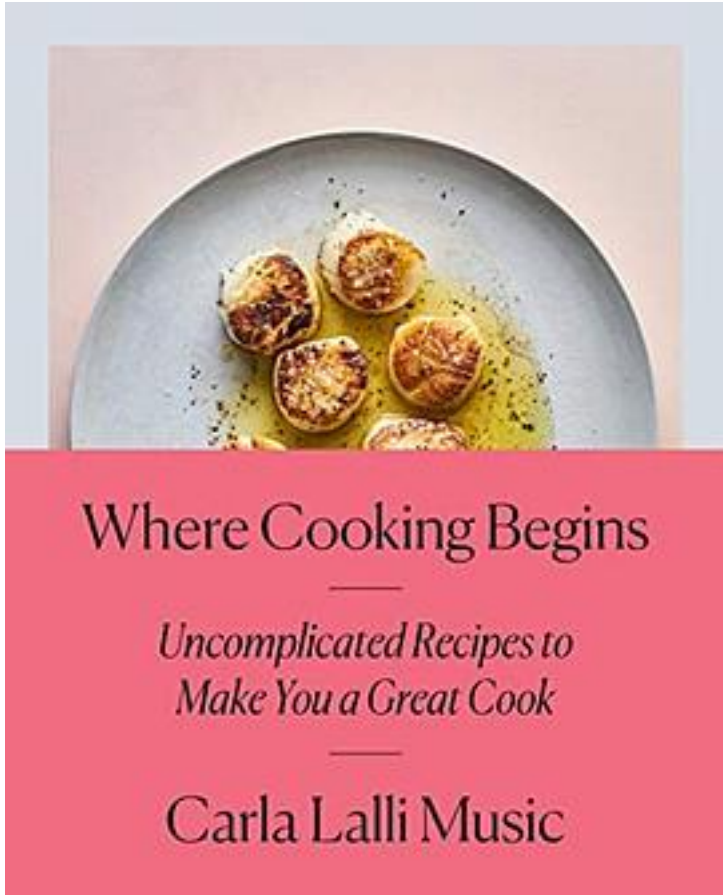


# Where Cooking Begins



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著者:Carla Lalli Music

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A modern approach to cooking at home, with more than 70 innately flexible recipes.

The indispensable recipes and streamlined cooking techniques in Where Cooking Begins are an open invitation to dive into Carla Lalli Music's laid-back cooking style.

The food director at Bon Appetit, her intuitive recipes are inspired by the meals she makes at home for her family and friends and the joy she takes in feeding them. Here, too, is her guide to the six essential cooking methods that will show you how to make everything without over-complicating anything--and every recipe includes suggestions for swaps and substitutions, so you'll never feel stuck or stymied.

Where Cooking Begins is also the first recent cookbook to connect the way we shop to the way we cook. Music's modern approach--pick up your fresh ingredients a few times a week, and fill your pantry with staples bought online--will make you want to click on a burner and slide out a cutting board the minute you get home.

The no-fail techniques, textured recipes, and strategies in Where Cooking Begins will make you a great cook.

作者介绍:

CARLA LALLI MUSIC is the food director at Bon Appétit, where she oversees the brand's food and recipe content across all digital platforms. She writes frequently for the magazine and its websites—bonappetit.com, Basically, and Healthyish—and is a frequent host on the Bon Appétit foodcast. Music also hosts recipe and technique videos on BA's YouTube channel, where millions of subscribers tune in to see what's cooking in the test kitchen. She lives in Brooklyn with her husband and two sons. Find her on Instagram @lallimusic.

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标签

美国

cookbook

评论

Carla 写作和她讲话一模一样，看书完全可以脑补出她在 ba test kitchen 视频里的样子lol

这本书里我读到两个很浅显但很有帮助下厨思路，一是“烹饪从采购新鲜食材开始”，二是将菜品在脑中归类，比如“脆脆的根茎类蔬菜”、“略带苦味的生菜”等等。两

者结合的效果就是可以最大化利用新鲜、品质好的食材，把具体菜谱变化成指导纲领，简单地几个技巧就可以做出很多不同的菜品。后半部分的菜谱出乎意料地吸引我，不少出于好奇或是馋，都想试一试。

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书评

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