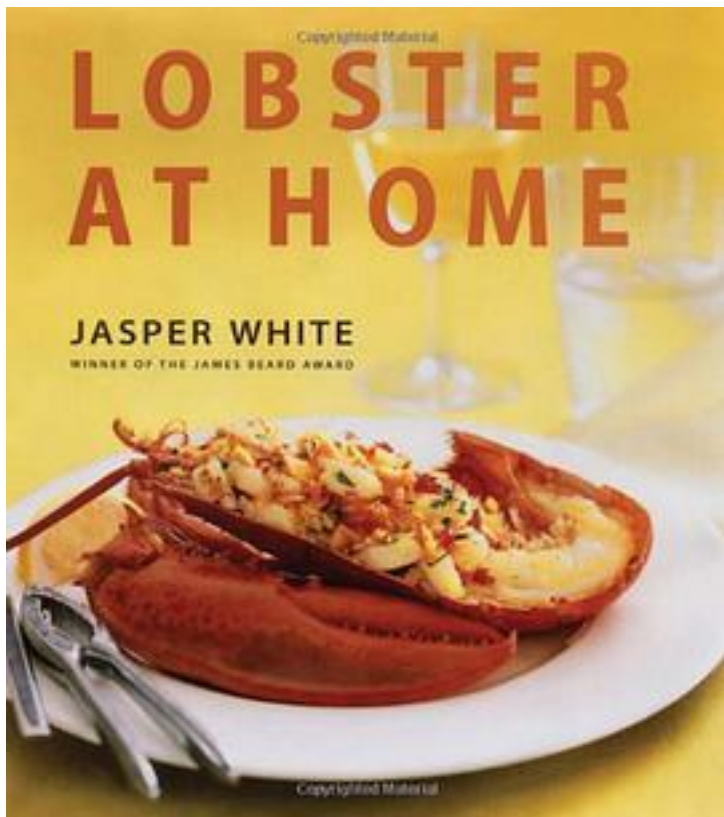


# Lobster at Home



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With its vibrant color, its delicate and luscious flavor and its excellent nutritional value, it's no wonder that lobster is such a favorite. Yet for all its specialness, lobster is actually an affordable luxury when made at home. And as a food, the meat in a one-pound lobster has only 98 calories, 13 milligrams of cholesterol (less than the same amount of skinless chicken) and is high in the Omega-3 acids known to help reduce cholesterol levels. More than five years in preparation, "Lobster at Home" will

teach anyone, from the most inexperienced novice to the seasoned professional, to master the art of cooking lobster. Written clearly and with care for important detail, "Lobster at Home" goes far beyond any other seafood cookbook. It explains everything from how to choose just the right lobster for a delectable dinner to how to extract every last morsel of meat from a cooked lobster. A treasure trove of information, it also contains completely reliable chapters on lobster anatomy, the basic cooking techniques and the essential equipment. Recipes cover the full range of dishes: soups, chowders, stews, salads and sandwiches, as well as pot-pies, pastas, risottos and classic main courses, along with a special chapter on chefs' creations. Now you can easily turn out restaurant favorites such as Lobster Bisque, Baked Stuffed Lobster and Lobster Fra Diavolo right at home, and at a fraction of the cost. Among this book's unique features: Lla beautiful illustration showing how and when to select lobster, helping the cook know at a glance when hardshells and soft-shells are available, as well as the best prices Lla handy chart giving cooking times for each size of lobster Lla list of recommended sources for mail-ordering live lobsters LImany recipes that call for the use of already-cooked lobster/ULFrom cover to cover, this is a book that welcomes all kinds of lobster lovers who have always wanted to cook lobster at home for family and friends.

作者介绍:

目录:

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