

Bread Cake Doughnut Pudding Sweet And Savoury Recipes From Britain S Best Baker

With over 300 recipes, *Baking: The Ultimate Cookbook* provides you with everything you need to know to master the craft of baking! Baking is a rewarding craft. It is also a demanding one that requires precision and flawless technique. *Baking: The Ultimate Cookbook* provides everything you need to become a master, featuring over 300 recipes tested and authored by professional pastry chefs, insightful breakdowns of essential techniques and key ingredients, and stunning original photography. Whether you're trying to perfect a sourdough starter or just eager to soothe a craving for something sweet, *Baking: The Ultimate Cookbook* ensures you're always positioned to succeed.

"From the New York cupcake wars to the perfect Parisian macaron, Thomas's passion is palpable, her sweet tooth, unstoppable."—Elizabeth Bard, bestselling author of *Lunch in Paris Forever* a girl obsessed with all things French, sweet freak Amy Thomas landed a gig as rich as the purest dark chocolate: leave Manhattan for Paris to write ad copy for Louis Vuitton. Working on the Champs-Élysées, strolling the charming streets, and exploring the best patisseries and boulangeries, Amy marveled at the magnificence of the City of Light. But does falling in love with one city mean turning your back on another? As much as Amy adored Paris, there was part of her that felt like a humble chocolate chip cookie in a sea of pristine macarons. *PARIS, MY SWEET* explores how the search for happiness can be as fleeting as a salted caramel soufflé's rise, as intensely satisfying as molten chocolate cake, and about how the life you're meant to live doesn't always taste like the one you envisioned. Part love letter to Paris, part love letter to New York, and total devotion to all things sweet, *PARIS, MY SWEET* is a treasure map for anyone with a hunger for life. "Like a tasty Parisian bonbon, this book is filled with sweet surprises."—David Lebovitz, *New York Times* bestselling author of *The Sweet Life in Paris* "Amy Thomas seduces us in the same manner that Paris seduced her—one exquisite morsel at a time."—Nichole Robertson, author of *Paris in Color*

"Life is short; eat dessert first," says Sue Ellen Cooper, Exalted Queen Mother of the Red Hat Society, which is the most fun phenomenon to happen to women over 50 in this century. And so this cookbook has more than 250 desserts at the beginning of a collection of more than 1,000 recipes. Red Hat editors selected the best recipes, stories, and photographs submitted by members from all over the world.

DÉ CULINAIRE BESTSELLER Eenvoud? Het lijkt onwaarschijnlijk bij een kookboek van Yotam Ottolenghi, maar zijn nieuwe kookboek **SIMPEL** staat vol met eenvoudig te bereiden gerechten, zonder af te doen aan de typische Ottolenghi-smaak of verrassing. Van avocadoboter op toast met tomatensalsa, heerlijke saffraan-mosterdscones met cheddar en piccalilly tot burrata met gegrilde druiven en basilicum of een bevroren munt-en-pistache-chocoladecake.

SIMPEL bevat gerechten die een lust voor het oog zijn en verleidelijk smaken. Met handige iconen zie je in een oogopslag welke kenmerken betrekking hebben op het betreffende recept

The most respected nutrition text for more than 50 years, Krause's Food & the Nutrition Care Process delivers comprehensive and up-to-date information from respected educators and practitioners in the field. The latest recommendations of the Dietary Guidelines for Americans 2010, new and expanded chapters, and a large variety of tables, boxes, and pathophysiology algorithms provide need-to-know information with ease, making this text perfect for use in class or everyday practice. Clear, logical organization details each step of complete nutritional care from assessment to therapy. UNIQUE! Pathophysiology algorithms clarify the illness process and to ensure more effective care. New Directions boxes reflect the latest research in emerging areas in nutrition therapy. Focus On boxes provide additional detail on key chapter concepts. Clinical Insight boxes and Clinical Scenarios with detailed Sample Nutrition Diagnosis statements help ensure the most accurate and effective interventions in practice. Key terms listed at the beginning of each chapter and bolded within the text provide quick access to important nutrition terminology. More than 1,000 self-assessment questions on a companion Evolve website reinforce key textbook content. Reorganized table of contents reinforces the Nutrition Care Process structure endorsed by the American Dietetic Association (ADA). New recommendations reflect a comprehensive approach to diet and nutrition that incorporates the Dietary Guidelines for Americans 2010, the MyPyramid food guide, and the Eating Well with Canada's Food Guide recommendations. MNT for Thyroid Disorders chapter details important nutrition considerations for managing thyroid disorders. New calcium and vitamin D Dietary Recommended Intakes (DRIs) improve monitoring of nutrient intake. Expanded Nutrition in Aging chapter includes assessment and nutritional care guidelines for the growing elderly patient population. Growth grids for children detail proper patient nutrition during infancy and early childhood. Extensively revised MNT for Food Allergies chapter highlights the importance of food allergy management in clinical nutrition therapy. Updated appendices enhance assessment accuracy with the latest laboratory findings and normal values.

A sweet tooth is a powerful thing. Babies everywhere seem to smile when tasting sweetness for the first time, a trait inherited, perhaps, from our ancestors who foraged for sweet foods that were generally safer to eat than their bitter counterparts. But the "science of sweet" is only the beginning of a fascinating story, because it is not basic human need or simple biological impulse that prompts us to decorate elaborate wedding cakes, scoop ice cream into a cone, or drop sugar cubes into coffee. These are matters of culture and aesthetics, of history and society, and we might ask many other questions. Why do sweets feature so prominently in children's literature? When was sugar called a spice? And how did chocolate evolve from an ancient drink to a modern candy bar? The

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Oxford Companion to Sugar and Sweets explores these questions and more through the collective knowledge of 265 expert contributors, from food historians to chemists, restaurateurs to cookbook writers, neuroscientists to pastry chefs. The Companion takes readers around the globe and throughout time, affording glimpses deep into the brain as well as stratospheric flights into the world of sugar-crafted fantasies. More than just a compendium of pastries, candies, ices, preserves, and confections, this reference work reveals how the human proclivity for sweet has brought richness to our language, our art, and, of course, our gastronomy. In nearly 600 entries, beginning with "à la mode" and ending with the Italian trifle known as "zuppa inglese," the Companion traces sugar's journey from a rare luxury to a ubiquitous commodity. In between, readers will learn about numerous sweeteners (as well-known as agave nectar and as obscure as castoreum, or beaver extract), the evolution of the dessert course, the production of chocolate, and the neurological, psychological, and cultural responses to sweetness. The Companion also delves into the darker side of sugar, from its ties to colonialism and slavery to its addictive qualities. Celebrating sugar while acknowledging its complex history, The Oxford Companion to Sugar and Sweets is the definitive guide to one of humankind's greatest sources of pleasure. Like kids in a candy shop, fans of sugar (and aren't we all?) will enjoy perusing the wondrous variety to be found in this volume.

For those with food sensitivities, these desserts have remained a distant dream—until now. Following her widely adored debut cookbook with this delectable and extensive new collection, Erin McKenna, celebrated baker and proprietress of BabyCakes NYC in New York and Los Angeles, satisfies all your food fantasies with fifty recipes for perennial favorites—all created without gluten, dairy, eggs, or refined sugar. In addition to its important primer on key ingredients and easy substitutions, BabyCakes Covers the Classics includes a section filled with Erin's insightful solutions to frequently asked questions, which will lead you to newfound baking glory. As for the goods themselves, prepare for untold hours of refreshingly simple and undeniably delicious recipes adapted from the ones that sprinkled our collective childhoods. They include: Thin Mints Madeleines Chocolate Chip Waffles Snickerdoodles S'mores Hamentaschen Square-Pan Tomato Pizza Six-Layer Chocolate Cake with Raspberry Preserves Banana Royale Five variations of BabyCakes NYC's famous donuts & many more . . . BabyCakes Covers the Classics is filled with timeless sweet and savory temptations that vegans, celiacs, and the health-minded can safely indulge in. Erin shows people of all stripes how to take control of a vegan, gluten-free pantry, and she proves that once you do, there are no limitations to what you can bake.

Better With Buttermilk, a comprehensive buttermilk cookbook that reveals the secrets of this low-fat, low-calorie ingredient used by Southern cooks in a delectable assortment of more than 275 tasty recipes. By the author of Oh, Fudge! "Benning promotes buttermilk's nutritional value and versatility...Ideally,

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readers should forget calorie counting and simply enjoy the results of the easy-to-follow recipes."--Publishers Weekly

Presents two hundred recipes for vegan dishes which include such substantial ingredients as portobello mushrooms, sweet potatoes, whole grains, and beans to create a variety of meals which can be enjoyed by both vegans and meat eaters.

#1 New York Times Bestseller *Magnolia Table* is infused with Joanna Gaines' warmth and passion for all things family, prepared and served straight from the heart of her home, with recipes inspired by dozens of Gaines family favorites and classic comfort selections from the couple's new Waco restaurant, *Magnolia Table*. Jo believes there's no better way to celebrate family and friendship than through the art of togetherness, celebrating tradition, and sharing a great meal. *Magnolia Table* includes 125 classic recipes—from breakfast, lunch, and dinner to small plates, snacks, and desserts—presenting a modern selection of American classics and personal family favorites. Complemented by her love for her garden, these dishes also incorporate homegrown, seasonal produce at the peak of its flavor. Inside *Magnolia Table*, you'll find recipes the whole family will enjoy, such as: Chicken Pot Pie Chocolate Chip Cookies Asparagus and Fontina Quiche Brussels Sprouts with Crispy Bacon, Toasted Pecans, and Balsamic Reduction Peach Caprese Overnight French Toast White Cheddar Bisque Fried Chicken with Sticky Poppy Seed Jam Lemon Pie Mac and Cheese Full of personal stories and beautiful photos, *Magnolia Table* is an invitation to share a seat at the table with Joanna Gaines and her family.

Veganism is one of the hottest health trends going. But what do you do when half the people at your dinner table rebel against organic greens in favor of burgers, stew, and meat-based fare? And who has the time or inclination to prepare 2-3 different meals to please everyone? *Hearty Vegan Meals for Monster Appetites* gives 200 recipes that a die-hard comfort food eater will love. Utilizing substantial ingredients packed with flavor such as portabella mushrooms, sweet potatoes, whole grains, and beans readers can enjoy delicious burgers, stews, chilis, pastas, hearty main dishes, casseroles and comforting breads and desserts. Your family won't be missing out with recipes like Maple-Glazed doughnuts with Faux Bacon bits, crispy Mac 'n cheese balls, Patty melts and peanut butter cupcakes. Each dish is abundant and satisfying so that no one at the table feels shortchanged.

Whether you think of them as "doughnuts" or "donuts," you'll be amazed at how easy it is to make these sweet treats at home. Dripping with chocolate glaze, bursting with sweet vanilla cream or blackberry jam filling, or simply rolled in cinnamon sugar—doughnuts, however you like them, can't be beat when freshly made. And they're surprisingly easy to fry—or bake—from scratch. *Glazed, Filled, Sugared & Dipped* includes recipes for classic cake and yeast-raised doughnuts as well as for zeppole, beignets, churros, bomboloni, and doughnut holes—plus glazes, fillings, and sauces to mix and match. With more than 50 recipes and 50

full-color photographs, this cookbook will open up the wonderful world of homemade doughnuts to any home baker.

The sharing of food is akin to the sharing of one's heart, and Patsy Caldwell and Amy Lyles Wilson can think of no better way to "be sweet." There are myriad ways to "be sweet," of course, such as volunteering at the homeless shelter, remembering Aunt Carlisle's birthday, and writing thank-you notes. And then there is food: baking a pie for a new neighbor, icing a cake for a coworker who is ill, or mixing up a batch of brownies for a family gathering. As with *Bless Your Heart: Saving the World One Covered Dish at a Time*, Caldwell and Wilson invite you to consider that the recipes in *You Be Sweet* are about more than food. They present the opportunity for connection and community and inspire you to serve up a piece of yourself to others as an expression of welcome, sympathy, celebration, or concern.

A comprehensive guide to baking with whole grains from one of America's leading flour mills. Features 100 gluten-free recipes and 50 bread machine recipes! If your experience of whole grains translates into heavy, bitter, stale, or (in the case of pasta) mushy, take heart. A revolution in whole-grain flours and a better understanding of the techniques needed to create delicious whole-grain baked goods that are as good to eat as they are good for you has taken place in the last few years. With new flours like white whole wheat, white wheat bran, and white spelt, whole-grain baking has finally come into its own. And here to help health-conscious cooks take advantage of the new developments is *The Official Hodgson Mill Whole-Grain Baking Companion*. From scrumptious breads like Multigrain Currant Loaf, Sourdough Rye, and California Soy Crunch to White Whole Wheat Blueberry Muffins and Perfect Buckwheat Pancakes, from Cranberry-Marmalade Scones to Cardamom Coffee Braid, 400 recipes present the best of whole-grain baking in easy-to-follow step-by-step format. Readers will be introduced to whole-grain flours (including the many kinds of whole wheat, rye, corn, spelt, oat, soy, rice, bean, buckwheat, flax, barley, quinoa, millet and more) and learn special tips for using each kind of flour, what its nutrient value is, how to store it to preserve freshness, and how to combine different flours for maximum flavor and nutrition. A chapter on baking basics takes readers with illustrated step-by-step directions through the bread making process, whether they're creating whole-grain baked goods by hand, in a bread machine, or with a food processor, and illustrates techniques like braiding. All of this comes from the authority of Hodgson Mill, a flour company that has been grinding whole grains for 120 years.

Super Good Baking for Kids, from New York Times bestselling celebrity chef and host of *Ace of Cakes* and *Kids Baking Championship* Duff Goldman, teaches budding young bakers how to make dozens of crazy delicious concoctions—from confetti snickerdoodles to unicorn cupcakes to amazing dessert pizzas. With more than 35 delicious recipes and tons of fun fact-filled sidebars on everything from the science of yeast to the history of baking, *Super Good Baking for Kids* shows kids how to make treats that will amaze parents, delight friends, and make the whole family go "mmmmmm." Celebrity chef and host of *Kids Baking Championship* Duff Goldman believes baking should be three things: super fun, super delicious, and super creative. *Super Good Baking for Kids* features dozens upon dozens of the gooiest, chewiest, easiest-to-follow recipes ever! This book teaches young bakers how to make everything from wicked good Boston crème donuts to delicious monkey bread to a mind-blowing stuffed-crust dessert pizza! The cakes, cookies, pies, and puddings are all fun to bake, a thrill to decorate, and delicious every time. With kid-friendly step-by-step instructions; helpful kitchen-safe tips; funny, fact-filled sidebars on everything from the best places to eat in New York to the surprising facts about unicorns; and an overview of crucial cooking skills, this book will give any kid the kitchen confidence to make crazy delicious desserts that everyone will enjoy! In addition to a variety of recipes this cookbook offers a table of weight and measurement equivalents, a table of metric equivalents, a formula to increase recipe servings, chef tips, a glossary, and an annotated list of readings for cooks.

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"Louisiana is famous for its culinary delights, and the state's rich medley of treats and confections proves its sweet tooth. Creative bakers improvised traditional recipes during days of rationing to create *gateau de sirop* (syrup cake) and bread pudding. Early customers of Lea's Lunchroom's pies in central Louisiana included outlaws Bonnie and Clyde, who dropped by while they were on the run. During the 1950s, singers Hank Williams Sr. and Elvis Presley hung out at Shreveport's Southern Maid Donuts after performing at the popular Louisiana Hayride country music broadcast. Author Dixie Poche dives into the recipes and history behind such beloved regional specialties as Mardi Gras king cake, flaming Bananas Foster, Cajun Country's *pain perdu* and many more."--Publisher's description.

This comprehensive cookbook tells home and outdoor cooks everything they need to know to make irresistible Louisiana dishes in cast iron Dutch ovens. As the president of the Louisiana Dutch Oven Society, Bill Ryan has perfected the traditional, rustic methods of preparing classic Louisiana cuisine. In *Dutch Oven Cajun and Creole*, Bill serves up everything from breakfast to dinner as well as breads, sides, and desserts. He shares some of his prize-winning recipes, as well as essential tips for cast-iron cooking. Give a few of these Louisiana favorites a try: Beignets, Shrimp Creole, Dirty Rice, and Crawfish Etouffee. And, if that doesn't fit the bill, Grillades and Grits, Cajun Cacciatore, Mardi Gras Rolls, and Lime-Coconut Buttermilk Pie certainly will.

Did your mother have a fondue pot? Did she pull it out of the closet, oh, maybe once a year, to celebrate some special occasion? Well, that was then, and this is *Not Your Mother's Fondue*. Author Hallie Harron offers a decidedly different take that will have you reaching for your fondue pot time and time again—not just for special occasions. And lest you think the fondue pot's repertoire is limited to cheese and chocolate, this book demonstrates—deliciously—the versatility of this sometimes-neglected appliance, with simple yet sophisticated recipes for saucy fondues, broth-based fondues, and bourguignon-style dippables and dunkables. (Of course, cheese and chocolate fondues get the *Not Your Mother's* treatment here, too.) Dip and delight in: Danish Dilled Havarti Fondue White Chile con Queso Fondue Cheesy Lobster Roll Fondue Sunday Supper Lentil Fondue Mongolian Hot Pot Chai Latte Fondue Chocolate Hazelnut Cheesecake Fondue Just Peachy Sangria Fondue Make every day fun and festive with easy, interactive, up-to-the-minute fondue! Discover even more modern takes on classic techniques and dishes from the *Not Your Mother's* series: *Not Your Mother's Slow Cooker Recipes for Two*; *Not Your Mother's Microwave Cookbook*; *Not Your Mother's Slow Cooker Cookbook, Revised and Expanded*; *Not Your Mother's Casseroles Revised and Expanded Edition*; and *Not Your Mother's Make-Ahead and Freeze Cookbook Revised and Expanded Edition*.

A classic regional cookbook filled with recipes from iconic orchards and cider mills throughout New England. *New England Orchard & Cider Mill Cookbook: Great Food, Libations, and Family Traditions* is a cookbook featuring a bit of history alongside recipes from New England's beloved orchards and cider mills, sidebars. The book will include over 100 recipes, ranging from basics through drinks, are all home-cook friendly and come from the orchards, mills, their employees and friends. These are not just apple recipes!!! Full color photographs will highlight the recipes, the workers, the farmers, and the land. Throughout the book are sidebars and features about life and work at the farms, orchards, and cider mills plus fun facts. Most families with a member with celiac disease struggle to get food on the table that the whole family can enjoy. This easy-to-use cookbook focuses on creating simple recipes that minimize stress from three experts in the field. Most of the dishes use ingredients that are easily found in supermarkets and don't require the exotic flours, expensive ingredients or complicated recipes found in other gluten-free cookbooks. Here is a book that lives up to the promise of making real food for real people--real easy! With over 100 delicious and easy-to-make gluten-free recipes for every meal of the day from entrees, soups, salads, and

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appetizers, to desserts and other baked goods. Gluten-Free Made Simple also includes: --full-color photographs --complete nutritional analysis for every recipe --step-by-step photos helpful to beginners --a list of naturally gluten-free foods available in supermarkets --icons to indicate high protein, low fat, high fiber, or vegetarian --information about gluten, celiac disease, and living a gluten-free lifestyle One of the fastest growing segments in nutrition is understanding the role of gluten and its effect on the immune system. This book offers guidance to people struggling to make sense of their food options and eat healthy while cooking delicious and appealing food for themselves and their families.

THE PERFECT GUIDE FOR HOME BAKERS LOOKING TO EXPAND THEIR BAKING

REPertoire! 'This book is as good for slaving over as it is to cook from' Nigella Lawson Justin Gellatly is one of Britain's best bakers. Head Baker and Pastry Chef at St John for twelve years, and now at Bread Ahead Bakery in Borough Market, Justin is famous for his legendary sourdough bread and doughnuts. In Bread, Cake, Doughnut, Pudding, Justin shows you how to make mouth-watering treats, including: - Classics like madeleines, croquembouche, sourdough starter and bread - Old favourites with a twist from banana sticky toffee pudding to salted caramel custard doughnuts and deep fried jam sandwiches - And finally his uniquely original recipes for fennel blossom ice cream and courgette and carrot garden cake With over 150 recipes covering bread, biscuits, buns and cakes, hot, warm and cold puddings, ice cream, those doughnuts, savoury baking and store cupboard essentials, this book is full of recipes you'll want to make again and again. 'I have always loved eating his bread and cakes, and his the doughnuts are the best in the world. Fabulous book' Angela Hartnett 'Having always hugely enjoyed eating the seemingly endless, singular delights of this talented and very good baker, it is a boon and a half to know at last how Justin makes these so very, very delicious things' Jeremy Lee

DIVGluten-Free Doughnuts, Baked to Perfection! Who doesn't love a doughnut? From their pillowy soft texture, to their perfect size and shape, to their sweet glazes and sprinkles they're everyone's favorite treat. But they're always unhealthy, and you can only get them at the bakery right?/divDIV Not anymore. This doughnut cookbook is for everyone! WithBaked Doughnuts for Everyone, you can now enjoy fresh--completely gluten-free!--doughnuts from the comfort of your own kitchen andwithout fussing over a fryer. All you need is a doughnut pan, a mixing bowl, and a few simple ingredients like oat flour, almond meal, and pure cane sugar. The result?Truly cake-like doughnuts with no grainy textureandno scary starches or gums--only pure, all-natural flavor. No one will everguess they're gluten-free, whether they follow a wheat-free diet or not! /divDIVFrom sweet confections to more savory combinations, you'll find recipes to suit every occasion and every taste, including:/div Cinnamon Sugar Doughnuts Apple Fritter Doughnuts Peanut Butter Crunch Doughnuts Vegan Goopy Chocolate Doughnuts Jalapeno Cheddar Doughnuts Greek Stuffed Doughnuts DIVWe all need more doughnuts in our lives and now it's easier than ever what are you waiting for?/divDIV/div

If you are on a restricted diet due to food allergies or gluten intolerance, you don't have to be deprived of the pleasure of your favorite desserts. Now you can enjoy delicious desserts which are free of your problem foods. With I Love Dessert but NOT Sugar, Wheat, Milk, Gluten, Corn, Soy, Unhealthy Fat... you will rediscover the enjoyment of simple pleasures. This book contains more than 300 easily-made recipes for almost any dessert you might want, all free of sugar, wheat, corn, soy, and unhealthy fats. Most of the recipes are gluten-free; a wide variety of gluten-free grains and grain alternatives is used in addition to rice. The desserts are sweetened with healthy natural sweeteners such as agave, fruit sweeteners, and stevia. Enjoy simple fruit desserts, puddings, cobblers, crisps, pies, cakes, ice creams (including dairy-free), sweet breads and rolls, cookies and confections on your special diet. When your friends or family are having a treat, now you can join in. Don't deprive yourself any more!

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A complete resource for new and experienced cooks combines more than 200 illustrated recipes with comprehensive instructions, tips and techniques for preparing a variety of breads, from artisanal and no-knead breads to coffee cakes and gluten-free adaptation. Original. 36,000 first printing.

What are the all-time best dishes America has to offer, the ones you must taste before they vanish, so delicious they deserve to be a Holy Grail for travelers? Where's the most vibrant Key lime pie in Florida? The most sensational chiles rellenos in New Mexico? The most succulent fried clams on the Eastern Seaboard? The most memorable whoopie pies, gumbos, tacos, cheese steaks, crab feasts? In *500 Things to Eat Before It's Too Late*, "America's leading authorities on the culinary delights to be found while driving" (*Newsweek*) return to their favorite subject with a colorful, bursting-at-the-seams life list of America's must-eats. Illustrated throughout with mouth-watering color photos and road maps, this indispensable guide is organized by region, then by state. Each entry captures the food in luscious detail and gives the lowdown on the café, roadside stand, or street cart where it's served. When "bests" abound—hot dogs, hamburgers, pizza, apple pie, doughnuts—the *Sterns* rank their offerings. Sidebars feature profiles of idiosyncratic creators, recipes, and local attractions.

The first volume in this two-part collection was inspired by anguish and turmoil that I was surrounded with several years ago. This volume is inspired by characters who might have caused these feelings and by finding escape from the negativity that is derived from situations that are less favorable. Over the time lapse between lyrical bursts, there have been many situations that cannot be poetized and others that may fill in the gaps between what people may see and what others may do. I think the best way to sum up this book is as a war on the imagination.

#1 NEW YORK TIMES BESTSELLER • From beloved food personality Bobby Deen, son of Paula Deen, comes an irresistible healthy cookbook featuring 120 recipes of Southern comfort-food classics—all under 350 calories and jam-packed with flavor. Raised on his mother's fried chicken and hoecakes, Bobby Deen ultimately found himself, as a young man, twenty-five pounds overweight. Unwilling to sacrifice any of his favorite foods, Bobby started tweaking the recipes he grew up on, replacing sour cream with nonfat yogurt, using lower-calorie versions of mayonnaise, cream cheese, and other high-calorie items. Even Paula herself sometimes couldn't tell the difference between the lo-cal versions and her originals—since the flavor remained top-notch. Here you'll find a soup-to-nuts collection of many of the great dishes and flavors you've come to enjoy and expect from the Deens, but with a lot fewer calories. Every recipe has been reviewed and approved by a certified nutritionist. Yes, you can have your Goopy Less Butter Cake and eat it too . . . along with such selections as It's a Party Guacamole • Easy Ginger-Glazed Spare Ribs • Yes You Can Mac and Cheese • Cheeseburger Casserole • Old-Fashioned Meatloaf • Crispy Oven-Fried Chicken • Roasted Pork Tenderloin with Apples • Buttermilk Mashed Potatoes • Bittersweet Chocolate Cheesecake • Strawberry Streusel Cake In addition to all these mouthwatering recipes and 65 full-color photos, you will find before/after fat and calorie counts (so you know just how many calories you're saving)—plus a week's worth of 1,500 calorie/day menus, celebration menus, healthy prep tips, weight-loss shortcuts, ideas for stocking a healthy pantry/fridge, and a section on easy high-fat/low-fat ingredient swaps. Praise for *From Mama's Table to Mine* "Deen wants folks to enjoy healthy favorites without sacrificing flavors or family memories, and this cookbook is sure to make a mamma proud."—*Publishers Weekly* "It's so great that Bobby has refashioned some all-time-favorite Southern dishes in a healthier style. He continues to work hard to keep America healthy and happy."—Curtis Stone, chef, television host, and author "Bobby Deen has been our 'brother from another mother,' and when you taste his dishes, you immediately recognize Paula's influence. His tasty food stresses eating healthier without sacrificing the delicious Southern flavors and traditions he grew up with! Way to go

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Bobby!”—Pat and Gina Neely, hosts of Down Home with the Neelys “Even Paula, who’s been eating healthier herself these days, can’t tell the difference. ‘Are you sure you remembered to take out the fat?’ she asked when she first tasted the food. He did—we swear.”—Food Network Magazine “Bobby Deen nails it with these favorite Southern recipes. What they’ve lost in calories, they’ve gained in flavor. Perfect for everything from a quick weeknight meal to an elaborate Saturday night celebration.”—Rocco DiSpirito, chef and author “For the health-conscious eater who craves comfort food . . . Bobby’s recipes strike a balance between familiar flavors and a newer, healthier approach to cooking.”—Shelf Awareness (starred review)
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