

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

How would you like to make meals that taste like you spent hours in the kitchen, but are ready in a matter of minutes? Thanks to the efficiency of a Presto® pressure cooker, you can! Presto® Pressure Cooker Recipes features more than 75 recipes for delicious dishes, including Savory Brisket (pressure cooking time: 33 minutes), Bacon and Stout Short Ribs (pressure cooking time: 30 minutes), and Chile Verde Chicken Stew (pressure cooking time: 8 minutes). From soups and stews to ribs and roasts, you'll be able to get dinner on the table more quickly than you ever imagined. Once you start cooking in your Presto® pressure cooker, you'll wonder how you ever got along without it!

Under pressure to prepare a quick, nutritious dinner? Under pressure to reduce your fat and cholesterol? When the pressure's on for a great vegetarian meal on the run, turn to Lorna Sass's second guide to the safe and delicious use of the pressure cooker. Following the phenomenal success of Cooking Under Pressure, this collection of recipes dispels the myth of the difficult-to-use pressure cooker -- which is in fact easier and faster than the microwave -- and shows how vegetarian fare can be vibrantly colorful and full of flavor! Bursting with rich soups, hearty stews and casseroles, zesty curries, and flavor-packed chilis, Great Vegetarian Cooking Under Pressure brings together over 150 recipes, most with cooking times of under ten minutes. Arrive in Provence with a two-minute soupe au pistou laced with garlic and fennel; serve up an elegant zucchini bisque with tomatoes and fresh basil in just five minutes; or prepare a polenta good enough for a palazzo in only ten minutes. There are also scores of perfect vegetable side dish recipes, with an instructive chart detailing how to prepare everything from artichokes to zucchini. Lorna Sass devotes special attention to grains -- a vital part of the healthy diet -- and shows how brown rice, millet, couscous, quinoa, and bulgur can turn from gourmet store items into staples of your pantry. Whether it's Risotto with Broccoli Rabe and White Beans in five minutes, or Mediterranean Vegetable Couscous in just six, these recipes lock in delicious nutrition without tying up precious time. There's even a section about the splendid desserts that are possible with the pressure cooker, like Banana Pudding Cake and Pumpkin Bread Pudding. Filled with informative sections about the equipment, ingredients, and language of pressure cooking, suggestions for theme menus, and mail-order resources, this compendium of high-quality, high-fiber, low-fat (and mostly cholesterol-free) dishes will become an essential guide for today's bustling cook.

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