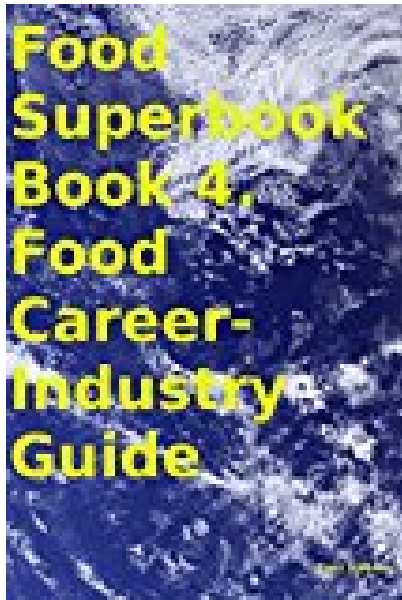


Food Superbook Book 4. Food Career-Industry Guide



BOOK DETAILS

- Author : Tony Kelbrat
- Pages : 526 Pages
- Publisher :
- Language : English
- ISBN :

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BOOK SYNOPSIS

Everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. Using a palette of natural ingredients now widely available in supermarkets, Super Natural Cooking offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. With her weeknight-friendly dishes, real-foodie Heidi Swanson teaches home cooks how to become confident in a whole-foods kitchen by experimenting with alternative flours, fats, grains, sweeteners, and more. Including innovative twists on familiar dishes from polenta to chocolate chip cookies, Super Natural Cooking is the new wholesome way to eat, using real-world ingredients to get out-of-this-world results. An inspiringly stylish introduction to nutritional superfoods, with an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients. Features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos. Shows how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail. Winner of the 2005 Webby Award for best personal website, Heidi Swanson's recipe blog (www.101cookbooks.com) attracts close to 500,000 page views a month, making it one of the most widely read recipe journals online.

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