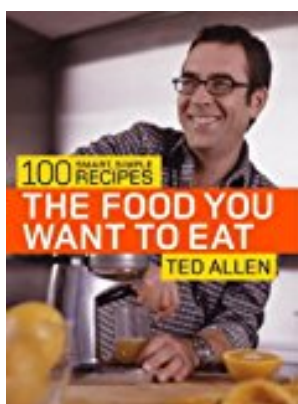


[PDF] The Food You Want To Eat: 100 Smart, Simple Recipes

Ted Allen - pdf download free book



Books Details:

Title: The Food You Want to Eat: 100
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Description:

Ted Allen, the food-and-wine expert from Bravo's *Queer Eye for the Straight Guy*, has written a cookbook for those seeking a solid dish repertoire for everyday cooking and entertaining alike. *The Food You Want to Eat* offers 100 recipes for the likes of Old School Caesar Salad; Crispy Oven-Fried Crabcakes; Paella with Seafood, Chicken and Chorizo; and Mustardy Barbecued Spareribs. These favorites that live up to the book's title, but Allen also provides some repertoire-stretching dishes

like Pan-Roasted Salmon with Tomato Vinaigrette and Thai Green Chicken Curry with Vegetables. In his role as cooking tutor, and in asides like The Essentials of Steak, Allen also helps readers to understand how dishes work, and therefore how to cook more easily. A whole chapter that imparts cookout smarts, plus a short selection of easy-to-do meal-finales, which includes Chocolate-Glazed Almond Butter Cake, Warm Spiced Apple Tart, and New Age Floats, round out this useful, photo-illustrated collection. --*Arthur Boehm*

From Best known for his role as the food guru on cable TV's *Queer Eye for the Straight Guy*, -Allen takes the full spotlight in this book, which takes cooks and eaters back to the days before counting calories, carbohydrates, and cholesterol became a national obsession. Allen chats amiably about food and techniques, occasionally making wry asides, as he does about "the politics of poultry production": "I like to joke that I'll only eat chickens that are organically farmed by differently abled Unitarian lesbians of color." His recipes are for comfort foods and old favorites, many updated with a modern twist: spinach salad with bacon and figs. Solid sections on salads, pastas, meat, poultry, and seafood are included, as is a chapter, "Happy Hour," covering both food and cocktails. The dessert section is rather disappointing, but Allen makes up for it by suggesting a wine for each dish. Photos of Allen, often hands deep in the ingredients, are scattered throughout the book. He's obviously having fun, and wishes the same for his reader-cooks. *Stephanie Zvirin*
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