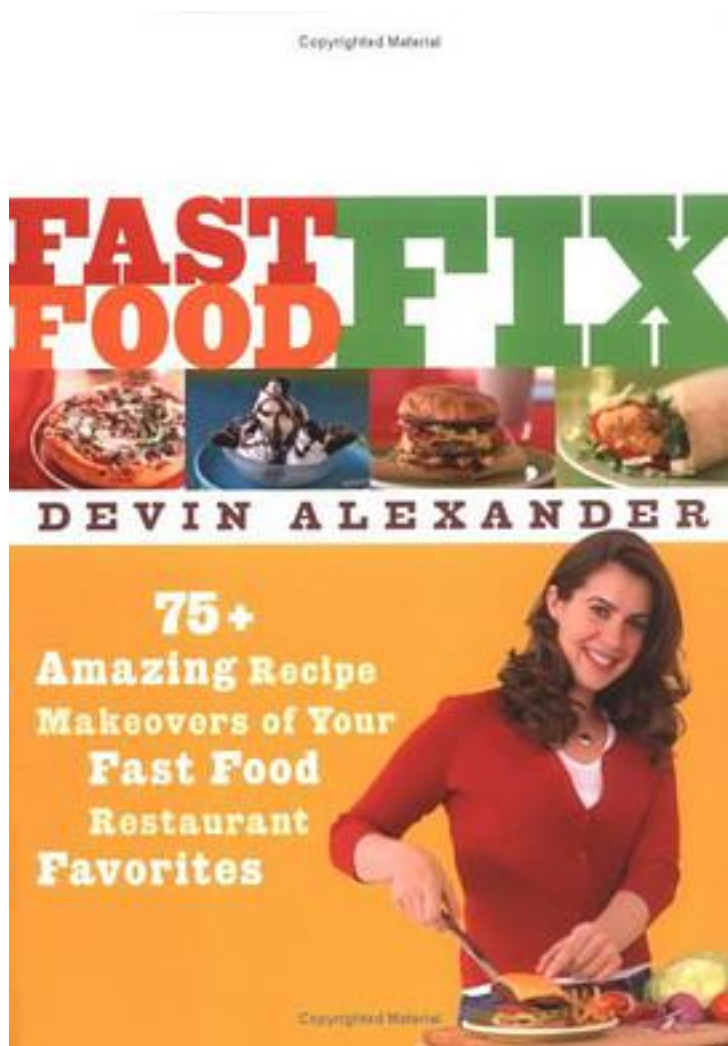


Fast Food Fix



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We all want to "eat healthy," but when we yearn for the fast foods we love, what we want most are the fabulous flavours that have made them favourites in the first place. That's what makes this collection of recipe makeovers so exceptional. Writer, chef, and caterer Devin Alexander specializes in low-fat, high-flavour, scrumptious cuisine. In "Fast Food Fix", she shows the reader how to transform 75 fast food favourites into healthier versions that are even more flavourful than the originals. "Fast Food Fix": demystifies the special seasonings and secret sauces of choice fast foods-showing how to reproduce their flavours quickly and easily from common ingredients; teaches how to lighten many dishes with new cooking techniques, such as the oven-frying; it includes method that yield incredibly crunchy popcorn chicken with 35 fewer fat grams than the original version from KFC; and reveals simplified cooking methods that save time in the kitchen, proving that "fast food" can still be fast even when prepared at home. Hooked on fast food flavours, these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen staple.

作者介绍:

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