

[PDF] Everyday Food: Fresh Flavor Fast: 250 Easy, Delicious Recipes For Any Time Of Day (Everyday Food (Clarkson Potter))

Martha Stewart Living Magazine - pdf download free book



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Description:

Sample Recipe from Everyday Food: Fresh Flavor Fast

Serves 4

Prep time: 15 minutes

Total time: 15 minutes

Pesto made with parsley and sharp Pecorino Romano cheese (and without nuts) makes a colorful topping for tender lamb chops. It could also be tossed with pasta, spread on sandwiches, or mixed with cream cheese for a dip to serve with crudités.

Lamb Chops

8 lamb loin chops (each 4 ounces and 1 inch thick)

Coarse salt and freshly ground pepper

1/2 cup Parsley Pesto (recipe below)

Heat a large skillet over medium. Pat dry lamb with paper towels. Season chops on both sides with salt and pepper. Cook (in two batches, if necessary) 4 to 6 minutes per side for medium-rare. Serve immediately, topped with pesto.

Parsley Pesto

Makes 1/2 cup

2 cups packed fresh flat-leaf parsley leaves

3/4 cup grated Pecorino Romano cheese (2 ounces)

1 small garlic clove, coarsely chopped

1/4 cup extra-virgin olive oil, plus more for storing (optional)

Freshly ground pepper

In a food processor, finely chop parsley, cheese, and garlic. With the motor running, add oil in a slow, steady stream; season with pepper. Serve immediately, or transfer to an airtight container and cover with a thin layer of oil; refrigerate up to 4 days or freeze up to 3 months.

Freezing Pesto

Pesto keeps very well in the freezer, so it's worth making extra. Freeze it in small airtight containers, covered with a thin layer of olive oil. Defrost in the refrigerator before using.

Excerpt. © Reprinted by permission. All rights reserved. Recipe: Farfalle with Arugula and White Beans

Serves 4 - prep time: 10 minutes - total time: 25 minutes

Quickly wilted arugula, canned beans, and toasted walnuts add heft to this vegetarian main course. Try spinach in place of arugula and pine nuts instead of walnuts.

Coarse salt and freshly ground pepper

12 ounces farfalle

4 tablespoons (1/2 stick) unsalted butter, cut into pieces

4 garlic cloves, thinly sliced

1 pound baby arugula

1 can (15 1/2 ounces) cannellini beans, drained and rinsed

1/3 cup walnut pieces, toasted for garnish

1. Bring a pot of water to a boil; add a generous amount of salt. Cook pasta until al dente according

to package instructions. Reserve 1/2 cup pasta water; drain pasta.

2. Add 1 tablespoon butter and the garlic to the pot; cook over medium heat, stirring, until garlic is fragrant, about 2 minutes. Add arugula; toss just until wilted.

3. Add beans, pasta, and remaining 3 tablespoons butter; season with salt and pepper. Heat, tossing, until butter is melted and beans and pasta are warmed through, about 1 minute. Add enough reserved pasta water to create a thin sauce to coat pasta.

4 To serve, divide among shallow bowls, and garnish with walnuts.

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