

One Pan 100 Brilliant Meals

Cook quick and easy delicious meals to enjoy at home. The perfect gift for busy people who want to make simple but satisfying home cooked dinners. The Roasting Tin has recipes for 75 delicious one-dish dinners ranging from chicken traybakes to supergrains. The concept is simple: easy ingredients, a few minutes prep, and let the oven do the work. Each chapter also includes a helpful infographic for how to build you own roasting tin dinner using whatever is in your fridge tonight. These recipes are for anyone who wants to eat nutritious food made from scratch. 'A brilliant buy for anyone who wants to cook with minimal effort, equipment or cooking knowledge' Independent THE SWEET ROASTING TIN, THE LATEST IN THE MILLION-COPY-SELLING ROASTING TIN SERIES, IS OUT NOW **AS SEEN ON CHANNEL 4**

A mother and daughter duo translate soul food recipes passed down through generations into affordable and nutritious dishes, featuring black-eyed pea hummus, spicy pepper chicken, sweet potato skewers, and chia pudding.

"The tools and recipes you need in order to raise healthy and adventurous eaters—for life!" —Michele Olivier, author of Little Foodie Make family mealtimes fun and healthy with over a hundred recipes from kids cooking expert Annabel Karmel. Annabel Karmel brings you a mouth-watering batch of never before seen recipes featuring delicious ingredients with serious nutritional credentials. With beautiful photographs and fresh design, this is an essential book for every modern parent. Chapters range from Fifteen Minute Meals to Healthy 'Fast Food', via Holiday Cooking with Kids and Lunchbox Snacks, and fresh, easy and modern dishes include Quinoa Chicken Fingers, Crispy Baked Cod, The Best Buttermilk Pancakes and Carrot Cake Balls. The chapters are designed to make choosing a fuss-free dish simple. Many recipes include swap-outs to cater for those with food allergies, intolerances or particularly fussy eaters! There is a huge range of meat-free and vegan meal options as well as recipes including meat and fish. Real Food Kids Will Love offers everything today's parents are looking for once their babies are ready to start joining in with family mealtimes. Each dish is designed to be enjoyed by the whole family, while remaining simple, healthy, and not too salty or sugary for young children.

Next-Level Keto Dishes from Your One-Pan Wonder Fancy equipment need not apply: These incredible Keto recipes are all crafted to be cooked in one tried and true kitchen staple—the cast iron skillet. Where other cookbooks would have you busting out bulky appliances that take up valuable kitchen space—not to mention the hassle of cleaning all those dishes at the end of a busy night—Cast Iron Keto gives you deliciously easy low-carb, high-fat meals all in one pan. Meat lovers will devour the savory Blue Cheese and Pecan–Stuffed Pork Tenderloin or the decadent Chimichurri Skirt Steak with Lobster- Turnip Stacks, while the Keto vegetarians in your life will be drooling over the fresh flavors of the Chipotle Tofu Bowls and the Zucchini Boat Pizzas. There's even an Easy Ramen for Two, the perfect meal for those cozy stay-at-home date nights. The ease of using just one cast iron skillet allows you to get the best sear and lock in all the robust flavors these recipes have to offer, as well as cook your food more evenly than ever. Turn up the dial on your Keto flavors and cut down on time spent washing dishes as you wow friends and family with these delicious and easy Keto meals for any day of the week.

Katie Workman is a gifted cook, a best friend in the kitchen, and a brilliant problem solver. Her Mom 100 Cookbook was named one of the Five Best Weeknight Cookbooks of the past 25 years by Cooking Light and earned praise from chefs like Ina Garten ("I love the recipes!") and Bobby Flay ("Perfect . . . to help moms everywhere get delicious meals on the table."). Now Katie turns her attention to the biggest problem that every family cook faces: how to make everyone at the table happy without turning into a short-order cook. Expanding on one of the most popular features of the first cookbook, her ingenious "Fork in the Road" recipe solution, which makes it so easy to turn one dish into two or more, Katie shows you how Asian Spareribs can start mild and sweet for less adventurous eaters—and then, in no time, become a zesty second version for spice lovers. She shakes up the usual chicken for dinner with Chicken Tikka Masala-ish—and feeds vegetarians, too, by offering a fork where cauliflower is used in place of the chicken. Fettuccine with Shrimp and Asparagus is a blueprint for seven other easy mix-and-match pasta dinner combinations. Crostini for breakfast—truly an aha! idea—can go sweet or savory, pleasing both types of morning eaters. Have all the ingredients on hand? Make the insanely delicious Chocolate Carrot Cake. Missing chocolate? Don't run out to the store—the basic Carrot Cake is just as satisfying. Katie's voice is funny and wry, and completely reassuring. Stunning full-color photographs show every dish. The result: no more cranky eaters, no more dinner table strife, no more unsure or stressed-out cook.

More than 200 all-new, never-before-published recipes for dishes that are "familiar but fresh, approachable but exciting." (Yotam Ottolenghi) Each recipe in New York Times columnist Melissa Clark's Dinner is meant to be dinner--one fantastic dish that is so satisfying and flavor-forward it can stand alone--or be paired with a simple salad or fresh bread on the side. This is what Melissa Clark means by changing the game. Organized by main ingredient--chicken, meat, fish and seafood, eggs, pasta and noodles, tofu, vegetable dinners, grains, pizza, soups, and salads that mean it--Dinner covers an astonishing breadth of recipes. There is something for every mood, season, and the amount of time you have: sheet pan chicken laced with spicy harissa, burgers amped with chorizo, curried lentils with poached eggs, to name just a few dishes in this indispensable collection. Here, too, are easy flourishes that make dinner exceptional: stir charred lemon into pasta, toss creamy Caesar-like dressing on a grain bowl. *** Praise for Melissa Clark's Dinner "The recipes in Melissa Clark's Dinner are everything I want for my dinner. Dishes which are familiar but fresh, approachable but exciting. The tone of the book is also just the sort of company I'd want around my table: Melissa is experienced enough in the kitchen to know that being relaxed is the only way to approach the evening meal. It should be fun, it should be easy, it should be delicious."--YOTAM OTTOLENGHI "Melissa Clark has an extrasensory ability to divine what we want to eat and a secret knowledge of how to take a familiar dish and make it just a little more interesting. In following her lead,

dinner gets more delicious and we become better cooks." --PETER MEEHAN "Dinner is an expertly useful tool for the home cook. Melissa Clark has stripped away fussiness and pretension and replaced it with sensibility and flavor. This is food that you will absolutely crave " --MICHAEL SOLOMONOV

The One-Pan Solution to Making Healthy Paleo Meals Every Day Get nutritious Paleo meals on the table faster and easier than ever before with these fantastic sheet pan recipes. Jennifer Bumb of Pretend It's a Donut shares a diverse array of hands-off choices, from breakfasts to main meals to sides and desserts, that all cook on one pan—all you need to do is pop it in the oven! Spice up your weeknight with suppers full of healthy fats, lean proteins and hearty vegetables like Fajita Meatballs with Squash and Cilantro-Lime Dressing, Mediterranean Pizza and Apple-Dijon Stuffed Pork Loin. Have breakfast ready in a flash with filling Paleo dishes like Tomato-Basil-Bacon Frittata and Heavenly Blueberry Pancakes, which are perfect for busy mornings. And don't forget to try crowd-pleasing sides like Broccoli Tater Tots and Spicy Crispy Green Beans with Pancetta. Because everything fits on a sheet pan, these set-it-and-forget-it meals will have you out of the kitchen and back about your day in no time. Whether you're new to Paleo, a longtime devotee or simply trying to incorporate healthier choices into your weekly meal rotation, The Paleo Sheet Pan Cookbook is the solution your busy lifestyle needs.

Short of time, short of money? Entertaining friends or looking for a perfect mid-week meal? Discover 80 great tasting, time-saving recipes with HOB! Sick of endless cooking for an uninspiring meal? Or how about that 15 minute wait to pre-heat oven? Life is complicated enough so say hello to a new kind cookbook that cuts out all the fuss and delivers on flavour. The concept is simple. 80 great-tasting, time-saving recipes, all of which are cooked on the hob, most in one pan and guaranteed to have food on the table in under 30 minutes. With HOB, expect simple budget friendly ingredients and tips on meal planning and quick fixes – everything you need to get dinner served that bit quicker. Whether you're simmering, sautéing or frying, recipes will include crowd pleasers such as chorizo marinara and vegetable katsu curry; budget wonders like spicy bean burgers and red pesto koftas; and HOB treats such as pan-share blackberry crumble and apple and cinnamon rolls. From busy families to budget-conscious students this is a cookbook for anyone who wants to dial down the effort and turn up the flavour!

Collects recipes for weeknight meals for two, including jambalaya, tuna burgers, veal piccata, lamb kebabs, yellow curry chicken, and prosciutto-wrapped salmon.

THE SUNDAY TIMES BESTSELLER 'For bung-it-in-the-oven cooks everywhere, this is a must-have book: Diana Henry has a genius for flavour.' - Nigella Lawson Whether you're short of time or just prefer to keep things simple, From the Oven to the Table shows how the oven can do much of the work that goes into making great food. Diana Henry's favourite way to cook is to throw ingredients into a dish or roasting tin, slide them in the oven and let the heat behind that closed door transform them into golden, burnished meals. Most of the easy-going recipes in this wonderfully varied collection are cooked in one dish; some are ideas for simple accompaniments that can be cooked on another shelf at the same time. From quick after-work suppers to feasts for friends, the dishes are vibrant and modern and focus on grains, pulses and vegetables as much as meat and fish. With recipes such as Chicken Thighs with Miso, Sweet Potatoes & Spring Onions, Roast Indian-spiced Vegetables with Lime-Coriander Butter, and Roast Stone Fruit with Almond and Orange Flower Crumbs, Diana shows how the oven is the most useful bit of kit you have in your kitchen. Praise for How to Eat a Peach: 'This is an extraordinary piece of food writing, pitch perfect in every way. I couldn't love anyone who didn't love this book.' - Nigella Lawson '...her best yet...superb menus evoking place and occasion with consummate elegance' - Financial Times Food Book of the Year at the André Simon Food & Drink Book Awards 2019

Spend less time in the kitchen and more time together with 100 brand new family-friendly recipes from Joe Wicks, aka The Body Coach, the nation's favourite PE teacher and record-breaking bestselling author. With 100 healthy, tasty, simple recipes to feed the whole family, this book is sure to provide new favourite go-to meals for speedy suppers, celebrations and everything in between. As the proud dad of two kids, Joe understands the realities of life as a busy parent. Sometimes you're short of time, and it's hard to come up with a balanced meal when you have a thousand things to think about! This book does the hard work for you, so cooking and sharing nutritious food can become a social, fun activity for your family. Each recipe is specially designed to please every family member, leaving you all feeling healthy, happy and satisfied. Including: · Mexican chicken burgers with avocado smash and sweetcorn salsa · Peanut butter popcorn · Frying-pan pizzas with little trees and fennel sausage · Cheesy orzo-stuffed tomatoes · Broccoli and pancetta carbonara Filled with swaps to cater to all tastes and ideas for involving the kids when you're cooking, this flexible cookbook will soon become your family favourite. The man who kept the nation moving during lockdown, Joe has sold more than three million books in the UK alone. He has more than four million followers on social media, where fans share their personal journeys towards a happier, healthier lifestyle. All of his books have been non-fiction number one bestsellers.

What's not to love about sheet pan cooking? It is super-convenient, healthy, easy on the washing up and, as Liz Franklin proves here in 101 inspired meat-free recipes, big on flavour! More and more of us are cutting out animal protein and products from our diets, or at very least reducing them. Liz Franklin reveals how all manner of the truly scrumptious dishes can be created when oven, sheet pan and vegetables conspire. Most of the recipes are built on a rainbow of roasted vegetables, grains, cheese and vegan sources of protein, but there are also recipes for things you might not associate with oven cooking too – fabulous fritters, glorious soups and the best-ever baked porridge. Taking their lead from dishes enjoyed all around the world, recipes include delicious dishes from the Mediterranean, Middle East, Africa and The Americas as well as ideas designed to showcase your own local seasonal produce.

From the award-winning culinary superstar and all-around "Queen of the Greens," a cookbook that perfectly reflects the way we want to cook and eat today: vegetarian food that is stylish, sustainable, and packed with flavor. "This is a book where thought meets practical action meets deliciousness." –Yotam Ottolenghi, bestselling author and award-winning chef With her award-winning cookbooks, Anna Jones blazed the trail of modern and creative vegetable-centered cuisine, and in her new book, she makes cooking mouthwatering meals simpler and greener than ever before. One: Pot, Pan, Planet delivers all the goods: delectable recipes that are easy to prepare and that keep sustainability at the center of every dish. And with Jones guiding the way, the variety and depths of flavors possible using just one pot, pan, or tray are limitless: Persian Noodle Soup, Carrot & Sesame Pancakes; Crispy Butter Beans with Kale, Lemon & Parmesan; Quick Squash Lasagna; Saag Aloo Shepard's Pie, to name just a few. With over 200 recipes for every occasion--from busy weeknight meals, to weekend feasts, to desserts that promise to delight --these inventive, deeply satisfying dishes will become your new go-to kitchen staples. Whether preparing the recipes vegetarian or vegan, you will also find information to help you reduce waste, use leftovers, make kitchens plastic-free, and become a more environmentally mindful shopper. One: Pot, Pan, Planet is a splendid cookbook that is all good: for you, for your pocket, for the planet--and, of course, for your palate!

The Sunday Times Bestseller A wonder of a recipe collection celebrating the simple joys of one pot cooking Life is complicated enough so

why not let Si King and Dave Myers, AKA the Hairy Bikers, make it just that bit easier? Whether it's inspiration for supper after a hard day's work or a slow roast feast for a weekend gathering, One Pot Wonders has it all. From rich and warming tray bakes to light but satisfying salads, these triple-tested recipes deliver on flavour and cut out the fuss. This is Si and Dave's most wonderful collection yet, with chapters on breakfasts and brunches, soups and salads, satisfying stews, quick one pot carbs, tarts and tray bakes, stovetop suppers, pies and pot roasts, and puds and cakes - this collection is a belter! Enjoy savoury classics like Sausage and Bean tray bake and Showstopper Quiche, or the sweet delights of Rhubarb and Orange Crumble and Boozy Syllabub Trifle, there's so much here to tickle the taste buds and get your cooking mojo back into the kitchen. So dial back the effort and turn up the flavour with the boys' One Pot Wonders!

If you are time-poor, stuck in a food rut, or simply hate doing dishes, One-Pot Vegetarian is the book for you. Bringing together classic recipes and fresh originals, Sabrina Fauda-Rôle teaches you how to cook over 80 veggie-packed meals in just one pot. From weeknight essentials to gatherings and celebrations, there's something for every occasion. Try the warming Tuscan soup, a speedy Spring green casserole, ready in 25 minutes, and a rather impressive Risotto primavera. Filled with inspiration for simple, healthy, delicious meals, One-Pot Vegetarian contains a wide variety of ingenious recipes, perfect for any night of the week.

It's the one-pot meal reinvented, and what is sure to become every busy cook's new favorite way of getting dinner on the table. It's Sheet Pan Suppers—a breakthrough full-color cookbook with more than 120 recipes for complete meals, snacks, brunch, and even dessert, that require nothing more than a sheet pan, your oven, and Molly Gilbert's inspired approach. The virtue of cooking on a sheet pan is two-fold. First there's the convenience of cooking everything together and having just one pan to clean up. Then there's the cooking method—roasting, baking, or broiling—three techniques that intensify flavors; in other words, food tastes better when cooked on a sheet pan (move over, slow cooker). But the real genius here is Molly Gilbert's fresh, sophisticated approach. There are easy dinners for weeknight meals—Chicken Legs with Fennel and Orange; Soy-Mustard Salmon and Broccoli; Roasted Pork Tenderloin with Squash, Apples, and Onions. Special occasion meals—Rack of Lamb with Herby Bread Crumbs and Buttered Carrots; Asparagus and Black Cod in Parchment. Meatless meals—Israeli Couscous-Stuffed Peppers. Plus surprise extras, including in-a-snap party snacks—Baked Brie and Strawberries, Corn and Crab Cakes with Yogurt Aioli; quick brunch dishes like Greens and Eggs and Ham, and Baked Apricot French Toast; and, of course, dessert—Stone Fruit Slab Pie, Halloween Candy S'mores. Maximum ease, minimal cleanup, and mouthwatering recipes. In other words, a revelation that will change the way we cook.

Ditch the dishes and simplify dinner with 100 healthy, family-friendly recipes you can make in just one pan. Weeknight dinners can be a chore, especially when they require multiple pots and pans. Simplify dinner with 100 easy recipes that come together quickly and require only one sheet pan, skillet, Dutch oven, multicooker, or slow cooker. Healthy recipes feature fresh, whole food ingredients and lightened up versions of family favorites. Short on prep but big on flavor, these homemade meals are easy, flexible, and quick to prepare—exactly what you need to get dinner on the table with minimal fuss. Healthy One Pan Dinners makes weeknight cooking attainable with: 100 recipes for satisfying, one-pan dinners that will please the whole family including Skirt Steak with Chimichurri, Ginger Shrimp with Carrots and Snap Peas, Eggplant Parmesan Stackers, and Thai Chicken Lettuce Cups. Helpful tags to identify Gluten-Free, Dairy-Free, Vegetarian, Under 30 Minutes, and Freezer-Friendly meals. Complete nutritional information for every recipe. Tips for repurposing leftovers, meal prep, storage, and reheating.

'A book that turns a chore into a pleasure ... Johansen is never less than in tune with her reader.' – Observer Food Monthly One of The Sunday Times and Observer Food Monthly's food books of the year. Embrace the joy and freedom of cooking delicious food just for you with this essential kitchen companion from the award-winning, bestselling Signe Johansen. Solo: The Joy of Cooking for One will inspire you to cook delicious food, every day. With easy ideas for every meal, including nourishing breakfasts, speedy suppers and batch recipes to save you time and effort, Solo has got you covered. Perfect for first-time cooks as well as experienced chefs, this handy book is the ultimate guide to cooking for one – and to enjoying the process just as much as the delicious results. 'Turning cooking for one from a soul-destroying mathematical exercise to a self-loving luxury, Solo is gleefully self-indulgent yet somehow wildly practical.' - Alexandra Heminsley

A collection of 100 recipes from the James Beard Award-nominated Genius Recipes column on the Food52 website features foolproof recipes and instructions from cooking luminaries including Julia Child, Alice Waters, David Chang and Yotam Ottolenghi. 50 Recipes for EVERYTHING You'll Ever Want to Make. Because smaller families shouldn't have to rely on recipes built for four or six, America's Test Kitchen has reengineered 650 of our best recipes to serve just two. Over the years we've discovered that scaling down a recipe isn't as simple as cutting the ingredients in half—cooking times, temperatures, and equipment need to be adapted as well. This comprehensive cookbook takes the guesswork out of cooking for two so you can be sure that anything you want to make—from Classic Beef Stew to Lasagna to a mini batch of Fudgy Brownies or a Fluffy Yellow Layer Cake—will come out right (and perfectly proportioned) every time. We'll also give you options when you're short on time. 150 recipes, including Chicken Saltimbocca and Pan-Seared Rib-Eye Steaks with Sweet-Tart Red Wine Sauce, can be on the table in 30 minutes or less. For those times when you want healthier fare, we've provided more than 100 recipes labeled "Light" such as Provencal Vegetable Soup and Poached Shrimp Salad with Avocado and Grapefruit, each with nutritional information listed in an easy-to-read chart in the back of the book. And we include chapters on for-two slow cooking, grilling, and baking pies, quick breads, cakes, and cookies. A 25-page manual teaches the basics of cooking for two, including clever shopping strategies to reduce waste, smart storage tricks help extend freshness of key ingredients, and our picks for the most useful kitchen equipment for any two-person household. Vegan on a Budget. Simplified. Fans already know Olivia Biermann, from her Liv B YouTube fame (1 million average monthly views!), the Liv B blog (140,000 average monthly views!) and for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling Liv B's Vegan on a Budget, Olivia is back with a new collection of more than 100 recipes that are tastier and easier than ever before -- all helping you master cost-effective plant-based cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan. Liv B's Easy Everyday also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions -- all to help you streamline your time in the kitchen. Looking to meal prep savory breakfasts for the week? Whip up a batch of Chorizo Tempeh Breakfast Wraps. Hosting a cozy family gathering? Try Sheet Pan Pot Pie. There are lots of delicious recipes, including Frying Pan Granola, One-Pot Mushroom Stroganoff, and Liv's Famous One Pot Mac n' Cheese. In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it's no wonder so many of us don't have the time or energy to cook. Olivia is here to help.

No more searing, sautéing, stirring, checking, or watching! Whether in your pressure cooker or your slow cooker, you can use these recipes to cook delicious meals without any extra steps. Chef and author Eric Theiss brings you the solution to making meals quick and simple, yet pounded with flavor! He has spent his entire career working with the latest and most innovative cooking products, and has perfected the art of TRUE one-pot cooking. You will be amazed at how little effort the Toss & Go!

method of cooking takes! We don't "sear," we don't "sauté," "brown," or "sweat," because one-pot meals shouldn't require all of those extra steps. Eric has done the side-by-side comparisons and has figured out how to get you the same flavors without all of the fluff. With full-color photos throughout plus loads of slow-cooker techniques and tips, Toss & Go! features 100+ recipes for fuss-free meals such as Beef Brisket Stew, Smokey Bacon and Gouda Grits, Miso and Soy Glazed Chicken, Buffalo Cauliflower, and Blueberry Muffin Bread Pudding. This is a fancy-free zone that's big on flavor!

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

A well-constructed bowl can be a perfectly complete meal, which is why today so many people are turning to this ingenious way of eating. From smoothie bowls to rice bowls, One-Bowl Meals offers 30 perfectly constructed creations with endless possibilities for mixing and matching the components. Maria Zizka, author of The Newlywed Cookbook, expertly guides readers through lessons on creating balanced bowl meals for breakfast, lunch, and dinner. Each bowl starts with a simple formula of Base + Component + Component, so that the recipe is easy to navigate and even easier to customise. The recipes are organised by the base - be it rice, grains, greens, or noodles. A yogurt bowl gets customised with broiled pineapple and honey-lime syrup; rice bowls get topped with gingery bok choy and panko-crusted tofu or gochujang squash rings and rice cracker crunch; grain bowls go well with rye berries and smoked salmon or fried shallots and jammy eggs. There are versatile noodle creations and greens-based bowls that will make anyone crave a giant salad. Each bowl utilises a mix of components made from scratch, plus store-bought additions and garnishes to take each dish to the next level. One-Bowl Meals is the gateway to easy, complete meals and the perfect cookbook for the modern eater.

Put flavour and flexibility at the heart of your kitchen with Rachel Ama's One Pot: Three Ways. Rachel Ama is reframing vegan cooking. Create a veg-packed centerpiece dish in one pan/pot/tray and choose from three creative and flavoursome ways to either serve it up with just a few ingredients or transform it into something else entirely. The options are endless - level up your leftovers and create a new feast each day, scale portions up or down, cook all three serving options for a vegan feast with friends, or freeze leftovers to refresh later when you're strapped for time - whatever you choose, this way of cooking will help you have dinner part-ready-and-waiting, making plant-based eating feel even more achievable every day. Transform or serve Peri Peri Mushrooms with: 1. Peri Peri Pittas 2. Potato Wedges & Slaw 3. Peri Peri Charred Sweetcorn Salad Bowls Serve up or refresh Caribbean Curried Jack into: 1. Coconut Rice & Coleslaw 2. Coconut Flatbreads with Tomato & Red Onion Salad 3. Caribbean Patties with Orange & Avocado Salad Rachel creates her recipes by moving through 'stations' in the kitchen, weaving together fresh ingredients, pantry staples, and, most importantly, the 'flavour station', where she adds spices, dried herbs and those all-important sauces to really bring each dish to life. So pick up Rachel's handy tips to help you live a vegan lifestyle simply and deliciously.

NATIONAL BESTSELLERThe easiest-to-follow Instant Pot cookbook ever: 100 delicious recipes with more than 750 photographs guiding you every step of the way Jeffrey Eisner's popular Pressure Luck Cooking website and YouTube channel have shown millions of home cooks how to make magic in their Instant Pots. Now Eisner takes the patient, fun, step-by-step approach that made him an online phenomenon and delivers a cookbook of 100 essential dishes that will demystify pressure cooking for Instant Pot users of all abilities--and put an astounding dinner on the table in a flash. Every flavor-filled recipe in this book is illustrated with clear photographs showing exactly what to do in each step. There are no surprises: no hard-to-find ingredients, no fussy extra techniques, and nothing even the most reluctant cooks can't master in moments. What you see is truly what you get, in delicious and simple dishes such as: Mac & Cheese Quick Quinoa Salad French Onion Chicken Eisner's popular Best-Ever Pot Roast Ratatouille Stew And even desserts such as Bananas Foster and Crème Brûlée.

Named one of the Best Fall Cookbooks 2020 by The New York Times, Eater, Epicurious, Food & Wine, Forbes, Saveur, Serious Eats, The Smithsonian, The San Francisco Chronicle, The Los Angeles Times, The Boston Globe, The Chicago Tribune, CNN Travel, The Kitchn, Chowhound, NPR, The Art of Eating Longlist 2021 and many more; plus international media attention including The Financial Times, The Globe and Mail, The Telegraph, The Guardian, The Independent, The Times (U.K.), Delicious Magazine (U.K.), The Times (Ireland), and Vogue India and winner of The Guild of U.K. Food Writers (General Cookbook). Finalist for the 2021 IACP Cookbook Award. "The Flavor Equation" deserves space on the shelf right next to "Salt, Fat, Acid, Heat" as a titan of the how-and-why brigade."— The New Yorker "Deep and illuminating, fresh and highly informative... a most brilliant achievement." – Yotam Ottolenghi "[A] beautiful and intelligent book." – J. Kenji López-Alt, author The Food Lab and Chief Consultant for Serious Eats.com Aroma, texture, sound, emotion—these are just a few of the elements that play into our perceptions of flavor. The Flavor Equation demonstrates how to convert approachable spices, herbs, and commonplace pantry items into tasty, simple dishes. In this groundbreaking book, Nik Sharma, scientist, food blogger, and author of the buzz-generating cookbook Season, guides home cooks on an exploration of flavor in more than 100 recipes. • Provides inspiration and knowledge to both home cooks and seasoned chefs • An in-depth exploration into the science of taste • Features Nik Sharma's evocative, trademark photography style The Flavor Equation is an accessible guide to elevating elemental ingredients to make delicious dishes that hit all the right notes, every time. Recipes include Brightness: Lemon-Lime Mintade, Saltiness: Roasted Tomato and Tamarind

Soup, Sweetness: Honey Turmeric Chicken Kebabs with Pineapple, Savoriness: Blistered Shishito Peppers with Bonito Flakes, and Richness: Coconut Milk Cake. • A global, scientific approach to cooking from bestselling cookbook author Nik Sharma • Dives deep into the most basic of our pantry items—salts, oils, sugars, vinegars, citrus, peppers, and more • Perfect gift for home cooks who want to learn more beyond recipes, those interested in the science of food and flavor, and readers of Lucky Peach, Serious Eats, Indian-Ish, and Koreatown • Add it to the shelf with cookbooks like *The Food Lab: Better Home Cooking Through Science* by J. Kenji López-Alt; *Ottolenghi Flavor: A Cookbook* by Yotam Ottolenghi; and *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking* by Samin Nosrat.

'Ireland's answer to Delia and Nigella' Sunday Telegraph Stella magazine Cooking using just a single pot is liberating, satisfyingly efficient and relatively inexpensive. There's less juggling of different elements, no complicated techniques, little space required and less washing up to do. What's not to like? You can cook in one pot for one person or one hundred - all you have to do is scale up or down ingredients - perfect for solo cooks, families and anyone wanting to rustle up a feast for friends. Including 100 dishes to be cooked in a pot, tray or pan comprising lighter meals, such as soups, baked eggs and frittatas or hearty dishes like stews, tagines and curries, plus about 10 desserts. Chapters are divided into Eggs, Poultry, Meat, Fish, Vegetables, Rice, Grains & Pasta and Sweet Things with an international mix of dishes, including Mexican Fried Eggs, Thai Chicken & Noodle Soup, Moroccan Lamb Tagine, Spanakopita, Chettinad Tomato Rice and Coffee Crema Catalana. So let 'gourmet grande dame' (Nigel Slater) Darina Allen show you how to make her trademark tasty, tried and trusted recipes - in just one pot.

Recalling an earlier era when cooks relied on sight, touch, and taste rather than cookbooks, the author encourages readers to rediscover the lost art of preparing food and use their imagination in the kitchen. \$25,000 ad/promo.

From Freezer to Feast in an Instant With this brilliant cookbook packed with 100 recipes, you can pull meat directly from the freezer, pop it right into your Instant Pot® or other multifunction cooker, set the timer and sit down to a delicious homemade dinner in no time. Kristy Bernardo has done all the hard work for you, figuring out the correct cook times to get foolproof results. Following her tips, you'll have juicy chicken, tender beef and succulent seafood, no sweat. These recipes are classics that don't require a lot of prep work, but they all feature Kristy's special flavor twists that will have your whole family asking for seconds. This is also a terrific economical solution for your budget. Stock up on meats when they're on sale, store them in the freezer and then turn to this cookbook for amazing dinners all week long! A few featured recipes are: • Chicken with Lemon and Capers • Whole "Rotisserie" Chicken • Beef and Blue Cheese Stroganoff • Chicken with Creamy Mushroom Garlic Sauce • Pineapple-Chipotle Ribs • Pork Tenderloin with Apple Cider Sauce • Salmon with Basil Sauce • Chicken and Wild Rice Soup • Beef and Barley Pot Pie with Buttery Parmesan Biscuits No matter what cut of meat you have tucked away in your freezer, there's a recipe here for you.

75 One-Pan Keto Recipes! We're all so busy, eating healthy can be quite a challenge. Here are quick, easy, and delicious meals for your whole family. The ketogenic diet (commonly referred to as "keto") is a way of eating that restricts carbohydrate consumption and forces your body to use fat as its main energy source. It also helps naturally to suppress the appetite, lower blood sugar, and improve overall health and energy. Carbs are easy and delicious, it's true. Most of us would say that we'll never let them go, no matter what. But once you've tasted the recipes in this book, you might very well find that you don't miss them at all! Every recipe in this cookbook adheres to nutritional ketogenic guidelines and centers around each kind of protein—even vegetarian options! Even better, sheet pan recipes are easy to modify to please even the pickiest eaters, child and adult alike! The Keto Sheet Pan Cookbook has something for everyone, with nutrition info included with every recipe to make sure what you're cooking fits your family's needs. Find recipes such as: Thai Glazed Salmon with Vegetables Steak Fajitas Eggs, Kale, and Bacon Buffalo Chicken Meatballs with Bleu Cheese Cauliflower Teriyaki Chicken with Cauliflower Rice No-Bake Cookie Dough Cheesecake

'Easy family cooking at its absolute best . . . Ten stars' India Knight 'Brilliant' Gill Meller 'Simple but delicious one pot dishes . . . sumptuous enough to feed a crowd' Daily Mail Just One Pan promises no more endless washing up, or unnecessary hassle, just quick, achievable yet always impressive recipes to get fantastic and flavourful home-cooked food onto your table, whatever the occasion. Jane Lovett is known and loved for her delicious, original recipes that are always reassuringly fool-proof and deceptively straightforward. Just One Pan is no exception - packed with over 100 exciting yet totally fuss-free recipes for everything from quick dinners to weekend lunches. This cookbook is bursting with bakes, casseroles, gratins, dhals, frittatas and hearty salads of every description, all of which are made using one pan, pot or dish. You'll be sure to find inspiration for whatever you are in the mood for, alongside Jane's much loved Hints & Tips to help you get ahead in the kitchen. Recipes include: * Spinach, Parma Ham & Taleggio Frittata * Full-English-Breakfast-in-the-Oven * Chorizo Sausage, Red Pepper & Mixed Grain Bake * Posh Fish and (Chunky) Chips * Mung Bean, Coconut & Spinach Dhal * Toad in the Veg Patch * Butternut Squash & Kale Gratin * Creamy Leek, Potato & Parmesan Chicken Thigh Tray Bake * No-bake White Chocolate, Ginger & Blueberry Cheesecake * Rhubarb & Pistachio Tarts

Forget expensive gadgets. Forget fancy foams. It's time to get back to home cooking and real food. Cooking has become far too complicated. Award-winning food writer Hattie Ellis thinks it's time to rekindle our love for the simple One Pot meal: good food, great flavour, no fuss. Whether you want quick, tasty suppers, or leisurely weekend feasts, *The One Pot Cook* has 150 mouthwatering recipes to suit all tastes. These include family favourites such as Cottage Pie and Hot Pot; treats from distant shores such as Beef Rendang and Gumbo; and puddings to make the meal complete such as Apple Charlotte and Toffee Banana Tarte Tatin. So grab a pot, sharpen your knives and get ready to become a One Pot Cook. This ebook edition of *The One Pot Cook* has been optimised for reading on tablets and includes a fully-linked index for ease of cross-referencing.

100 Clever Recipes and Tips from the World's Best Food Magazine

'Brilliant' Gill Meller 'Simple but delicious one pot dishes . . . sumptuous enough to feed a crowd' Daily Mail Just One Pan promises no more endless washing up, or unnecessary hassle, just quick, achievable yet always impressive recipes to get fantastic and flavourful home-cooked food onto your table, whatever the occasion. Jane Lovett is known and loved for her delicious, original recipes that are always reassuringly fool-proof and deceptively straightforward. Just One Pan is no exception - packed with over 100 exciting yet totally fuss-free recipes for everything from quick dinners to weekend lunches. This cookbook is bursting with bakes, casseroles, gratins, dhals, frittatas and hearty salads of every description, all of which are made using one pan, pot or dish. You'll be sure to find inspiration for whatever you are in the mood for, alongside Jane's much loved Hints & Tips to help you get ahead in the kitchen. Recipes include: * Spinach, Parma Ham & Taleggio Frittata * Full-English-Breakfast-in-the-Oven * Chorizo Sausage, Red Pepper & Mixed Grain Bake * Posh Fish and (Chunky) Chips * Mung Bean, Coconut & Spinach Dhal * Toad in the Veg Patch * Butternut Squash & Kale Gratin * Creamy Leek, Potato & Parmesan Chicken Thigh Tray Bake * No-bake White Chocolate, Ginger & Blueberry Cheesecake * Rhubarb & Pistachio Tarts

Keto Slow Cooker & One-Pot Meals packs 100 high-fat, low-carb keto recipes! Enjoy quick, tasty dinners as you get healthy, lose weight, and control your blood sugar. Slow cooker and one-pot meals are the ultimate convenience food. Just fix it and forget it, then enjoy a nourishing meal when everyone gets home. Unfortunately, most slow cooker and one-pot recipes depend on processed, high-carbohydrate ingredients like noodles, potatoes, and other high-glycemic ingredients which aren't allowed on the ketogenic diet. Now you can combine the convenience of slow cooker and one pot recipes with your ketogenic lifestyle! Keto Slow Cooker & One-Pot Meals allows you to enjoy your slow cooker again without sacrificing your keto diet. This unique cookbook is filled with 100 keto recipes for everything from satisfying soups to quick skillet meals and savory stews. Just a few of the simply delicious recipes: Ratatouille Soup Pumpkin & Chorizo Meatball Soup Pork Lo Mein Italian Sausage Frittata Broccoli & Mushroom Alfredo Casserole Stuffed Cabbage Rolls with Spicy Hollandaise Spiced Chocolate & Coconut Cake Macadamia Chai Cake With Keto Slow Cooker & One-Pot Meals, you'll always be able to get a healthy ketogenic meal on the table without the fuss.

175 single-serving recipes for every solo chef who just wants a satisfying and delicious home-cooked meal for themselves. Cooking for one is harder than it seems and it can leave anyone wanting to make a healthy, tasty meal either throwing out extra helpings or watching expensive ingredients expire. But it's possible to prepare single-serving recipes that are full of flavor, easy to make, and economical if you have the right guide. The Ultimate Cooking for One Cookbook allows you to make a fresh, delicious, home-cooked meal for one without creating a week's worth of leftovers or leaving an abundance of unused fresh ingredients that quickly go to waste. Each of the 175 single-serving recipes are quick and simple to make and save you both time and money. And while the ingredients are common, the results are anything but. In addition to flavorful meals, this cookbook includes clever ideas of how to reduce food waste and source single servings of fresh ingredients. With The Ultimate Cooking for One Cookbook, cooking solo never needs to be boring (or overwhelming) again whether you live alone or are just looking for a filling and enjoyable meal for yourself. Delicious and easy one-pot recipes for the everyday cook, in ebook format Hearty stews, quick dinners, brilliant meals at a budget price: here are 100 favourite one-pot recipes that use readily available ingredients and are simple to cook. Find inspirational ideas for quick-fix family meals and easy entertaining. Discover how to make delicious dishes that are healthy too. Packed with tips, techniques and step-by-step instructions to take the stress out of everyday cooking. Not got the ingredients, time or energy for a gourmet meal? Rustle up a mouth-watering one pot wonder to feed the whole family '100 simple and nutritious recipes for meals packed with flavour without standing at the kitchen sink for hours afterwards' Aldo Zilli, Sunday Express _____ Whip up soul-soothing comfort food without the pain of endless washing up with One Pot Wonders. With simple ingredients and step-by-step guidance, you can create wholesome, satisfying and time-saving dishes in just - that's right - one pot! Stand-out recipes include: · Lindsey's OVEN BAKED MEATBALLS with sweet potato and roasted shallots · Refreshing GRILLED HALLOUMI SALAD with avocado and lime · Creamy SRI LANKAN CHICKEN CURRY with sweet potato and spinach · ARTICHOKE LINGUINI with green olives and parmesan · Tasty SALMON CONFIT, BROWN SHRIMP and samphire noodles · Warming GOOSEBERRY AND ELDERFLOWER almond crumble With dishes to suit every appetite, this collection is divided into the following chapters: · Fry-ups · Salads · Bakes · Big Soups · Stews · Curries · Pasta · Noodles · Rice · Puddings One Pot Wonders brings together big flavours from all around the world in delicious, simple and satisfying recipes that everyone will love - especially your washing up bowl.

One pan really is all you need to solve those weeknight dinner dilemmas! All your favourite recipes made simple. Using store cupboard staples, simple cooking methods and creative twists to suit all appetites, not to mention, no more expensive kitchen kit, and hardly any washing up! This book is packed with delicious pan-to-table recipes from breakfasts and mains to desserts and baking – comforting and warming or light and healthy, there's something for everyone, and for all abilities. So, feed a crowd, whip up a meal for one, or impress friends with these tasty dishes, from Pan fried gnocchi with broccoli, hazelnuts and garlic, to Avocado and black bean quesadillas, Cheat's frying pan lasagne, Sweet potato dhal, and even Pizza. You can even create delicious sweet treats and bakes, including Soda bread, Fried cinnamon brioche and Chocolate brownies.

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