

Steaks Black Blue

A landmark book from the test kitchen that has been teaching America how to cook for 20 years. We launched the America's Test Kitchen Cooking School two years ago to teach home cooks how to cook the test kitchen way, and since then thousands of students have taken our interactive video-based online courses. The America's Test Kitchen Cooking School Cookbook shares the same goal as our online school and brings all our best practices—along with 600 all-time favorite recipes—into one place so that you can become a better, more confident cook. There is no better way to learn than seeing an expert in action, so we've included over 2,500 color photos that bring you into the test kitchen so you can see how to prepare recipes step-by-step. The book starts off with an exhaustive 46-page Cooking Basics chapter that covers everything from what equipment you need (and how to care for it) to test-kitchen tricks for how to make food taste better. Then we move on to cover all the major cooking and baking categories, from meat, poultry, and pasta to breads, cakes, and pies. Illustrated Core Techniques, like how to whip egg whites, roast a chicken, or bake flawless pie dough, focus on the building block recipes everyone should know. Recipe Tutorials that each feature 20-35 color photos then walk readers through recipes that are either more complicated or simply benefit from the visual clues of step photography, like Extra-Crunchy Fried Chicken, Sticky Buns with Pecans, and Deep-Dish Apple Pie. Every chapter ends with a library of the test kitchen's all-time favorite recipes, such as Pan-Seared Steaks with Red Wine Pan Sauce, Meatballs and Marinara, Best Vegetarian Chili, Memphis-Style Barbecued Ribs, and New York-Style Cheesecake—more than 600 in total—that will allow home cooks to expand their repertoire. The America's Test Kitchen Cooking School Cookbook is a how-to-cook book that also explains why recipes succeed or fail, which makes it the ideal book for anyone looking to cook better.

Presents food plans that include over 350 recipes for quick and wholesome main courses, side dishes, and desserts for busy people pressed for time who want to enjoy weekly home-cooked meals.

Open a cold one and get cooking! Showcasing the diverse ways that beer can be used to enhance a meal, either as an ingredient or by pairing, John Holl's collection of 155 tasty recipes are designed for the beer-loving foodie. From twists on traditional favorites like American Wheat Beer Steamed Clams to unexpected surprises like Chocolate Jefferson Stout Cupcakes, you'll soon be amazing your friends with the culinary versatility of your favorite beverage.

The perfect gift for Valentine's day - practical, simple and sensuous recipes to unleash the lover in all of us. Mark Douglas Hill has spent a lifetime in pursuit of foods that encourage friskiness and enhance the frisking. In search of the ultimate aphrodisiac dishes, over the years he has researched and refined, trialed and tested ingredients and recipes from all over the world. This compendium of culinary come-ons is the legacy of his unceasing quest. The Aphrodisiac Encyclopaedia is a veritable cornucopia of titillating titbits - from liquorice to lobster, figs to foie gras, and mango to mint. Along with mouth-wateringly tempting recipes, each entry is packed with diverse and diverting fact - historical, literary, biological and psychological - and the aphrodisiac and amorous qualities of each ingredient examined and appraised. This Valentine's, cook up a steamy dinner for the man or woman in your life with The Aphrodisiac Encyclopaedia.

Aimed at both new as well as more experienced cooks who want to take their cooking to the next level, Learn with Betty teaches readers how to cook by presenting 62 delicious, on-trend recipes, each with a technique key to the recipe. Once the technique is mastered, readers can move on to five more recipes using that skill. Learn how to make Cold Brew Coffee, then create Cold Brew Coffee Pie and Cold Brew Coffee S'More Squares. Cross-references point readers to other techniques they may need in the recipe, so they can create dishes like a pro. The new cook will have success with every recipe—such as making salad dressing from scratch; an experienced cook will enjoy the fresh flavor ideas for the oils and vinegars, and new salad combinations to wake up this everyday dish. No matter what the reader's level of expertise, Learn with Betty meets them where they are, and deliciously expands their cooking expertise.

Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

The Best Simple Recipes offers more than 200 full-flavored easy-to-prepare recipes that can be on the table in 30 minutes or less in an easy-to-read paperback format. Just because time is short, it doesn't mean you have to settle for a can of soup or a sandwich for dinner, or making one of the many boring and flavorless fast recipes (which often aren't even as fast as they promise). Our test cooks have created more than 200 recipes that keep the ingredients and cooking time to a minimum and offer tons of flavor and plenty of variety. By combining steps, minimizing pans, and employing a little test kitchen trickery, our test cooks have made naturally fast recipes even faster, and they've made recipes that traditionally take hours ready for the table in half an hour. And while they used a minimum of ingredients, one thing they didn't minimize was flavor.

Great American comfort food from the cast iron cooking masters! No one knows American cooking better than Lodge. For over a century, home cooks have used Lodge Cast Iron Cookware to make everything from cornbread and chili to fried chicken and apple pie. Whether you've cooked with Lodge pots and pans for years or have only just discovered these time-tested pieces, here you'll find the essential collection of cast iron recipes from Lodge and the chefs, food writers, and others who swear by them.

Being able to cook the perfect steak is the mark of a braai-master. Weber's Steak: Best Recipes For Your Braai is a straightforward guide to cooking a variety of steak cuts, from man-sized porterhouse and t-bone to sirloin, rump, flank, skirt, hanger and kebabs. Master griller Jamie Purviance's recipes are simple to follow and take the guesswork out of braaiing steak. If the thought of a Rib-eye Steak with Chipotle Butter, Porterhouse Steak with Béarnaise Sauce, Philly-style Steak Sandwich, or Beef Kebabs with Cherry Tomatoes fires up your appetite, then this is the book for you. Handy tips offer advice where it is needed, and the short introduction covers how to choose and cook a perfect steak, how to prepare a charcoal or gas fired Weber grill, basic braaiing techniques and what equipment you need. There is a table of cooking times for a variety of steak cuts and vegetables, and 27 short recipes for marinades, rubs and sauces.

Expert Don Mauer walks barbecue novices through the basic techniques of grilling, from building a fire (for charcoal grills) to getting the heat just right (for gas grills). With tips and 250 recipes, grillers will learn to manage their grill space and heating zones like a pro while surprising family and guests with everything from tasty hamburger basics to fantastic fish and veggies.

San Diego Magazine gives readers the insider information they need to experience San Diego—from the best places to dine and travel to the politics and people that shape the region. This is the magazine for San Diegans with a need to know.

Mary Ann Winkowski's abilities as a paranormal investigator have offered solace to countless people, either by reuniting them with loved ones who have died or by removing unwanted spirits and negative energy from homes, businesses or possessions. Beyond Delicious: The Ghost Whisperer's Cookbook is a collection of recipes bequeathed to Mary Ann through spirits of great cooks who have passed on. Arranged as two-page spreads, each entry includes a recipe as well as the story of how the author came to learn it. Beyond Delicious: The Ghost Whisperer's Cookbook is part cookbook and part ghost story anthology; together, these elements create the most entertaining cookbook of the season.

Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, "Virtue," provides recipes for your controlled side, while the other half, "Vice," is for when you need to feel the wind in your hair. All

of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds Ginger Salmon with Sesame Cucumbers Whole Roasted Cauliflower, Tomatoes, and Garlic Roasted Plums with Honey and Pistachios VICE Cinnamon Buns Buttermilk Panfried Chicken Lasagna Bolognese Chocolate Fudge Cake In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in Food Swings. Praise for Food Swings "It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, Food Swings, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around."—Redbook "Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles."—Library Journal "Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef."—Booklist "In a friendly voice Seinfeld encourages readers to take her approach to what she calls 'food swings' and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to prepare."—Publishers Weekly

Keto meets carnivore in this revolutionary new book by revered cookbook author and low-carb pioneer Maria Emmerich. Did you know that our ancestors were apex predators who were even more carnivorous than hyenas and big cats? That was only about 30,000 years ago. But since then, our diets have drastically changed due to the invention of agriculture about 7,000 years ago and, within the last 100 years or so, the introduction of millions of food additives, the development of a year-round produce supply, and the hybridization of fruits and vegetables, making them higher in sugar and lower in nutrients. Carnivore Cookbook explores what our bodies were really designed to digest and gives compelling evidence that we were designed to be primarily meat-eaters. In this book, you will learn why all plants come with a downside. Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the plants against being eaten. Maria explains how antinutrients can rob your body of minerals and other nutrients and lead to autoimmune issues and leaky gut. There is even a protocol for healing autoimmune issues called the Carnivore Autoimmune Protocol: a detailed system for stepping you through the various levels of carnivorous eating to find the point where your body responds best and is symptom free. You will also learn which foods are the highest in nutrient density to help your body heal. Carnivore Cookbook includes more than 100 tasty meat-focused recipes featuring innovative ways to add flavor and variety. There are even carnivore meal plans with grocery lists to make the diet easy to follow.

Pokes fun at liberal views and lifestyles through the assessments of fifty stereotype behaviors while analyzing why liberal citizens have a significant influence on American culture.

The answer is gastrophysics, the new area of sensory science pioneered by Oxford professor Charles Spence. Now he's stepping out of his lab to lift the lid on the entire eating experience how the taste, the aroma, and our overall enjoyment of food are influenced by all of our senses, as well as by our mood and expectations.

This guide reviews some 350 recommended eating houses from Wimbledon to Wembley and Brixton to Brick Lane. It includes some very cheap places and some potentially very expensive establishments, but the rule for inclusion is that it must be possible to eat at every restaurant for under 35 pounds a head. Restaurants are grouped by area and should suit all budgets and tastes - cuisines include French, Indian, Chinese, British, Caribbean, Polish and Ethiopian. The book contains three indexes: A-Z by name, cuisine type and mood to help readers make the right decision.

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In The Food Lab, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

A collection of eighty-five all-new recipes by the James Beard Award-winning host of the Emmy Award-winning Food Network series features comforting twists on childhood favorites, including cheesy chicken enchiladas, tomato and goat cheese crostata, and banana rum trifle.

Raising SteaksThe Life and Times of American BeefHoughton Mifflin Harcourt

A lively history of the American beef industry follows the iconic steak from field to table and details the changing world of raising beef cattle, from the early ideal of herds roaming the wilds of the West under the control of cowboys, to the corporate technology used to breed, feed, slaughter, package, and distribute beef today.

In an age where time is as precious as good food, enter Homemade in a Hurry, the secret to having more of both. With over three hundred recipes, from appetizers, soups, and salads to main courses, side dishes, and desserts, cooking from scratch is made easier with shortcuts for those who demand more—a LOT more—in less time. By jump-starting the cooking with high-quality prepared ingredients such as pesto, curry cooking sauces, and pre-chopped vegetables—all found at local supermarkets—the complicated is streamlined and what used to take hours in the kitchen is now ready in minutes. Author and cooking teacher Andrew Schloss has a knack for creating easy-to-prepare recipes that turn the same-old-thing into something special. Puree a can of navy beans with a little garlic, olive oil, and lime juice and voila, White Guacamole. Dress up a cup of stuffing mix for a turkey meatloaf that's in the oven in under ten minutes. A little mango and onion give new life to store-bought salsa making a perfect accompaniment to grilled salmon. And even after a delicious bit of Lasagna Bolognese, no one will guess it takes only minutes to prepare. Homemade in a Hurry is the essential home chef's companion guide to using the supermarket as a personal pantry for creating impressive dishes, whether for everyday meals or for full-on dinner parties.

Pull up a stool and learn about beer with the Wench! Craft beer is officially everywhere: there are now more breweries in the

United States since any time before prohibition. At the local grocery store, the beer aisle is as big as the cereal aisle. At the bar, it's increasingly hard to choose a beer--the IPA is stronger than the ESB, right? In this book, Ashley V. Routson (aka The Beer Wench) provides the first all-in-one guide that demystifies beer and makes learning fun. She'll quickly bring you up to speed on beer styles, the brewing process, how to taste beer like a pro, and how to pair beer with food. Unconventional tastings, delicious recipes from killer craft breweries, eye-catching photos--and, of course, plenty of beer--means there's never a dull moment.

The ONLY STEAKS: FILETS, STRIPS, SIRLOINS AND RIBS "Play with Your Food!" interactive cookbook encourages you to find your personal cooking style, refine your palate, and have a lot more fun in the kitchen by:

- embracing ingredient substitution and experimentation
- developing flavor profiles that feature your preferences
- building perfect plates that showcase your talent.

The ONLY STEAKS cookbook takes you on a journey through ingredient substitution, palate development, cooking method tips and tricks, kitchen and grilling safety information, and includes succulent recipes like Whiskey Barbecue Filet Mignon Steak, Herb Sauce Porterhouse Steak, Brown Sugar and Lemon Pepper Rib-Eye Steak, Stout Sauce New York Strip Steak, Blue Cheese Butter Top Sirloin Steak, and Soy Sauce and Orange Juice Beef Short Ribs. Be sure to check out the other Entrée Press interactive cookbook titles available through Book Hub.

"What are my qualifications to write this book? None really. So why should you read it? Here's why: I'm a little fat. If a thin guy were to write about a love of food and eating I'd highly recommend that you do not read his book." Bacon. McDonalds. Cinnabon. Hot Pockets. Kale. Stand-up comedian and author Jim Gaffigan has made his career rhapsodizing over the most treasured dishes of the American diet ("choking on bacon is like getting murdered by your lover") and decrying the worst offenders ("kale is the early morning of foods"). Fans flocked to his New York Times bestselling book *Dad is Fat* to hear him riff on fatherhood but now, in his second book, he will give them what they really crave—hundreds of pages of his thoughts on all things culinary(ish). Insights such as: why he believes coconut water was invented to get people to stop drinking coconut water, why pretzel bread is #3 on his most important inventions of humankind (behind the wheel and the computer), and the answer to the age-old question "which animal is more delicious: the pig, the cow, or the bacon cheeseburger?" Since 1997, a weekly column has appeared in the Rocky Mountain News publishing recipes requested by readers from many of the Denver area's best restaurants. Each recipe is scaled for the home kitchen. All 165 recipes have been tested and include both simple comfort food and the latest trendy dishes. A complete restaurant listing and chef's tips are also included. Meitus is the author of *Fun Places to Go With Children in Colorado*. Original.

Create exceptional parties with party-planning expert Courtney Whitmore, creator of Pizzazzerie.com. Tablescapes, tips, DIY crafts, beautiful color photos, and more than 50 recipes, in an easy-to-follow format, to inspire every hostess. Follow one party to a tee, or mix-and-match elements to create a unique affair all your own. Courtney provides how-to instructions for more than a dozen occasions, each complemented by a sample tablescape; decor tips; and three to six recipes covering appetizers, desserts, and drinks. Ring in the new year with a glittery New Year's Day Brunch; savor a bit of Parisian culture with a Crepe Cake and Sparkling Raspberry Cocktails; enjoy Spinach Tea Sandwiches and Lavender Fizz Cocktails at a Jane Austen-inspired Book Club Gathering; celebrate your favorite guy with Bacon and Pecan S'mores and Sriracha and Bourbon Wings; and don your best black-and-white apparel to enjoy Red Velvet Brownie Truffle Cakes and White Chocolate Martinis at a Black and White Masquerade Party. Absolute beginner hosts will find tons of tips and how-tos, as they're walked through practical steps to creating fabulous parties on a realistic budget. The seasoned host will discover unique details and new recipes to enhance their tablescapes all year long. Growing up in the South, Courtney Whitmore has always loved the art of presenting classic Southern foods with a modern twist and setting a tablescape with lots of pizzazz. She attended Vanderbilt University earning both a bachelors in communications and a masters in organizational leadership. In 2010, she left her full-time job as a career counselor to launch Pizzazzerie.com (pronounced piz.zazze.rie [p??zaz ?r?]) to share entertaining inspiration and ideas with readers around the world. When she's not working on her next book, Courtney styles and creates content for publications and brands such as HGTV, Better Homes & Gardens, Target, Coca-Cola, Lindt Chocolate, Yoplait, Pepperidge Farm, Frontgate, and more to connect consumers with their products in an entertaining setting. She is also the author of three cookbooks: *Push-Up Pops*, *Candy Making for Kids*, and *Frostings*. She lives in Nashville, Tennessee, with her husband, daughter (commonly referred to as #babypizzazzerie), and Irish Setter (George). Phronsie Dial is a creative stylist and tablescape designer who works on brand partnerships and special projects for Pizzazzerie.com. Over the past two decades, she has created countless DIY party ideas and crafts for magazines and news outlets. She loves to throw parties that create lifelong memories and also happens to be one-half of this mother/daughter duo as Courtney's mom. Evin Krehbiel is the creative talent and energetic personality behind Evin Photography. Since 2005, Evin Photography has established itself as a highly sought after photography company in Nashville, Tennessee, and throughout the South. Evin is an ambitious entrepreneur as well as a loving wife to Luke, and mom to three beautiful children, Cohen, Kinzie, and Leyton.

"This beautiful book makes one of America's favorite culinary pastimes accessible to anyone. The recipes are easy to follow yet refined." —Marcus Samuelsson Now home cooks will discover their ideal grilling companion and coach in *The Grilling Book*. Offering more than 350 foolproof recipes, dozens of luscious full-color photographs, crystal clear illustrations, and plenty of plainspoken, here's-how-to-do-it guidelines, *The Grilling Book* welcomes you to everything that is sensational (and sensationally simple) about grilling. Here are thick, juicy steaks that need no more than salt and freshly cracked pepper to create an unforgettable meal; baby back ribs rendered succulent and fall-apart tender with flavor-rich rubs and a shellacking of barbecue sauce (plus the secret cheat method that makes them ridiculously easy to prepare); moist fish, seasoned and grilled quickly over a hot fire; irresistible grilled flatbreads, crispy on the outside and chewy on the inside, creating the perfect canvas for every topping you crave. Not to mention the salads, slaws, sides, and drinks that complete the perfect grilled meal. Whether you've been grilling for years or have never bought a bag of charcoal in your life, *The Grilling Book* is the only book you'll need in your backyard this summer—or any summer. "Indispensable. Chock-full of recipes tested and approved by the trusted editors of *Bon Appétit*, it's sure to make you a master of all things grilling." —Tom Colicchio "Bon Appétit's new bible on live-fire cooking is one you'll want to keep close at hand every summer. If you're new to the grill, the easy-to-follow recipes, protein-specific technique tips, and time-saving tricks will help you get started." —Matt Lee and Ted Lee

There are few foods as satisfying as an excellent steak. With this handy pocket-size cookbook, you'll discover the secrets to cooking the perfect steak in mouth-watering recipes such as Seared Sirloin, Blue Cheese, and Walnut Salad; Beef Satay; Rosemary Beef Skewers; and Steak au Poivre.

Take to the road and explore the "other" Northern California, with its rugged beauty, small-town ambience, and, of course, all that wine. Covering not just Wine Country, Backroads & Byways of Northern California takes you places the other guides don't know about. From her base in San Francisco, Michele Bigley has the inside knowledge of a local and the keen eye of a seasoned travel writer; she shows you the best spots and the best, most interesting routes to reach them. Each chapter's itinerary is a new adventure. Take to the road and explore the other Northern California, with its rugged beauty, small-town ambience, and, of course, all that wine.

Features more than 100 flavor-packed recipes from Dinosaur Bar-B-Que, the perennially popular, Syracuse-based, honky-tonk rib joint. The renowned Dinosaur Bar-B-Que is beloved by bikers, blues musicians, and barbeque aficionados for its famous barbeque and colorful regulars. Cooks can enjoy the Dino vibe at home with recipes like World Famous Dinosaur Ribs and Drunken Spicy Shameless Shrimp with Brazen Cocktail Sauce. Including everything from starters to desserts, plus house secrets behind the restaurant's famous pit-smoked specialties, this is one distinctively down-home, must-have cookbook.

The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. The Keto Cure will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs. Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments. The Keto Cure details the science behind the keto diet's effectiveness at treating a wide range of diseases, including Alzheimer's epilepsy fatty liver disease hypercholesterolemia hypertension Parkinson's disease thyroiditis type 2 diabetes and many more The Keto Cure also outlines practical tips gleaned from Dr. Nally's fifteen-plus years in medical practice, as well as Moore's ten-plus years as a health and wellness podcaster, on overcoming the common pitfalls that people experience when adapting to a high-fat way of eating, including fatigue and keto flu. This helpful information, combined with a wide variety of delicious keto recipes from international bestselling cookbook author Maria Emmerich, makes The Keto Cure a complete resource for healing oneself with the ketogenic diet.

Organized by season, provides nutritious recipes, side dish tips, cooking hints, shortcut techniques, meal planning advice, and an itemized grocery list arranged by product.

The third book in the best-selling Fresh Food Fast series is helping the home cook go superfast. *Cooking Light Fresh Food Superfast* is packed with more than 280 all-new recipes that fit the trusted Fresh Food Fast 5-ingredient, 15-minute equation--and 100 of those can be prepared with 4 ingredients or less or in 10 minutes or less!

Following its popular predecessors, *Cooking Light Fresh Food Fast* and *Cooking Light Fresh Food Fast Weeknight Meals*, *Cooking Light Fresh Food Superfast* is packed with even more exciting features. "Fix It Faster" tip boxes offer suggestions on how to speed things up; "Ingredient Spotlights" focuses on fresh convenience products that help rev up prep time--without sacrificing freshness or flavor; "Quick Flips" offers substitution ideas to completely transform a recipe into a new one; and a "Seasonal Produce Guide" gives readers guidelines for fresh produce purchasing and storing. The book also provides a side dish suggestion for many recipes, as well as practical tips from the Cooking Light experts to help reduce time in the kitchen. From Prosciutto-Wrapped Chicken to Chocolate-Hazelnut Panini Sundaes, *Fresh Food Superfast* takes the guesswork out of meal planning and helps readers put dinner on the table in a flash.

This is the first of celebrated chef Rick Tramonto's six cookbooks to personally invite readers into his home. *Steak, with Friends* showcases a dazzling array of 150 steak and seafood recipes along with all the delicious accompaniments ranging from appetizers to desserts. Sophisticated, yet easy to prepare, these dishes will delight readers who love great beef cooked to perfection. There will a special emphasis on choosing and preparing steaks, along with sidebars/tips with beef charts, temperature charts, drink recipes, and music suggestions. In this book, Rick shows how to reproduce at home the flavors and great steakhouse food from his Tramonto Steak and Seafood restaurants in the Chicago area.

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