



Cooking Light Global Kitchen: The World's Most Delicious Food Made Easy

David Joachim, The Editors of Cooking Light Magazine

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"It is an exciting time to be in the kitchen with so many incredible, flavorful ingredients from around the globe in our local supermarkets. We can thank globalization for stimulating our taste buds--and for making it easier to eat healthy." David Joachim, Author *Cooking Light Global Kitchen* brings a world of flavor, texture, and enticing aromas to your everyday meals. In this book, the sometimes intimidating topic of preparing your favorite ethnic-inspired dishes is made easy, approachable, and, most importantly, doable for home cooks of any skill level, by using ethnic ingredients easy-to-find in your local grocery store!

New York Times Bestselling author David Joachim, shares fascinating stories behind the world's most loved dishes as well as tips and techniques from 15 notable chefs and experts such as Rick Bayless, Marc Vetri, Michael Solomonov, Lidia Bastianich, Marcus Samuelsson, Jose Garces, Mark Bittman, and many more.

We'll show you how to create Mexican chile rellenos, homemade pasta in the Italian tradition, Thai sticky rice, Egyptian koshari, and many other dishes without venturing further than the supermarket. You'll get a taste of the world without ever leaving home.

- More than 150 recipes from around the world provide adventurous eaters with plenty of options to keep their palates pleased
- Features melting pot recipes blending the flavors of multiple cuisines, appealing to America's love of fusion dishes
- All the recipes are prepared with easy-to-find ingredients, making each deliciously doable
- Full-color images of each recipe brings each dish to life
- A complete nutrition analysis shows readers they can make once-in-a-while favorites into everyday options
- Ingredients: Detailed information about the easy-to-find ingredients that are the basis of many of these international favorites, where to find them (mostly at the regular grocery store these days), and how to know you're picking the best.

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From reader reviews:

Frank Miller:

People live in this new day time of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not really a robot. Then we request again, what kind of activity do you possess when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read will be Cooking Light Global Kitchen: The World's Most Delicious Food Made Easy.

Carol Rodgers:

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Mildred Ralph:

On this era which is the greater particular person or who has ability to do something more are more treasured than other. Do you want to become one of it? It is just simple approach to have that. What you should do is just spending your time little but quite enough to possess a look at some books. Among the books in the top list in your reading list is usually Cooking Light Global Kitchen: The World's Most Delicious Food Made Easy. This book that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking upward and review this reserve you can get many advantages.

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