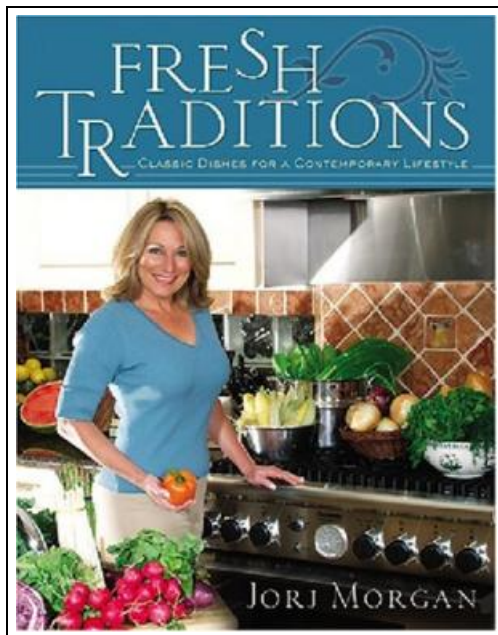


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FRESH TRADITIONS: CLASSIC DISHES FOR A CONTEMPORARY LIFESTYLE (HARDBACK)



Cumberland House Publishing, United States, 2004. Hardback. Book Condition: New. 226 x 157 mm. Language: English . Brand New Book. Fresh Traditions: Classic Dishes for a Contemporary Lifestyle is a cookbook that blends the traditions of the past with the fast-paced schedules of today's families. Thorough, well-written, and simple-to-follow, it contains recipes for classical dishes in tandem with their contemporary counterparts. The classic recipe contains anecdotal information about the roots of the dish. Traditional preparation is explained, yet modern cooking techniques are applied. The updated recipe is mindful of new ingredients, healthy choices, and quick food preparation, while maintaining its roots within the classic dish. Recipes are paired -- classic with contemporary -- allowing readers to decide which option to prepare -- traditional or updated. Some days you must have Oven Fried Buttermilk Chicken; on others Southwestern Chicken Finger Salad will do just fine. Fresh Traditions offers more than 300 well-tested recipes, which are heavily supplemented with relevant information about the ingredients. Thus the recipes are generously peppered with sidebars offering cooking variations, nutritional tips, and relevant expert advice, allowing the art of cooking to be less stressful, more pleasurable, and a respite from the stress or time. Thus, Fresh Traditions is a timely cookbook written for the foodie who wants more out of life through boundless food experiences. It is a book that celebrates a lifestyle of excellent meals balanced with a good dose of dietary common sense and filled with solutions for today's cook.



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