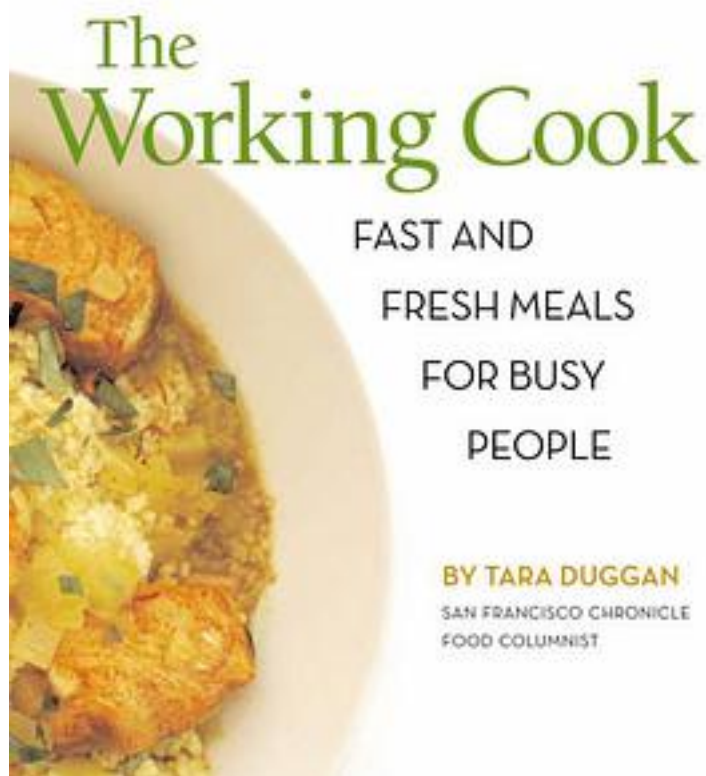


# The Working Cook



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著者:Duggan, Tara

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Tara Duggan, winner of the James Beard Foundation Award and a regular columnist for the "San Francisco Chronicle"'s award-winning food section, creates a practical cookbook with more than 100 healthy, delicious recipes that take just 20-40 minutes to prepare. Tara Duggan's "The Working Cook" column has become a hit with readers everywhere--not only in the "San Francisco Chronicle," but in newspapers across North America. With this collection of luscious recipes, she offers something busy people

today need: quick, mouthwatering options for everyday cooking, based on easy-to-find fresh ingredients, with bright flavors from a variety of international cuisines. Tara's meals--which work for both families and those dining solo, and include creations ranging from tomatillo turkey tacos to Japanese noodles with crispy tofu--have all been professionally tested in the "Chronicle" Food Section's kitchens and by home cooks. So this cookbook really delivers what it promises: dinner on the table in no more than 40 minutes. There are main course salads, vegetarian dishes, as well as fish and poultry based meals, all with a complete nutritional analysis. Tara Duggan is a staff writer for the "San Francisco Chronicle" whose "Working Cook" column has appeared in the paper for 5 years. She was formerly a travel writer and editor for Fodor's guidebooks and Travelocity.com.

作者介绍:

目录:

[The Working Cook\\_下载链接1](#)

标签

评论

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