

<<ERIC KAYSER ' S NEW F>>

图书基本信息

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内容概要

Inspired by the hearty and nutritious ingredients that he uses in his bakeries, Eric Kayser has created 50 new recipes that celebrate "superfood" ingredients such as whole grains (wheat, rye, oats), seeds (sesame, sunflower, poppy), dried fruit (prunes, raisins, figs), and nuts (hazelnuts, almonds, pine nuts). Kayser includes both sweet and savory recipes that will dazzle your taste buds: try chestnut, apricot, and pistachio bread; mussels in a lime-and-beer sauce; or eggplant caviar drizzled with sesame oil—the options for delicious and balanced meals are endless! Kayser's fresh approach to cooking offers nutritious, flavorful dishes that are simple and enjoyable to prepare, for experienced chefs and fledgling cooks alike. His recipes are a fresh and easy take on French cuisine today.

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