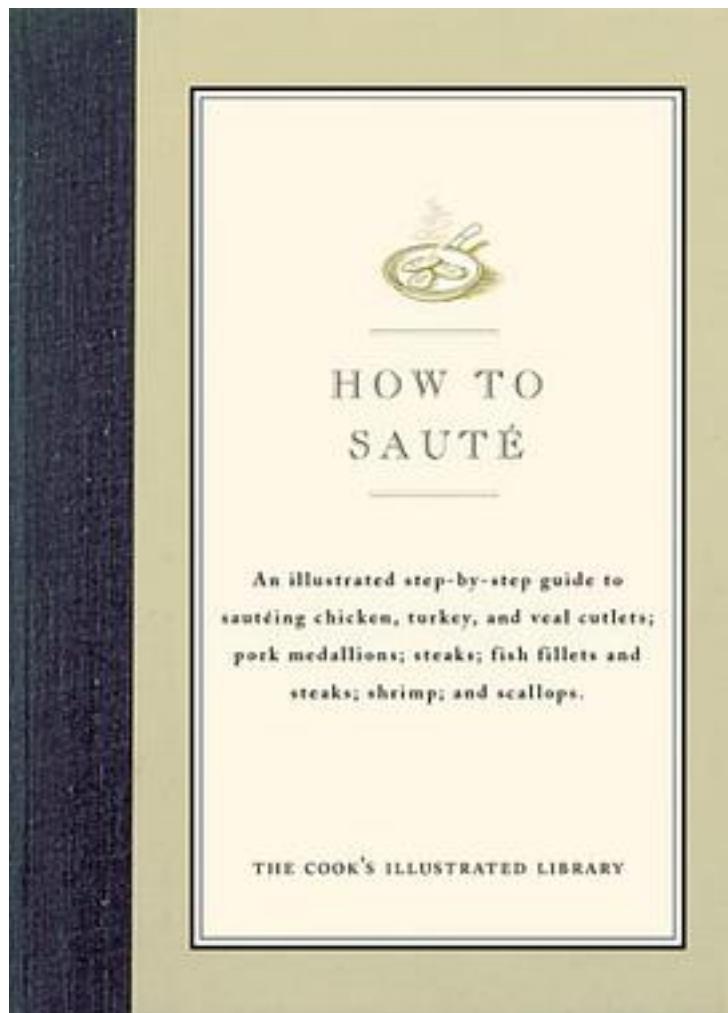


# How to Saute



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Although it is quick, sautéing 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:

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