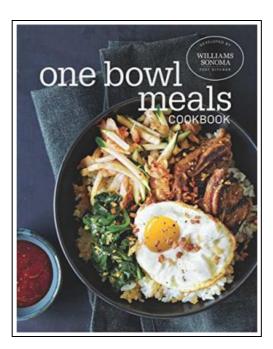
One Bowl Meals Cookbook (Hardback)



Filesize: 4.18 MB

Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book. (Lavina Torp)

ONE BOWL MEALS COOKBOOK (HARDBACK)



Weldon Owen, Australia, 2017. Hardback. Condition: New. Language: English . Brand New Book. Whether it s a rice bowl, grain bowl, salad bowl, vegetarian or made with seafood or meat, there s a simplicity and comfort in eating a full and balanced meal out of a bowl. One Bowl Meals will inspire readers to mix and match their favorite flavors and foods to create simple, satisfying meals. In this compact yet comprehensive cookbook, the expert chefs at the Williams Sonoma Test Kitchen show how varied bowl meals can be. Simply put, bowl food is healthful, colorful, comforting, and most important, easy to prepare. Organized by recipes featuring chicken; beef, pork, and lamb; seafood; vegetarian; and even a breakfast chapter, this book will appeal to all sorts of dietary preferences and restrictions. Many recipes include international flavors--such as Thai, Korean, and Mediterranean---and all are healthy and balanced with grains, protein, and fresh vegetables. Recipes include: Thai Chicken Bowl with Coconut Rice, Red Chilis, Scallions and Basil Mediterranean Bowl with Grilled Chicken, Olives, Hummus, Feta, Parsley, Onion and Cucumber and Tomato Salad Short Rib Bibimbap with Garlicky Spinach, Kimchi-Zucchini Slaw, Scallions and Fried Egg Barley Bowl with Spiced Chickpeas, Mushrooms, Kale and Tahini-Lemon Sauce Coconut Curry Bowl with Asparagus, Chinese Eggplant and Purple Cabbage Slaw Teriyaki Salmon Bowl with Sake-Marinated Cucumbers and Rice Lox Bowl with Farro Salad, Dill, Pickles and Lemon Black Pepper Yogurt Roasted Root Vegetable Bowl (sweet potato, celery root, parsnip) with Herby White Bean Puree and Shaved Fennel.

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