

[PDF] Grill Pan Cookbook: Great Recipes For Stovetop Grilling

Jamee Ruth, David Roth - pdf download free book

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Review

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HEALTH

"Surrender no more to the seasons of the sun, for you can enjoy delicious food, cooked to absolute perfection, any night that you wish to stay inside," writes author Jamee Ruth in *Grill Pan Cookbook*.

The basic rule for using a grill pan is to preheat the pan over medium heat until it is very hot, and Ruth advises using a pan with a nonstick finish. The recipes are relatively simple, most with a half-dozen or so ingredients, and use contemporary flavors like wasabi paste and citrus-raspberry vinaigrette. Aside from the obvious indoor-outdoor differences, cooking delicate food is one area where the grill pan can set itself apart from the traditional grill. With no slats for the food to fall through, small or flaky items like artichoke hearts or mussels can be tossed on the grill without worrying about them feeding the fire instead of your family.

by Jamee Ruth. You'll need a stovetop grill pan, with its food-searing ridges and fat-trapping valleys, but you'll be rewarded with 50 light dinners. Try Garlic Chicken Kabobs on Rosemary Skewers, Mahi Mahi With Citrus-Raspberry Vinaigrette, and Grilled Radicchio and Endive Salad.

--This text refers to an out of print or unavailable edition of this title.

About the Author Jamee Ruth has worked as a television food stylist and personal chef to numerous entertainment celebrities. A highly regarded expert on culinary equipment, she has made frequent guest appearances on television and radio programs. Based in New York, she is the author of the *Cookware Cookbook* (0-8118-4236-3). David Roth is a Los Angeles-based photographer whose work has appeared in *Shape*, *Travel & Leisure*, and *Bon Appétit*.

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