

The Complete Mediterranean Cookbook: 500 Vibrant, Kitchen-Tested Recipes for Living and Eating Well Every Day (The Complete ATK Cookbook Series) By UNKNOWN Yes its American and some of the brands it suggests are unlikely to be available in the UK but they tell you why that brand was the best so you can research your own in the UK. There are fantastic delicious recipes yummy zucchini and feta fritters scallops with orange/lime dressing orzo with lemon shrimp to name just a few of the dishes I've already made!! The authors explain why they do certain things (e. Nutritional information for each recipe is even provided! Recipes are easy to follow and presented in a logical order that makes preparation efficient even to the point of indicating when mixing bowls and pans can be re used. To be fair most of the recipes take than 40 minutes to prepare and while most of the ingredients can be found at any grocery store they aren't items I already had in my pantry. Buying sherry vinegar and ground coriander may seem like one off investments but trust me you'll be using these items again in no time! And to my surprise this book has done such a great job educating me I'm now able to modify some of the recipes based on personal preferences! If you're looking to change your diet or for just a few great dishes this book is a must have! UPDATE: I've been using this cookbook for a year now and have made than 125 of the recipes many of them on multiple occasions. All but 1 of the dishes have ranged from good to great! I even forced myself to try some of the recipes that didn't sound appealing on paper and am so glad I did who knew Spicy Turnips and Chickpeas could be such a delicious combo?? The variety of recipes is impressive and I can't overstate how great this cookbook is! My absolute only issue is the binding is weak.

978-1940352640 The new modern classic bestseller on the famously healthy Mediterranean Diet America's Test Kitchen brings the Mediterranean into your kitchen for beginners to experts vegetarians to carnivores and anyone simply looking to eat healthier You'll find a wide range of creative dishes here with than 500 fresh flavorful recipes from Italy Greece Morocco Egypt Turkey and Lebanon. A thorough yet approachable exploration of the entire Mediterranean: A wider inclusive approach and incorporated foods from countries all around the Mediterranean Sea including Turkey Lebanon Egypt and Morocco. Detailed ingredient information in All Abouts: For larger categories of ingredients such as salad greens grains and fish we've devoted a full page spread to thoroughly explaining each item individually. ) Chapters are based on the Mediterranean Diet pyramid: You'll find large chapters devoted to Beans and to Vegetables the Seafood Chapter is larger than Poultry and Meat and the Fruits and Sweets chapter while shorter is packed with recipes you can truly feel good eating. Recipes include Spiced Baked Rice with Potatoes and Fennel Tagliatelle with Artichokes and Parmesan Orzo with Shrimp Feta and Lemon Za'atar Rubbed Chicken Greek Style Braised Pork with Leeks and Orange Polenta Cake. Look for More Mediterranean coming from America's Test Kitchen in December 2021! The Complete Mediterranean Cookbook: 500 Vibrant Kitchen-Tested Recipes for Living and Eating Well Every Day (The Complete ATK Cookbook Series) There is a lot of good information about Mediterranean cooking and many many recipes (that are now family favorites). However I find a fair number of those recipes to be hugely time consuming and entirely impractical for weeknight cooking unless it's a day when I don't have anything else going on. It's a good cookbook but if you're looking for manageable weeknight recipes and cook alone (no help in the kitchen) or work for a living you may want to consider a different book although I'm not sure what book that would be. :) 978-1940352640 Excelent book! Just what I was looking for hundreds of healthy and delicious recipes with good descriptions and a guide to pick up and store ingredients so 5 stars! 978-1940352640 Ordered this book after my wife and I decided to try the Mediterranean Diet. Most are ones I am happy to say are weekly staples in our home and dinner and lunches are fresh again! Leftovers are also a pleasure I look forward to them the next day! So I would say this book does a great job and I recommend you try as many as possible to find your favs. 978-1940352640 Americas Test Kitchen publishes award winning cookbooks along with Cooks Illustrated and Cooks Country magazines and produces public televisions top rated shows Americas Test Kitchen and Cooks Country.

But eventually you will have a fully stocked spice rack and fridge with the usual healthy ingredients:

978-1940352640 This is without a shadow of a doubt the best cook book I have ever owned. Every ingredient has been thoroughly researched and the the best suggestions are made to achieve optimum results, I have always been confusedthe wide range of olive oil that vary in price so wildly. I never knew if I was overpaying for an inferior oil or getting a bargain: I feel I know now and the book does this throughout with recipes to make your own Sumac.

I have several ATK cookbooks but this is now our go to cookbook, It's helped us shift our eating habits away from meat potatoes and pasta although all three are included here to healthier options. I've lost 11 pounds in a month of eating dinners from this cookbook and following their Mediterranean food pyramid. 978-1940352640 I'm a fair cook but since buying this book I've learned about how to choose mix and prepare ingredients than I could have imagined: how to devein shrimp and zest a lemon) give overviews on basic ingredients like olive oil beans and fresh herbs and offer variations for many of the dishes, After making about 10 of the dishes however I now have most of the staples for Mediterranean cooking readily available and use them regularly: Pages started falling out almost immediately so I suggest going with the spiral bound version if it's available: Happy cooking! 978-1940352640 Wow! I rarely buy cookbooks now because there is so much available on the internet but this book is worth the purchase: I just received mine yesterday and stayed up late reading it: First the America's Test Kitchen chefs do the best job of testing recipes methods ingredients etc so you know they'll be good: There are useful tips explanations for why they chose a certain item (e. dried beans vs canned brand recommendations) and excellent charts that compare different types of legumes or fish or beans. I'm a graduate of the CIA and this book is certainly as good as our textbooks: each page is starting to come loose after a couple months of normal use, I emailed the editor / publisher regarding the problem and never received a response, apparently taking care of the customer and product quality are not a priority. 978-1940352640 While the recipes are wonderful easy to follow directions and outstanding photos the quality of the book is terrible. I contacted the America's Test Kitchen and they said tough luck since I bought the book through . Many are fast enough to make on a weeknight using ingredients available at your local supermarket: Relies on ingredients from the supermarket: Standard supermarket ingredients and plentiful ingredient information ensures that the recipes are accessible: Nutritional for every recipe: We include nutritional information for every recipe and also set specific nutritional guidelines for every category: (For example every fish recipe will have fewer than 750 calories and fewer than 8, My husband prepared a meal for us one evening that included three recipes from the book. He was in the kitchen for about four hours preparing and cooking dinner, It's also possible that kitchen wiz types will do great with this book, I'm no slouch (neither is my husband) in the kitchen but four hours is a bit muchbut it sure was yummy: Most vegan and vegetarian diets are very difficult to follow especially after 40 years of home cooking with the occasional take out, The Med diet is much easier to follow and I would say better for you as it does incorporate some animal protein with a lot of whole foods: I have to say this book is jammed packed with a lot of recipes and has been an enormous help in planning meals that are healthy and importantly tasty, The challenge with trying to do this on your own is making healthy food taste great enough for you to crave it, This book helps a lot in that department as it will introduce you to spices and herbs that make a huge difference, Not all the recipes will work for everyone actually one of the first we tried was downright awful, Funny thing is we thought we might not be able to do this if they were all like our first attempt: But you need to give dishes a try and good thing we did because so far the last 10 dishes have been awesome: It takes getting used to buying the new types of ingredients harrissa or preserved lemons if you are so inclined: For each recipe it lists the testing the authors did and list tips for success and pitfalls to avoid. If an ingredient is rare or unobtainable it gives viable alternatives. It feels as though each recipe has been comprehensively tested and snags removed before inclusion; they are America's Test Kitchen: It is a very real 15000 square foot kitchen located in Bostons Seaport district and is home to than 60 test cooks editors and tasting and testing experts. So much attention to detail.g. braising vs. baking) provide really helpful tips (e.g. There are 2 things

that make this book stand out. Second this is much more than a book of recipes. I plan to look at ATK books. 978-1940352640 the recipes in this book are good. however the binding quality of the book is TERRIBLE. I use the book 2 to 3 times per week. I use a cookbook stand and the pages are falling out. 5 grams of saturated fat. The soups and pastas are particularly tasty. Really delighted with my purchase. 978-1940352640 I love the format of this book. Yes this book is American with American weights and measures. Have your conversion tables handy it's worth it.

