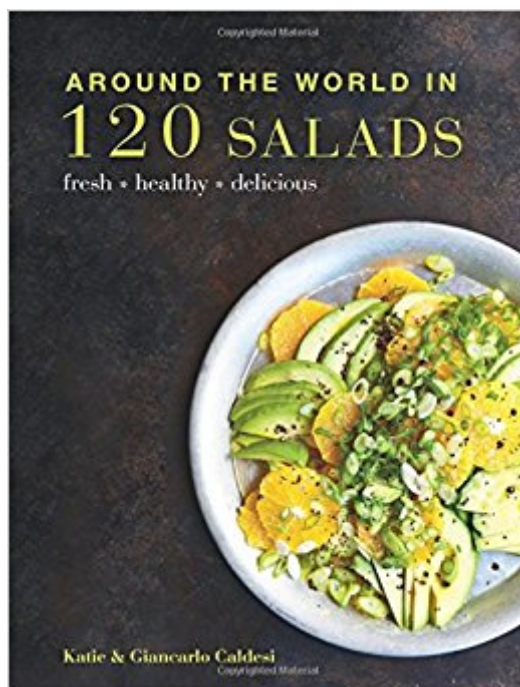




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Around The World In 120 Salads: Fresh Healthy Delicious



Synopsis

Salads are fresh, healthy and delicious – and infinitely adaptable. Katie and Giancarlo show how salads are perfect for any time of day and occasion – Watermelon, Feta & Mint for a refreshing breakfast, meat, fish and vegetable-based mains for a complete meal plus recipes for starters and side salads where salad plays a supporting role. They even cover sweet salads such as Roast Black Fruit Salad or Raspberries & Redcurrants with Whipped Ricotta for a healthier alternative to an indulgent dessert. Featuring recipes from around the world you can enjoy Korean Roasted Duck with Five-Spice Fruit Salad or a spicy Mexican Beef Salad, sample Mediterranean flavors with Zucchini & Zucchini Flower Carpaccio and Greek Lemon Chicken or savor Middle Eastern classics such as Fattoush and Tabbouleh. With a selection of essential dressings to complement any salad, this mouthwatering collection of inspirational recipes will ensure you'll never be stuck with a limp leaf of iceberg lettuce ever again.

Book Information

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Customer Reviews

“Salads are the no-brainer of healthy eating. They're fresh and delicious, and there are a million ways to jazz them up. If you didn't already know this, London-based restaurateurs and food writers Katie and Giancarlo Caldesi make it clear in "Around the World in 120 Salads." (Colorado Springs Gazette) “Sharing an impressive range of artfully composed salads from around the world, they deftly explain how to craft an exciting meal from varied ingredients, flavors, and textures. Fresh, vibrant recipes such as ginger and turmeric fruit salad with whipped coconut cream, peach and lentil salad with warm pork tenderloin, and pan-fried halloumi and roasted fennel salad with orange dressing are suitable for many diets and all times of day. They're grouped in

chapters named for different salad types, including breakfasts (Ã¢â¬Årise & shineÃ¢â¬Å) and desserts (Ã¢â¬Åon the sweet sideÃ¢â¬Å). VERDICT This stunning cookbook will entice all salad lovers, even those who think they've perfected the art of dressing vegetables and greens.Ã¢â¬Å (Library Journal)Ã¢â¬ÅGreens in crisper drawer giving you the blues? CSA delivery feeling uncooperative? Let Katie and Giancarlo Caldesi help brighten up your salad days. Summer Ã¢â¬Å or as I call it salad season Ã¢â¬Å will be here any minute, and I plan to spend a good part of it with *Around the World in 120 Salads*.Ã¢â¬Å (Gabrielle Gershenson Food & Wine)

Katie and Giancarlo Caldesi own London's CaffÃ¢â¬Å Caldesi as well as Caldesi in Campagna in Bray. They co-authored *The Gentle Art of Preserving* which was nominated for the AndrÃ¢â¬Å Simon Food Book Award and the Guild of Food Writers Cookbook of the Year award. They have both appeared on Saturday Kitchen. Katie is also the author of *The Italian Cookery Course*.

Excellent cookbook. I have really enjoyed the recipes I have made from the book. Yum.

I don't like reviews that concentrate on peripherals instead of content. But what if you can't access the content? So I'm conflicted about the number of stars to give this book. I've had it for ten days and have made two salads, both were excellent. However, the text is so pale grey and so tiny that it is very hard to read. I would have tried more recipes if I could read it with clarity. I'd like another edition to replace this one so I can use it. I don't know how long it will take me to decide that the recipes are not worth the trouble, and the \$16.95 I paid, is lost to bad design.

I've only made two salads from the book so far, but both have been easy and just wonderful. Some of the dinner salads look overcomplicated (I want quick, easy, and delicious, thank you) but I normally don't make every recipe in a cookbook either. All the salads are different enough to be interesting and most don't require really weird ingredients. I tend to rate cookbooks by 1) will I cook from it? 2) do I like the results? 3) will I repeat the recipe? It's surprising how many cookbooks don't pass that test. So far, I've been very pleased with *Around the World in 120 Salads*. Now I just have to pick the next salad to make.

I checked this out tonight at the library. I agree with another reviewer about the recipes written in tiny gray font. I am 38, and it strains my eyes to read the recipes. The pictures are beautiful. Why

the ridiculously tiny font to write the recipes?

good book

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