

New Flavors for Salads



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Creating enticing salads is easy: Start with the freshest fruits and vegetables, season them with adventurous dressings, and you have an exciting new way of thinking about first-course, main course, and side-dish salads. Familiar favorites are the foundations for the forty-four recipes in this book, but each one is reinterpreted with seasonal produce; global flavorings; and simple, but high-impact, cooking methods. Whether it's for a leafy-green, grain-based, seafood-topped, or meat or poultry salad, each recipe explains how and why the innovative ingredient pairings work together to bring exciting new tastes to your tables. Dozens of full-color photographs depict each finished dish and reveal a bounty of bold-tasting ingredients that will enliven your

cooking. With this book in your kitchen, you have all you need to transform everyday salads into exciting and delicious meals.

作者介绍:

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