

The Best Slow & Easy Recipes



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Something magical happens with certain foods when you slow down the cooking: flavors deepen and become more complex, meat turns meltingly tender, and fruit and vegetables develop a rich, caramelized exterior. With The Best Slow Cooking Recipes,

the cooks at America's Test Kitchen have taken a fresh approach to classic slow cooking techniques to give you uncomplicated recipes that are worth the wait. This approach has countless benefits--it's a great choice for busy cooks (much of the time is "hands-free," allowing you to turn to other tasks); it's economical (you can take an inexpensive, tough cut of meat and turn it into an unbelievably tender roast); and many recipes can easily be made ahead (such as Smoky Southwestern Chili with Chipotle, Black Beans, and Corn). You'll find new flavor variations on familiar favorites, with recipes for Tuscan White Bean Stew, Indoor Pulled Pork, Porter Braised Short Ribs, Smothered Pork Chops with Spicy Collard Greens, and Braised Chicken with Almonds and Pine Nuts. We also dedicate an entire chapter to cooking en cocotte, or casserole roasting--and if this technique is unfamiliar to you, it won't be for long. Here, meat is simply placed in a Dutch oven with a few aromatics and left to slowly cook in its own juices at a low temperature in the oven, resulting in unbelievably tender meat with concentrated flavor. This uncomplicated method works with everything from pork, beef, and lamb to chicken and fish (Salmon en Cocotte with Leeks and White Wine is a favorite). But we don't stop there. We've also slowed down the cooking of side dishes, vegetables, and even fruit, making the most of every ingredient by giving the flavors time to deepen and concentrate. The result? A variety of richly flavored recipes to round out your meal--including Baked Risotto with Mushrooms, Savory Bread Pudding with Spinach and Gruyere, Braised Leeks, Baked Apples with Honey and Creme Fraiche, and Roasted Pears with Caramel Sauce.

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