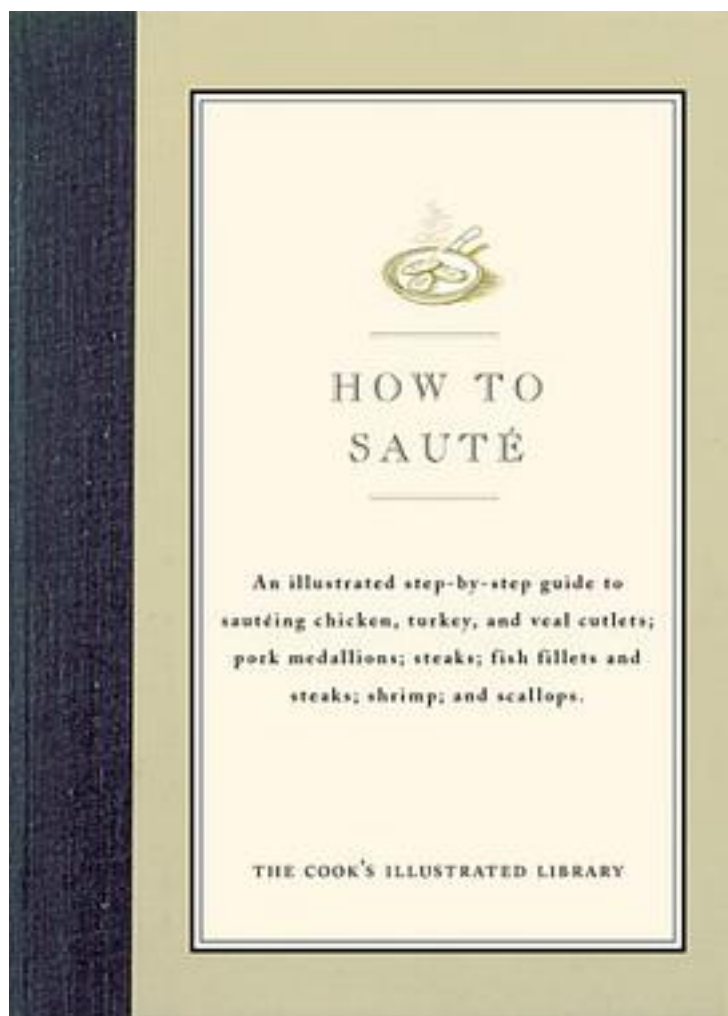


# How to Saute



[How to Saute\\_下载链接1](#)

著者:Cook's Illustrated Magazine (EDT)

出版者:

出版时间:1999-9

装帧:

isbn:9780936184395

Although it is quick, sauteing is not always simple. Butter easily burns in a hot pan,

overcrowding results in steaming instead of sauteing, and fussing with chicken breasts or cutlets disturbs formation of a good crust. The wrong pan, level of heat, or technique can wreak havoc on this seemingly simple cooking process. These mysteries are solved in How to Saute, from the editors of Cook's Illustrated, the publication legendary for perfecting a recipe through years of fanatical kitchen testing. We review the principles to sauteing that can be applied to a wide range of dishes involving chicken, fish, pork, turkey, lamb, and beef, plus literally thousands of quick pan sauces. The dishes can be as simple as sauteed chicken cutlets with a lemon caper sauce, as unusual as sauteed fish fillets with a chipotle orange sauce, or as traditional as steak served with red wine sauce. How to Saute brings you all the secrets, tips and techniques necessary to master this time-saving cooking process.

作者介绍:

目录:

[How to Saute\\_ 下载链接1](#)

标签

评论

-----  
[How to Saute\\_ 下载链接1](#)

书评

-----  
[How to Saute\\_ 下载链接1](#)