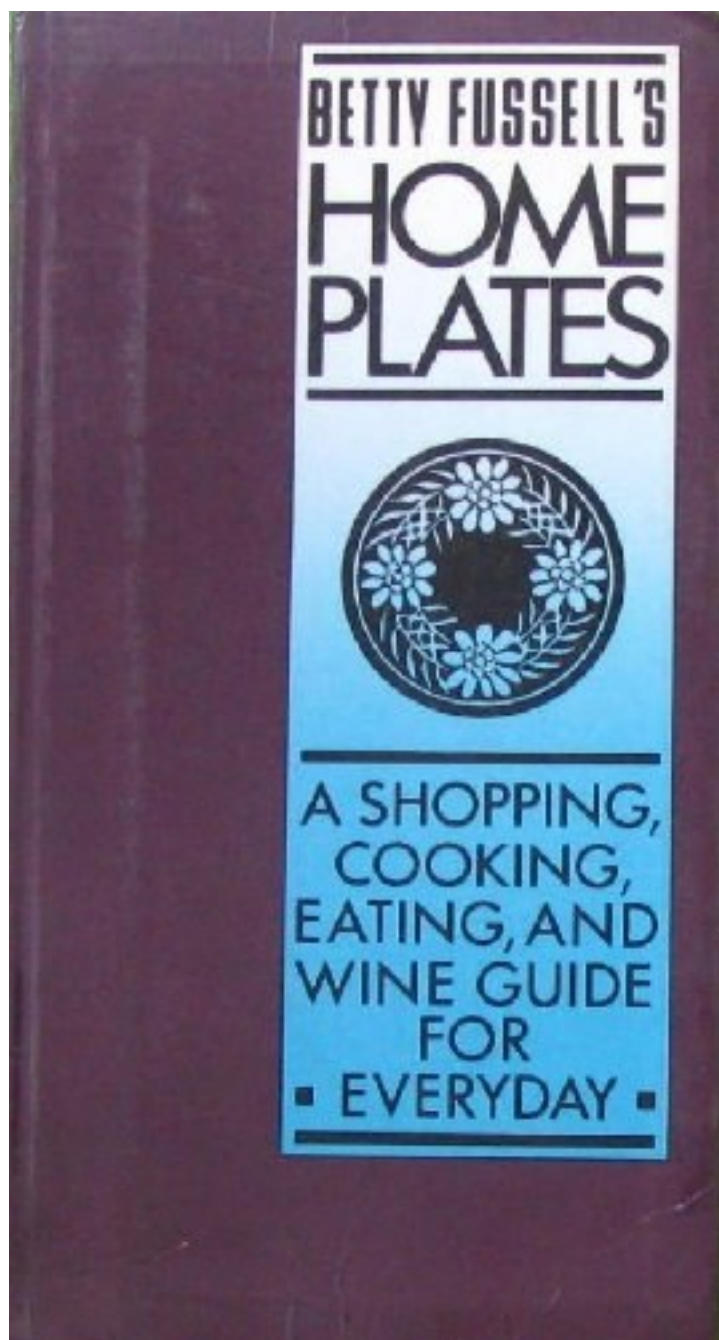


Betty Fussells Home plates



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end. A moment for the two of you... whether it's you and another or you and yourself. This book is designed to help both of you make the most of it--home free home safe. Since junk time is more valuable than junk bonds to urbanites on the run this book is physically designed to make shopping and cooking as fast as possible so that eating may be as leisurely as possible. With this guide in hand purse or pocket you can improvise shopping as easily as cooking. Make a note of major ingredients--the ones that you might have to shop for or that distinguish a particular dish--so that you can square what the market has with what the dish requires. If the shrimp in the store looks suspect forget Charred Shrimp Poblano and move on to Roasted Garlic Cod. If the pears are ripe forget Gingered Figs and think Perned Pears. The minor ingredients used in these recipes are staples you should keep in your kitchen: flour sugar extra-virgin olive oil unsalted butter good red and white wine vinegars onions garlic lemons sea salt pepper in a grinder and dry spices in small quantities kept away from heat and light. In addition the recipes in this book draw on a range of flavorings we've learned to enjoy from the ongoing ethnic hodgepodge of our cities: Chinese Thai Japanese Italian LsLn American. Today a well-stocked kitchen will also include soy sauce cumin seeds gingerroot (fresh or frozen) jalapeño peppers or other fresh hot chili peppers balsamic vinegar fresh eilantro. Fresh is the key word in the recipes that follow: black pepper as well as cumin coriander arid nutmeg are always

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