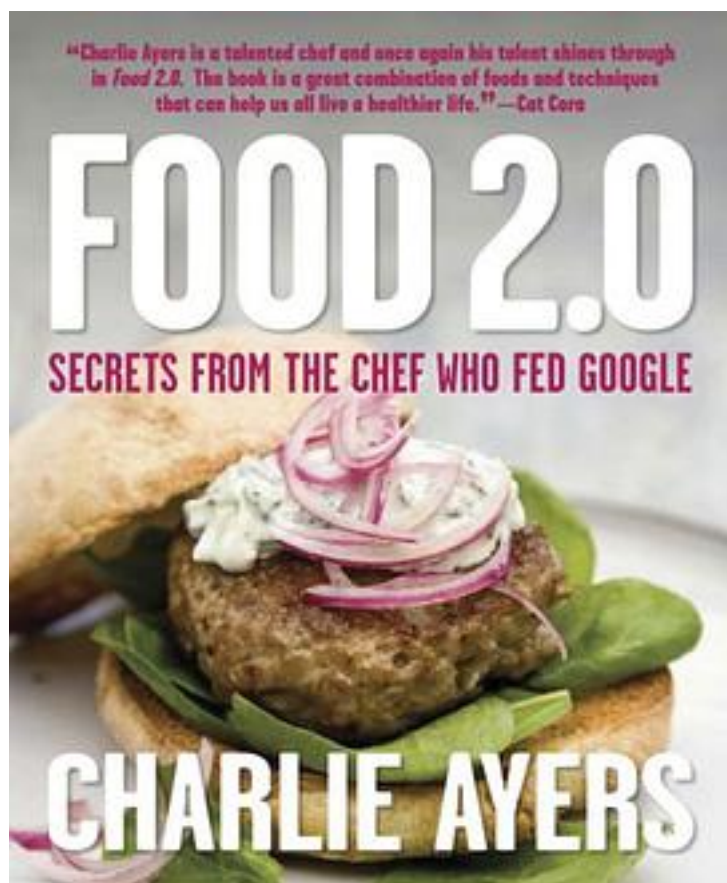


Food 2.0



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In a cutting edge cookbook for the Internet generation, Google's legendary founding super-chef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: brainfood. He outlines the basics on how the right foods can transform your mind and body, and then teaches you how to stock your kitchen with the healthiest foods available. Raw, organic, and fermented is Charlie's mantra,

which is reflected in more than 90 easy-to-prepare recipes, whether it's a Kick-start Breakfast, a Power Lunch, or a Light, Bright Dinner. And, following the world-famous formula Charlie used at Google headquarters, the meals and snacks are designed to feed your brain exactly what it needs at different points throughout the workday. From hipsters looking to think more creatively to high-fliers who need that extra edge for success to new moms and dads, looking to repair the damage of myriad sleepless nights, Food 2.0 has the recipe for delicious food for sharper thinking no matter who you are or what you do.

From Food 2.0: Secrets from the Chef Who Fed Google: Lamb Burgers with Tzatziki Sauce

Serves 4



Prep Time: 15 minutes plus chilling
Cook Time: 68 minutes

1 lb (450g) good-quality ground lamb
1 tsp minced garlic
½ tsp ground cloves
1 tsp ground cumin
Kosher salt and freshly ground black pepper
1 tbsp olive oil
4 artisan-style hard rolls
4 small handfuls of baby spinach leaves

For the marinated onions
½ red onion, thinly sliced
1 tbsp red wine vinegar
1 tsp unrefined light brown sugar

For the sauce
2 inch (5cm) piece of English cucumber, coarsely grated
¼ cup Greek-style plain yogurt
¼ tsp minced garlic
2 tbsp chopped fresh mint leaves

Put the lamb in a bowl and add the garlic, cloves, cumin, and plenty of freshly ground black pepper. Mix with your hands until well combined, then shape into four burgers. Chill until ready to cook.

Mix the red onion with the vinegar and sugar. Let marinate while you prepare the sauce. Squeeze the cucumber to remove excess moisture, then mix with the yogurt, garlic, mint, and a little salt and pepper. Chill.

When ready to eat, heat a ridged cast-iron grill pan. Sprinkle burgers with a little kosher salt and brush with olive oil. Cook the burgers until browned and cooked through, 3-4 minutes on each side.

Meanwhile, split the rolls and toast them. When the burgers are cooked, assemble your creation with baby spinach leaves, tzatziki sauce, and the drained marinated onions.

作者介绍:

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