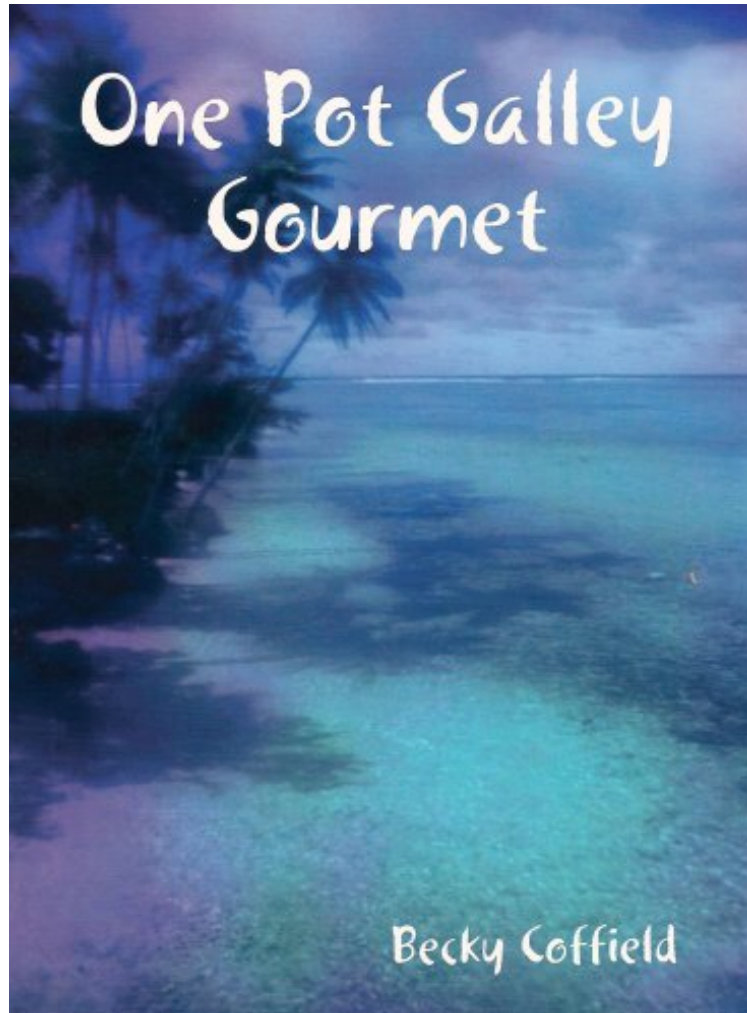


(Mobile book) One Pot Galley Gourmet

One Pot Galley Gourmet

Becky Coffield

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Becky Coffield : One Pot Galley Gourmet before purchasing it in order to gage whether or not it would be worth my time, and all praised One Pot Galley Gourmet:

0 of 0 people found the following review helpful. One Pot Cooking for Boaters, and the rest of us.By Amelia A. PainterWhile the theme of the cookbook is focused on boaters, weekend cruisers and other travelers, the recipes are just as good when prepared by the home cook who wants to save time and clean just one pot.The spiral binding makes the cookbook easy to place on the counter, be it a boat, ship or home kitchen counter. It's 9.5 x 7.2 page size made it possible for the author to type the recipes in a larger font, which makes reading the recipes easy on the eyes!Recipes featured in the cook book focus on beef, chicken, fish, pork, vegetarian, breads and desserts. I tried the Barbecued Chicken in a Pot (page 24) yesterday, because I'd just brought my husband home from the hospital and needed to prepare an easy, but nutritious meal. He loved it. I used my crock pot to slow cook the chicken (recipe calls for 7-8

hours, but ours was ready in 6), and I added a few vegetables in the last two hours. It is a very good recipe to expand on. Most cooks will also enjoy the anecdotes and stories, especially her "Mud Bottom Cake" tale. If you like the "Survivor" TV series, you'll love the "Mud Bottom Cake" tale. From one cookbook author to another, I believe that author Beck Coffield has put together 90 pages of cooking fun and good eats. Amelia Painter Discover Iowa: Cooking With Iowa Wines, Meats and Other Iowa Products

This is an irresistible cookbook specializing in easy-to-prepare, nutritious, delicious one pot meals. The menus are intended for those who don't have the time, or the inclination, to spend all day in the kitchen or galley. The book is also written with the boater and RVer in mind. There are notations on all recipes: STOVE TOP ONLY, STOVE AND OVEN, OVEN, SHORE POWER, BARBECUE. In addition, most of the ingredients used store well with little or no refrigeration and are usually accessible in most ports in the world. A collection of bread recipes is included for those who venture far from stores and bakeries. This arresting book offers informative, and often humorous, tidbits of information generously sprinkled throughout, as well as an engaging account of the origins of Mud Bottom Cake, a tantalizing chocolate treat. The author strongly encourages the use of natural/organic products as much as possible. There is an excellent selection of beef, fowl, fish, vegetarian and pork recipes. The book is not slanted towards fad diets or eating. Rather, One Pot Galley Gourmet embraces healthful, wholesome, nutritional meals that are, by and large, EASY TO PREPARE. One Pot Galley Gourmet is a happy, fun read with over 75 main meal recipes, bread baking recipes and easily concocted desserts. These creations will not come close to the likes of t.v.'s popular personalities and their haute cuisine, but you won't find an easier, more nutritious, entertaining cookbook on the market than One Pot Galley Gourmet.

The newly released One Pot Galley Gourmet, by Becky Coffield, is already rapidly sailing into kitchens everywhere. The book, written specifically for people who don't have the time, or the interest, to spend all day preparing a meal, is officially debuting at this year's Seattle Boat Show. One Pot Galley Gourmet follows closely on the heels of Coffield's first venture into the cookbook genre with You Can Conquer TMJ: Ideas and Recipes. According to the author, so many people who didn't even have TMJ bought the cookbook for the easy-to-prepare, nutritious recipes, that she decided to make a cookbook specifically for those individuals. The new book is less expensive to produce than the TMJ book, and the author has added special notations throughout for boaters and RVers, plus a section on bread baking recipes. Besides having notations, bread baking recipes and ideas for boaters and RVers, this cookbook still has the same tidbits of nutritional information and other humorous anecdotes as her first collection of recipes, plus it contains an amusing story about the origins of Mud Bottom Cake. While most recipes are hearty and nutritious, think exquisite also, with recipes like Lemon Chicken Linguini and Salmon Fettuccini. This book is a must addition to any cookbook collection. --T. Jerome About the Author Becky (R.L.) Coffield is an award winning freelance writer born and reared in Oregon, currently living in Wickenburg, Arizona. Coffield has garnered awards for works in nonfiction as well as fiction, and the author's works have appeared in local, regional and national publications. The author also teaches writing classes, presents boating seminars, and has several powerpoint/programs available for groups. Coffield is the author of the award-winning suspense novel, Northern Escape, and the award-winning, humorous, travel adventure Life Was A Cabaret: A Tale of Two Fools, A Boat, and a Big-A** Ocean. An avid sailor and boater, Coffield also travels extensively on her Harley Davidson, hikes (think Grand Canyon) and rides horses.