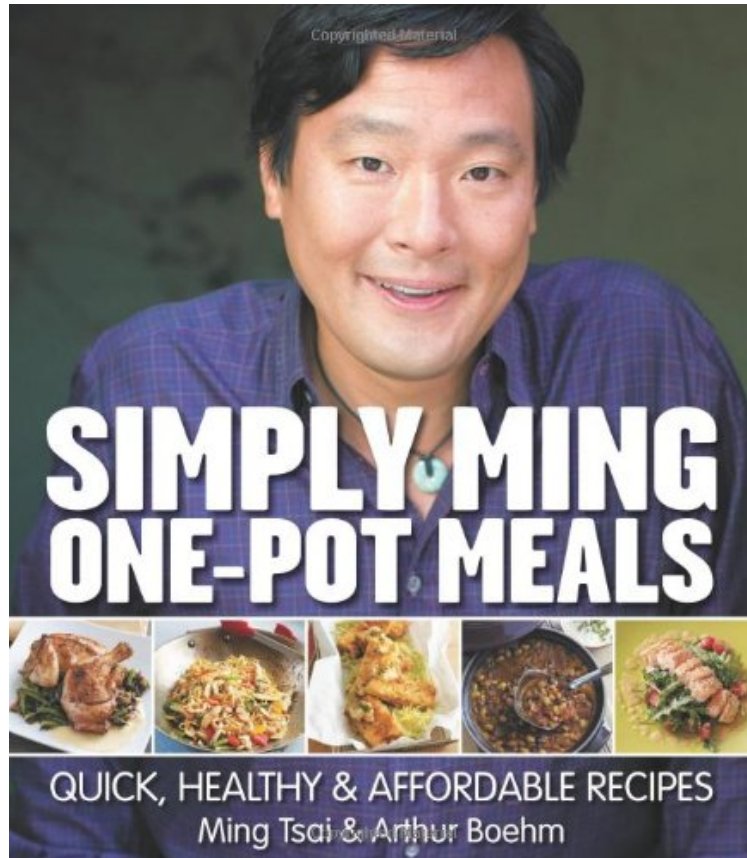


[Download free pdf] Simply Ming One-Pot Meals: Quick, Healthy Affordable Recipes

Simply Ming One-Pot Meals: Quick, Healthy Affordable Recipes

Ming Tsai, Arthur Boehm

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Ming Tsai, Arthur Boehm : Simply Ming One-Pot Meals: Quick, Healthy Affordable Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Simply Ming One-Pot Meals: Quick, Healthy Affordable Recipes:

4 of 4 people found the following review helpful. Easy healthy recipes, unusual ingredients, wine pairing!By ShawkinsWe became fans of Ming while watching him on PBS. He makes really tasty dishes that are healthy, not because they replace unhealthy items with the low-fat version, but because the real recipe starts out healthy and pure. His recipes are great because they appeal to people with high-brow tastes while being easy to make (as opposed to say, some fussy French recipe). His recipes have a wide appeal, I would serve these to my pickiest relatives as well as the down to earth ones.The book is beautifully put together. The recipes all have full-page photographs of the meal. What I love is that he recommends a wine/beer to go with every dish. You'll be able to achieve the right pairing the first time you make the meal, without having to taste it first. I am no chef, but I do love to cook; I find myself having all of the tools necessary to make the meal, the only issue I have is finding the ingredients. Granted, I live in a suburban area of a boring city, but even if I moved back to a major city, I wouldn't know off the top of my head where to get oxtail. The harder to find ingredients don't make me like this book less, because I feel it rounds out my recipe collection, but I was

surprised that the meals in this book contained more hard-to-find ingredients than his show does. That is the only reason for four stars. I will likely look for others of his cook books to try to find more of his recipes that contain ingredients I am familiar with cooking. In addition to the drink pairing tips, Ming provides lengthy descriptions of the meals, so that you can imagine what you are about to make and know how to aim for that end. He gives tips at the bottom of the page about, for example, handling various meats or cutting a certain vegetable. Examples of some of the recipes are:- Star anise-ginger "braised" whole chicken- Red-roast duck legs with sweet potatoes and daikon- Oxtail and shiitakes with quinoa- Aromatic short ribs with root vegetables- Curry beef with potatoes and onions- Orange-ginger lamb shanks with barley- Garlic with osso buco with celeriac- Pork belly with jalapeno-pineapple salsa- Chicken and tri-bell pepper chow mein- Kung pao chicken with house rice- Beef shiitake and broccoli stir-fry- "French Dip" orange beef- Green peppercorn beef with asparagus and rotini- Pork kimchee with noodles- Gingered pork with leeks- Scallop and bacon fettuccine- Clams with pork and jicama- Black bean scallops and zucchini- Black pepper sake mussels with granny smith apples- Mirin clams and leeks- Sweet and sour mango pork- Beef and onion "sukiyaki"

24 of 25 people found the following review helpful. Now THIS is more like it! By L. L. Mills I've ordered several Asian cookbooks in the past, and been absolutely uninspired to cook with any of them. They all seemed to list either really obscure ingredients they tell little or nothing about, too many ingredients per recipe, or both. And they usually included a lot of steps to do a recipe I had no earthly idea whether I'd even like (because no one bothers to tell you what the ingredients TASTE like, or what they are generally used for!). Ming does list in the front of the book the ingredients his recipes call for--and explains what each one is like, and how to use it--and yes, they are inexpensive ingredients, overall. (A few fancy dishes thrown in in case you want to entertain with ease.) He also goes over cooking techniques in refreshingly simple terms. But what intrigued me was opening to the first recipe to see him describe a Chinese technique for cooking chicken that I've been using for years--having gotten it from an American restaurateur. (And just like the book says--it's delicious!) Then I looked at the recipes. Oh yeah. Most of them actually use ingredients anyone who has ever done a stir fry will already have on hand--and in combinations I already know taste good, because I use them all the time. But he knows how to amp the volume by adding a few unexpected twists that'll have you drooling. He also describes everything in such simple and non-intimidating lingo that you feel, "Hey--I can DO this!" And pretty easily, too. I should note that he does have more than Asian recipes--osso bucco, Moroccan, etc.--but most do have an Asian flare. They're also, for the most part, very healthy. I can't wait to try these recipes, and I have no doubt they'll all be good (I'll be updating on that as I make them). Having worked in the past with a Taiwanese chef (sadly, didn't pay attention to the recipes being too focused on slurping them down), I DO at least recall that some truly amazing dishes are really made very simply. And this cookbook HAS everything down very simply. Each recipe seems to have maybe eight ingredients and three to four steps to make the dish--SHORT steps, best of all! These one pot meals really are something special for such an easy method of cooking. (They include some lovely salad recipes too, so don't let the one pot thing put you off--there's a good variety here.) So if, like I was, you're looking for a cookbook that will inspire you to cook and not intimidate you out of the whole process, I can recommend this one, right out of the gate. WAY beyond what I hoped for. P.S. A few recipes the book includes: Kung Pao chicken, oxtail shiitakes with quinoa, curry beef with potatoes onions, beef, shiitake and broccoli stir-fry, pork kimchee with noodles (OMG! Can't wait to try that one!), scallop and bacon fettucine, lamb chops with eggplant lemongrass tzatziki, asian spaghetti, asian sloppy joes, soba noodle carbonara (wow!), thai basil shrimp risotto, lemongrass scampi with papardelle, mushroom chicken fricassee with edamame, ginger-orange duck 'cassoulet', jerk chicken with mango, morrocan spiced lamb with bell pepper couscous--and LOTS more. Pretty close to a hundred, I'd guess, and I didn't see one that took up more than one page for both ingredients and directions to the recipe. You can't lose with this book. Ming Tsai kicks butt!

2 of 2 people found the following review helpful. including the cookbook bibles Joy of Cooking and NY Times Cookbook By Juxtaposer I own a lot of cookbooks, including the cookbook bibles Joy of Cooking and NY Times Cookbook; this is one of the best cookbook purchases I've made since I bought those aforementioned classics. I am a house mother to 9 Asian teens who loved my American style, but I knew they wanted a taste of home. It takes more than a bottle of Kikkoman and a jar of 5 spice to taste Asian. Because my day is absolutely full, these one pot dishes are a true Godsend. Thank you!

Chef Ming Tsai believes there are four basic needs in everyday cooking today: taste, healthfulness, simplicity, and affordability. So in this groundbreaking cookbook, he tackles all four. Broken down into seven techniques of one-pot cooking--including braising, wokking, sauteeing, roasting, high-temperature cooking, tossing, and soups--Simply Ming: One-Pot Asian Meals offers 85 recipes. Every ingredient can be found at your local market, every recipe will track its salt and fat intakes and allergens, and every meal will cost around \$20 for four.

From Publishers Weekly James Beard Award-winning chef Tsai (and author of Simply Ming) provides 80 one-pan recipes that can be created quickly and healthfully, with relatively inexpensive ingredients. Tsai focuses on seven cooking methods best-suited to one-pot meals: braise, wok, sauté, roast, high temp--which includes steaming and flash frying--soup, and toss. Throughout, Tsai offers preparation tips and drink suggestions, and each recipe is accompanied

by a full-color photo. Tsai's trademark Asian flair is evident, but he also ventures into the realm of comfort food, with garlic osso buco with celeriac, chicken meatballs with penne and tomato sauce, and panko-crusted turkey "scaloppini" with warm mango-cranberry chutney. Recipes are short--none longer than one page--and easy to construct. Tsai also includes a helpful glossary of ingredients and techniques for those looking for additional culinary instruction. From kung pao chicken with brown rice to Thai basil shrimp risotto or beef, shiitake, and broccoli stir-fry, Tsai's creations will tempt and delight. Suitable for everyday use, this attractive and highly accessible collection will delight Tsai's many fans and broaden his appeal to those who want a more varied approach to weeknight meals. (Nov.) (c) (c) Copyright PWxyz, LLC. All rights reserved. I've had my eye on the Cranberry-Hoisin Chicken recipe in *Simply Ming One-Pot Meals* by Ming Tsai and Arthur Boehm (Kyle Books) for a long time. The introduction says it's the "perfect dish for entertaining," and I have no reason to dispute the claim. (Barbara Revsine ChicagoNow, 1/2/14) From the Publisher Soba Noodle Carbonara Trying to make a good dish even better is a challenge I love. In the case of spaghetti carbonara, that much-enjoyed Italian specialty featuring pancetta, eggs and cheese, my first move was to substitute soba noodles for the spaghetti. Not only is buckwheat-based soba better for you than regular pasta, but it packs more flavor. Scallions, courtesy of the Asian pantry, add their own kick. TO DRINK: A light fruity Italian white wine, like Bastianich Friulano Colli Orientali de Friuli [Serves 4] Kosher salt 4 ounces soba noodles 1 tablespoon grapeseed or canola oil 1/2 cup pancetta, cut into 1/4-inch dice 5 scallions, sliced thinly, white and green parts separated 1/2 cup heavy cream About 1/4 cup freshly grated Parmagiano-Reggiano cheese, plus more for serving 3 tablespoons pasteurized liquid egg yolks Freshly ground black pepper 1. Fill a large bowl with water and add ice cubes. In a stockpot or other tall pot, cook the soba in abundant boiling salted water until al dente, 3 to 4 minutes. Drain the pasta (reserving 1/3 cup of the cooking water) using a large strainer and transfer the strainer to the ice water. When the soba is cold, drain and set aside. 2. Heat the pot over medium-high heat. Add the oil and swirl to coat the bottom. When the oil is hot, add the pancetta. Sauté, stirring, until crisp, about 1 minute. Add the cream, the reserved pasta water, and cheese. Add the soba and toss to combine. Add the eggs and toss gently. Season with salt and pepper. Transfer immediately to four individual serving plates, garnish with the scallion greens, and serve with additional cheese. Ming's Tip: As the egg yolks remain uncooked in this, I call for pasteurized liquid yolks to ensure healthfulness.