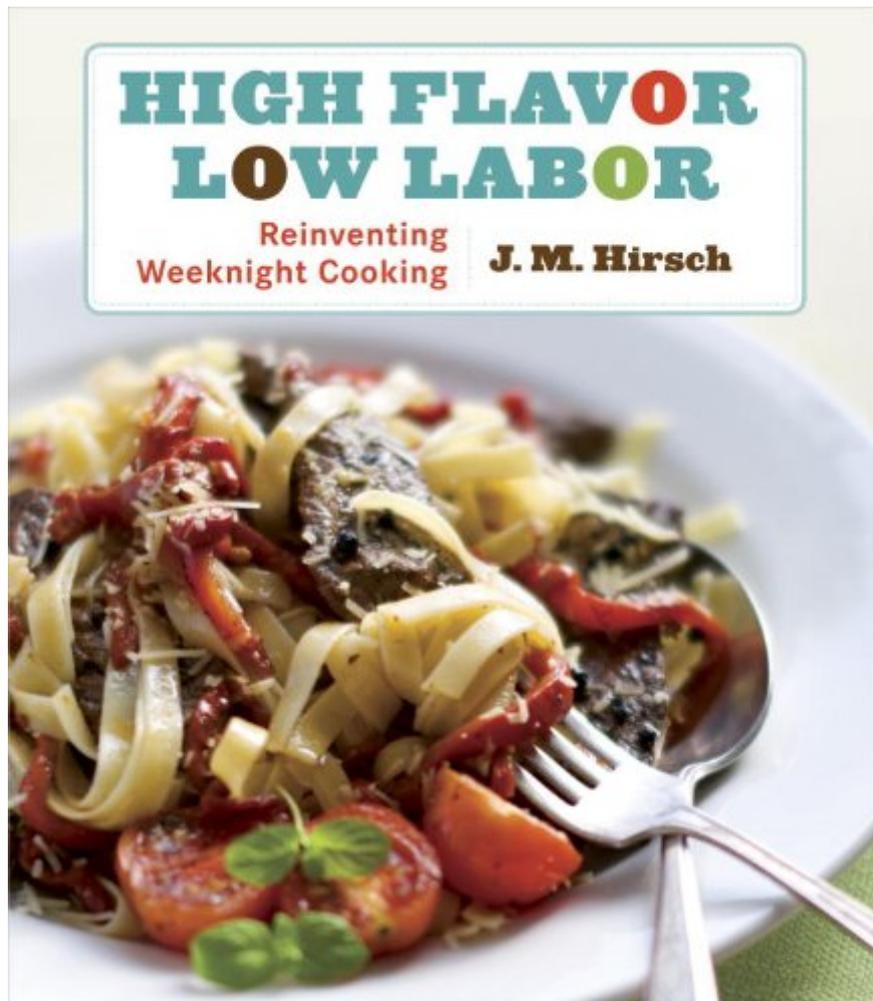


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# High Flavor, Low Labor: Reinventing Weeknight Cooking



## Synopsis

REAL FOOD. REAL LIFE. REAL FLAVOR. Forever short on time, Associated Press food editor J. M. Hirsch is a master of kitchen shortcuts; his favorite, letting high-flavor ingredients do the heavy lifting, was the inspiration for this collection of nearly 150 boldly delicious recipes. Because nobody has time to make a bland meal. His approach to cooking is simple: Foods that taste great going into the pot need less work from you to taste great when they come out. He shows busy cooks how to use ingredients with intense flavor to make the meals they want in the time they have. The recipes are easy and the flavors are robust. Try Four-Cheese Baked Gnocchi, Pork Chops with Red Wine Cranberry Sauce, Red Curry Beef, Sweet-and-Savory BBQ Chicken, Chili Balsamic Marinated Sirloin with Fettuccine and Sun-Dried Tomatoes, and Bacon, Beans, and Beer Chili. There's even dessert, with Balsamic Chocolate Cookie Ice Cream and Grilled Cinnamon-Sugar Breadsticks. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

When I have the time (and when would that be?) I think of myself as a pretty descent cook. But truth be told, reading cookbooks usually gives me a feeling of inadequacy rather than the "can do" spirit

they're meant to inspire. Not so with HIGH FLAVOR; LOW LABOR. The recipes are easily accomplished, and although there are exciting new ingredients to explore, many of the recipes can be made with what a working Mom tends to have at hand at the dinner hour - no long, pre-planned grocery lists required. And if I don't have everything, J.M. can be depended upon to suggest alternatives. If his go-to ingredients aren't already a part of your world it's easy to make them so, and while most of us understand the importance of fresh herbs and such yet fail to have them handy (what?! grocery shop more than once a week?), many of his pantry suggestions are relatively long lasting. If you just want a book to give you the quick step by step directions to get supper on the table without too much mental aggravation, this one is for you. But you can get much more out of it too. You'll get enough of technique and ideas to apply them on your own. Whatever your style in the kitchen, this is a great book to have at the ready, every night of the week.

I love this book. The only way I have time to cook is if it is fast and easy -- and it had better be good. This book totally delivered on all three. The writer has an imaginative way with recipes, and isn't afraid to reinvent classics. Shepherd's pie, American chop suey, a pesto made from bacon, an easy chicken curry -- all winners. Haven't had any trouble finding ingredients, and most of the recipes get dinner on the table in about 20 or 30 minutes. This book is staying on my shelf.

I just bought this for my husband and I have to say, this is the most sensible cookbook I have ever gifted him. If there's one thing he hates, it's cookbooks that seem to add a bunch of pretensions ingredients that are hard to come by, just to make them seem more exotic. Everything in this book seems to be under 40 mins to prepare and many are in the 20-30 range. We don't eat seafood, but \*every\* other recipe in this book will get made eventually, because all of (the non-seafood) meals sound delicious. This would make a great gift for anyone whose pressed for time, but still wants great food. I may buy a copy of it for my nieces and nephews as they move out, since it's far more practical for everyday cooking than the old standby by Betty Crocker. I intend to buy more cookbooks by this author for my husband. It's easily the smartest cookbook I've ever opened and I know this is one he'll use, so I'd expect other books by the author to be equally excellent.

Whether you're entertaining or cooking for your family, this is the only, well almost only, cookbook you'll need. J M Hirsch covers everything from starters, to soups, pastas, main dishes, desserts, and more, and gives tips and techniques to save you time. Each recipe tells you how much prep time and how many servings you'll get (if the cook doesn't eat it all before serving!). Beautifully

photographed and written with a great sense of humor. Take this book to beddy-bye and read it like a novel. In the morning, get up and start cookin'!

This cookbook is written by a real dad who is cooking for a real family. His cooking is based on a couple of premises: use organic and local food when possible, and use high quality ingredients. Each section (appetizers, main dishes, soups, desserts, etc.) has an introduction, and most recipes are accompanied by pictures of the finished product. A few of the recipes are not what I would consider "low labor," but overall, I am happy with this book. Note: The author is no longer vegan, so if you are looking for non-animal-product dishes, this is NOT for you!

I've used a lot of cookbooks. I'm one of those people who hates to eat the same foods over and over. I also hate to spend hours making food that I know my family is going to scarf down in under 15 minutes. Most cookbooks give you food that is OK but doesn't really leave a lasting impression or make you crave more. This book is awesome. All the foods are packed with flavor. I've tried seven of the recipes so far and I can't wait to make my way through the rest of the book. These are some of the easiest and tastiest food creations I have ever tried.

I love this book! I definitely don't have the time for long, drawn out recipes during the week so this book is perfect! And the photos make the recipes EVEN MORE delish! I mean who WOULDNT LOVE Bow Tie Pasta with Bacon Pesto! And the Four-Cheese Baked Gnocchi! OMG! Perfect for a chilly fall evening or any evening! Thanks for the AWESOME book J.M.!

Since buying this cookbook I have been excited about coming home from work and getting dinner prepared for the family. This has been something that I normally dread. The thing that I enjoy about this cookbook is that I can easily find the ingredients that I need either in my pantry or at the grocery store without a problem. I have already made quite a few of the recipes for my family and they have loved them. The best thing about it is that with so few ingredients these meals taste like there was more work invested than there actually was. I am thrilled to have this cookbook and I would highly recommend this to anyone who enjoys eating good, healthy, flavor-filled food. To all those working mom's and dad's out there, this is the ONLY cookbook you need to bring back the joy of weeknight cooking!

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