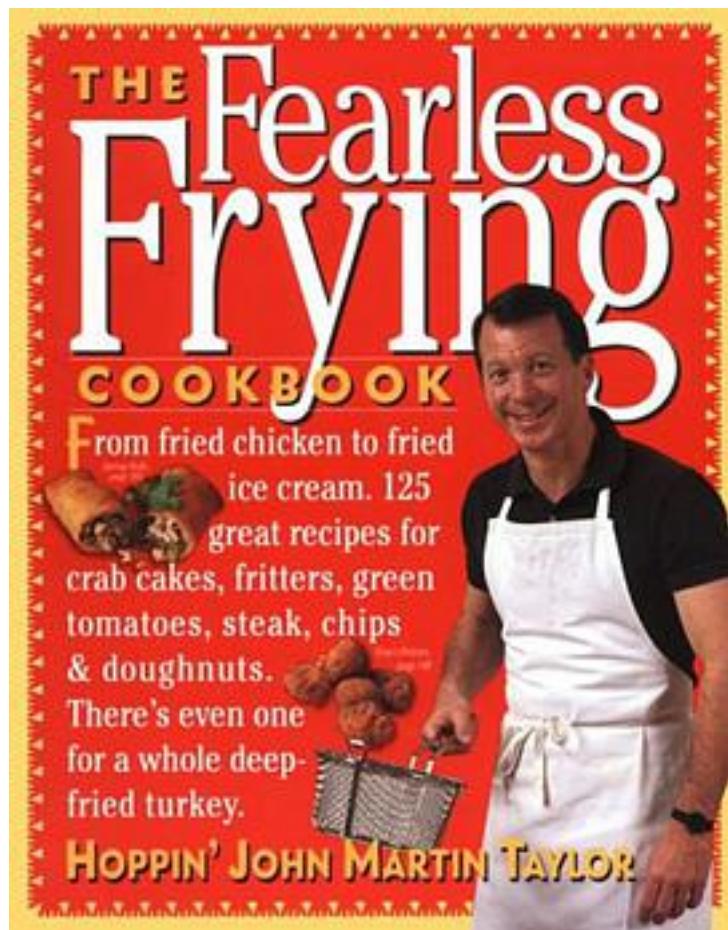


# Fearless Frying Cookbook



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著者:Taylor, John M.

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Fried food is crispy, juicy, golden, and tasty. It's food that inspires passion, and no matter what anyone says about health you're going to find a way to eat it. But wait, even the health news isn't so bad—if food is fried properly. Hoppin' John Martin Taylor,

well-respected food writer and author of Lowcountry Cooking, first shows how food that is cooked in clean, hot oil can be virtually greaseless. Hoppin' John's collection of over 125 fast, easy-to-prepare recipes not only includes the essentials—from fritters to corn cake, Smothered Steak to Pan-Fried Pork Chops—but offers lots of unexpected treats, too, with Asian, Mexican, Indian, and other influences. There are Vietnamese Spring Rolls, Italian Zucchini Pancakes, and Whole Fried Fish with Spicy Thai Sauce.

44,000 copies in print.

作者介绍:

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