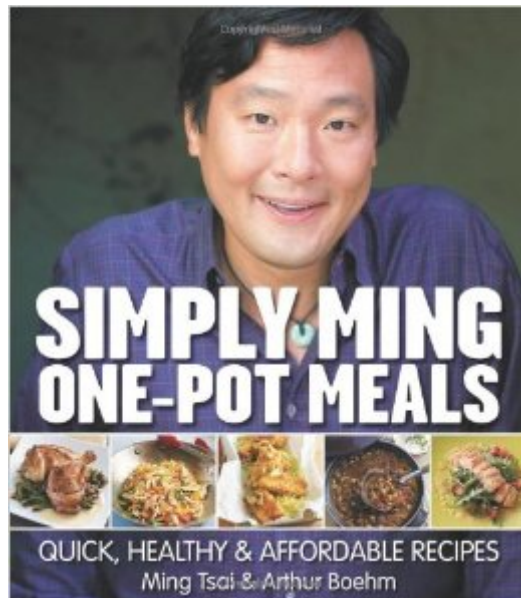


The book was found

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



Synopsis

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.

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Customer Reviews

I often don't know what the heck cook books are telling me to do. I was looking for healthy and affordable recipes that I could actually follow and would have good and interesting flavor, preferably Asian, so I bought this book. My husband is Chinese and his parents are fabulous Chinese cooks. I am not Chinese and I am not a fabulous cook. This recipe book has worked for us and I feel more capable as a cook every time I use it. I've had it for about 10 days and I've made 5 recipes from it. I'm really pretty novice in the kitchen, but Ming Tsai's simple instructions work for me. What I really like that is unique about this book: 1. It is organized in a useful and intelligent way in chapters based on cooking style rather than meat or dish type. I love that. When I need a quick dish, I look in the wok or high temp section. When I have some time, braise or roast. As I type this, my first EVER braise is cooking away. I'm excited. I've never found a recipe I trusted enough to try braising. I've never BOUGHT short ribs before. The "aromatic short ribs with root vegetables" that is boiling away smells so good. It doesn't smell like my kitchen -- in the past. 2. My favorite chapter so far is the

Toss chapter. From this chapter, I've made the sesame chicken cucumber noodle salad, spicy shrimp and avocado salad, and the tofu green goddess salad. These dishes could easily be main courses for many people. I make them as appetizers or lunches for my DH.3. EVERY recipe has a picture that actually is what you can make. The pictures really help me because, although I don't have the plating gene, with the picture as a guide, I can make these recipes LOOK pretty nice too. It's not like Bon Appetit recipes that I make that NEVER look like the picture. Ming's recipes and pictures actually go together. One caveat: I do STRONGLY recommend this cookbook with this one reservation: since it is asian fusion, it does require a few (common) asian spices, sauces, and condiments, so I'm not sure this is a good recipe book for someone who lives in an area that lacks Asian markets or Asian sections in markets. However, if you have access to an asian market, even if going into one is totally foreign to you, his descriptions help tremendously and you'll be able to find what you need.

As a Food Network follower from the early days, I remember Ming Tsai and his soothing, elegant cooking show "East Meets West" from the late '90s. When I saw his familiar smile on the cover of his new book, "Simply Ming, One-Pot Meals", I was intrigued. Upon opening the book I found myself making a dash for the register, salivating over which creation I was going to try first. This book is beautiful and very well thought out. EVERY recipe has a gorgeous photograph to accompany it and the range of recipes is astounding. Delightful beverage pairings accompany each dish. Next up on my list are his "Orange-Ginger Lamb Shanks with Barley" (with a Bordeaux blend, like Chateau Centemerle, Haut Medoc, France) and "Chile Pork Fillets with Garlic Brussels Sprouts" (with a big, buttery California Central Cost Chardonnay like Peter Michael). These one-pot wonders and their pairings are my new entertaining secret!

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!

This book is awesome! I've made the moroccan lamb dish twice already, both to rave reviews. We had a vegetarian over for Thanksgiving so I made the crispy tofu w/ miso butter and she loved it so much she left with my ponzu sauce! There are loads of easy to follow recipes and the photography is amazing. I've already bought 2 more as gifts and so should you.

I really like the ease of the recipes in this book. Each one fits on one page and has a picture. The instructions are clear, easy to follow, and best of all, quick to make. I am especially happy that my

children really like the meals that I have made so far from this book, even some with ingredients that they have never eaten before.

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