



Perla Meyers

Spur
of the
Moment
Cook

Spontaneous and Flavorful Meals
for the Busiest Days of the Week

Spur Of The Moment Cook

Perla Meyers



Spur Of The Moment Cook:

Spur of the Moment Cook Perla Meyers, 1994 At last a cookbook for every person who has ever said I love to cook but who has the time From the award winning author of Art of Seasonal Cooking an eclectic chef and food writer comes recipes that combine basic pantry ingredients and the best of what s fresh The result is meals that are quick spirited satisfying and delicious Illustrated

Spur of the Moment Cook Perla Meyers, 1999-05-05 How to Cook at Home When You re Not at Home All Day to Cook Spur of the Moment Cook offers 175 spirited yet simple recipes that take into consideration today s full schedules while also indulging the desire for satisfying homemade dinners Author Perla Meyers teaches busy cooks the secrets of a well stocked kitchen and shows how to use the seasonal marketplace to prepare the freshest foods Perla s practical tips and tempting recipes combine to make cooking on the spur of the moment a delicious experience The Secrets Of A Well Stocked Kitchen Revealed Dried pastas beans and mushrooms in the pantry Fresh eggs and Yogurt in the refrigerator Crisp produce in the vegetable bin Vanilla beans and cocoa in the baking cabinet Savory Dishes With 6 Ingredients Or Less Zucchini Frittata with Parmesan Soft Polenta with Braised Leeks and Mascarpone Grilled Chicken Breasts with Chinese Mustard and Honey Glaze Pan Seared Salmon with Creme Fraiche Shallot and Chive Sauce On The Table In Under 30 Minutes Fettuccine in Smoked Salmon and Chive Essence Shallot and Herb Infused Lamb Chops Seared Swordfish with a Puree of Sweet and Spicy Peppers Simple Sweet Endings Catalan Bittersweet Chocolate Orange and Pine Nut Tart Peach Gratin with Creamy Pecan Crumble Oven Baked Rice Pudding with Lemon and Raisins

Moosewood Restaurant Cooks at Home Moosewood Collective, 2013-10-29 Winner of the 1995 James Beard Award for Best Vegetarian Cookbook Although many people think that cooking without meat means spending more time in the kitchen the cooks at the world renowned Moosewood Restaurant know this isn t so Busy balancing home work and other commitments they ve been cooking for family and friends every day of the week for over twenty years Moosewood Restaurant Cooks at Home is the result of that experience over 150 carefully honed and tested recipes calling for the best ingredients accompanied by time saving tips and planning suggestions add up to a delicious whole foods cuisine that is versatile and healthful and can be prepared with a minimum of effort This book contains dishes full of exciting flavors sure to please every taste from savory soups to substantial main dish salads from hearty stews to palate teasing small dishes Sauces salsas and dressings and a collection of almost instant desserts turn the simplest meal into an occasion Chapters on techniques and menu planning lists of recipes for special needs including nondairy and vegan fare and kid pleasing food as well as an in depth guide to stocking the meatless pantry including a list of recommended convenience foods make Moosewood Restaurant Cooks at Home the essential companion to everyday cooking

Wood-Fired Cooking Mary Karlin, 2011-08-23 This contemporary collection of more than 100 recipes from chef instructor Mary Karlin covers the range of wood fired cooking options available to home cooks From flame licked Plank Roasted Porterhouse or Grilled Naan to a hearth baked Milanese Risotto Leek and Asparagus

Tart or Warm Chocolate Chipotle Cakes Karlin's unassuming yet refined kitchen sensibility shines through in every dish. With a vast knowledge of terrific ingredients, the diverse flavor characteristics of hardwoods, and the best live fire techniques and equipment now available, Karlin is a passionate advocate for this growing trend. Her globally inspired Indian, Italian, Mediterranean, American, and North African recipes for cooking over live flame and embers are paired with contributions from Peter Reinhart, Bruce Aidells, Deborah Madison, and other fired-up chefs. Whether you're a seasoned barbecue expert or you just bought your first bag of lump charcoal, *Wood-Fired Cooking* will have you stoking appetites in no time. Gordon Ramsay's Home Cooking Gordon Ramsay, 2013-04-09 Cook with confidence and find inspiration with Gordon Ramsay's fun, delicious recipes for novice cooks and experienced chefs alike. Based on a new cooking show, this book will give experienced as well as novice cooks the desire, confidence, and inspiration to get cooking. Ramsay will offer simple, accessible recipes with a wow factor. Gordon has travelled the world from India and the Far East to LA and Europe, and the recipes in this book will draw all these culinary influences together to show us simple, vibrant, and delicious recipes that reflect the way we eat today. For example: Miso-braised salmon fillet with Asian vegetables, Pork and Bacon slider with home-made BBQ sauce, Curried Sweetcorn Soup, Wild Mushroom Risotto, Arrancini, and Baked Lemon Cheesecake with Raspberries. Each chapter will concentrate on a different area of cooking, from the classics to the secret of cooking with chili and spice, through roasting, baking, and helpful sections on cooking good food for less and cooking for a crowd. Woven into the book will be useful tricks and tips, from ways to save time and money to cleaning and prepping ingredients to pan-frying like a pro. Stuffed full of delicious recipes, invaluable tips, and lashings of Gordon's trademark cheeky wit, *Gordon Ramsay's Home Cooking* is the ultimate cooking lesson from the ultimate chef. *Simple Food for the Good Life* Helen Nearing, 1999-05-19 Fifty years before the phrase "simple living" became fashionable, Helen and Scott Nearing were living their celebrated Good Life on homesteads, first in Vermont, then in Maine. All the way to their ninth decades, the Nearings grew their own food, built their own buildings, and fought an eloquent combat against the silliness of America's infatuation with consumer goods and refined foods. They also wrote or co-wrote more than thirty books, many of which are now being brought back into print by the Good Life Center and Chelsea Green. *Simple Food for the Good Life* is a jovial collection of quips, quotes, and one-of-a-kind recipes meant to amuse and intrigue all of those who find themselves in the kitchen willingly or otherwise. Recipes such as Horse Chow, Scott's Emulsion, Crusty Carrot Croakers, Raw Beet Borscht, Creamy Blueberry Soup, and Super Salad for a Crowd should improve the mood as well as whet the appetite of any guest. Here is an antidote for the whole-foods enthusiast who is fed up with the anxieties and drudgeries of preparing fancy meals with stylish, expensive, hard-to-find ingredients. This celebration of salads, leftovers, raw foods, and homegrown fruits and vegetables takes the straightest imaginable route from their stem or vine to your table. The funniest, crankiest, most ambivalent cookbook you'll ever read, said *Food & Wine* magazine. This is more than a mere cookbook, said *Health & Science* magazine. It belongs to the category of classics destined to be

remembered through the ages Among Helen Nearing s numerous books is Chelsea Green s Loving and Leaving the Good Life a memoir of her fifty year marriage to Scott Nearing and the story of Scott s deliberate death at the age of one hundred Helen and Scott Nearing s final homestead in Harborside Maine has been established in perpetuity as an educational program under the name of The Good Life Center [EatingWell One-Pot Meals](#) Jessie Price, The Editors of EatingWell, 2016-09-13 More than 100 recipes to cook in one pot If you think one pot meals are just heavy stews you ll be amazed at the spectacular array of nutritious dishes on offer in EatingWell One Pot Meals These meals are fast to put together most in under 45 minutes and use simple easy to find ingredients The recipes follow sound principles of nutrition They use lean meats and seafood plenty of herbs and spices rather than loads of butter cream and salt for seasoning lots of vegetables and whole grains as opposed to refined grains Using your Dutch oven slow cooker roasting pan or skillet you can make a bounty of healthy delicious meals Recipes include Orange Walnut Salad with Chicken Mu Shu Pork Quick Coq au Vin Italian White Bean Polenta Bake *Cooking Italian with the Cake Boss* Buddy Valastro, 2012-11-06 Buddy Valastro and his family business Carlo s Bake Shop have become a worldwide phenomenon thanks to his popular television shows Cake Boss Kitchen Boss and Next Great Baker And Buddy knows far more than just desserts As a great cook he uses his own personal touches and flair to make these favorites and classic dishes even more delicious and also shares tips passed down through generations From 100 easy to follow recipes that use ingredients that are easily obtainable and affordable here is the all important Sunday Gravy tomato sauce a foundation for many a pasta meal as well as Steak a la Buddy Auntie Anna s Manicotti Buddy s Swiss Chard and mouth watering desserts like Lemon Granita Apple Snackin Cake Cocoa Hazelnut Cream with Berries and Rockin Rice Pudding Buddy s recipes allow anyone to become the boss of their own kitchen and even novice cooks will be able to whip up a tasty and nutritious Italian dinner Fully illustrated in color and with nostalgic family photos from the extended Valastro clan Kitchen Boss shows how to make the meals that will make your famiglia happy **Get the Trans Fat Out** Suzanne Havala Hobbs, 2010-02-17 Discover the Dangers of Trans Fat and Learn How to Avoid It The media and health professionals are loudly proclaiming the health risks of trans fat because even the smallest amounts in your diet can raise your risk of heart disease and other health conditions But trans fats especially from partially hydrogenated oils are found everywhere From the grocery store shelves to restaurant menus trans fat works its way into the foods we eat and jeopardizes our health Get the Trans Fat Out shows you how you can identify and avoid these damaging fats without sacrificing taste or convenience Inside you ll find all the information you need to protect you and your family from trans fat including Key health and nutrition information on the risks of trans fat Tips on grocery shopping for healthy products Delicious recipes with zero trans fat Information on how to stay healthy when eating at restaurants A complete easy to understand guide to the trans fat content of many common products and menu items from fast food chains For every health conscious consumer Get the Trans Fat Out is the definitive resource to living trans fat free **Once-A-Month Cooking** Mimi Wilson, Mary Beth Lagerborg, 2007-02-20

Revised to reflect today's healthier diet this new edition explains how to plan ahead spend less time at the supermarket cut down on prep time group similar kitchen tasks together to get them all done at once make kitchen clean up more manageable and use the freezer the computer and your head to create a month full of delicious meals Back cover

Reviewing **Spur Of The Moment Cook**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Spur Of The Moment Cook**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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