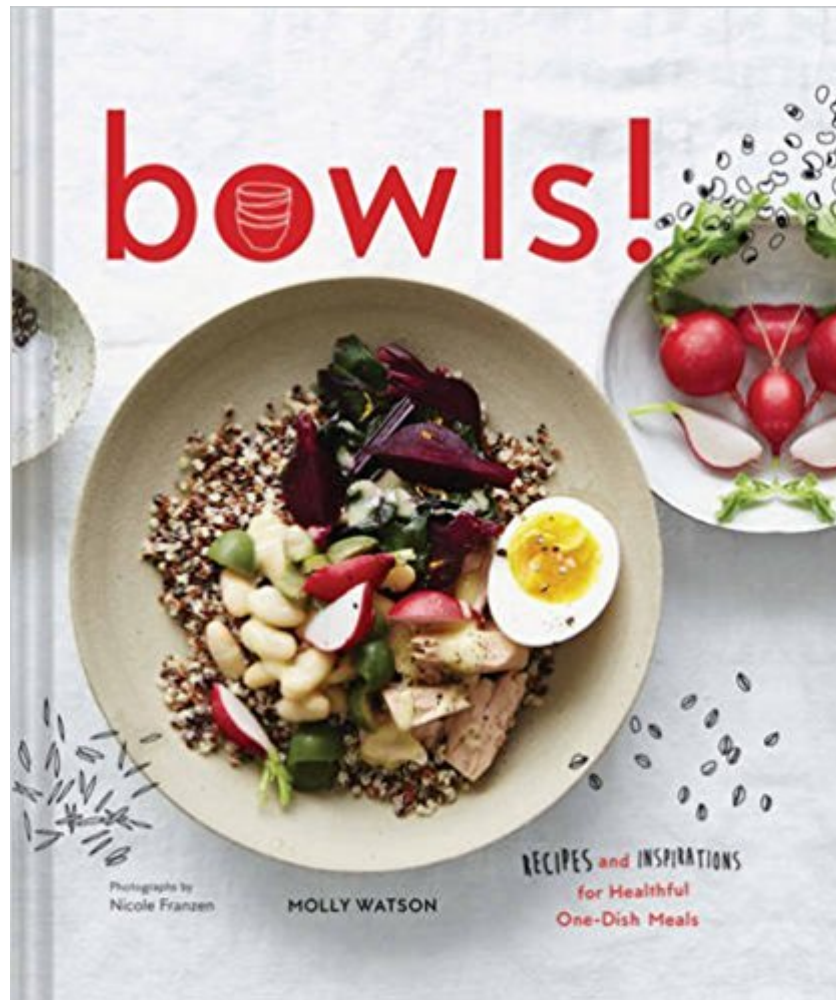




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Bowls!: Recipes And Inspirations For Healthful One-Dish Meals



Synopsis

Bowls are the new plates, featuring flavorsome combinations of nutritious grains, proteins, vegetables, a sauce, and something crunchy. It's a casual, comforting, satisfying way to eat lunch or dinner, and a delicious way to serve up healthy superfoods and probiotics. What makes Bowls! different is that it offers a comprehensive strategy for tackling this fun new way to eat, including 26 full recipes perfect for bowls plus 90 recipes for mix-and-match components. And it leads with visual inspiration in the form of a photographic matrix of ideas, making this handy volume an ideal go-to for weeknight cooks and healthy eaters.

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Customer Reviews

Molly Watson is the author of Greens + Grains. She lives in San Francisco.

I love this book. The author is a nice strong flavorist. She has a great sense of aesthetics. These are filling and leave you feeling great. To my delight, each bowl is its own little entity, and there's a wonderful spectrum of tastes going on. Pictured below: 1) Kalefornia Bowl p 112. Serano chile vinaigrette, cabbage kale slaw, sautéed white beans in garlic and rosemary, roasted chicken, avocado, and peanuts. This is a fantastic salad! The author instructs you to massage the vinaigrette into the kale and cabbage, totally preventing salad jaw fatigue. I included the chicken skin because yum. My kids *loved* this one. 2) Sizzling Beef Bowl p 133. Sizzling beef, sesame brown rice, charred vegetables, watercress, and pepper lime sauce. Awesome! This tastes and smells like you're in a killer Hibachi restaurant! 3) Cardamom

Lamb Bowl – p 149. Shredded cardamom lamb shanks, roasted eggplant salad, browned garlic bulgar, yogurt, and pomegranate arils. I love this bowl. We spent a few days in Morocco on our honeymoon, and this was wonderfully reminiscent of those flavors.4) Veggie Burrito Bowl - p 89. Cilantro pinto beans, taqueria-style rice, salsa fresca, avocado, lettuce, sour cream, and jack. Yummy!5) Sweet and Crunchy Salmon - p104. Swiss chard barley pilaf, maple glazed salmon, and fennel green apple salad. Fantastic bowl!6) Budapest Bowl - p 121. Paprika braised chicken, mushroom barley pilaf, sweet pepper slaw, and dilled white beans. Oh my gosh! This one is so fragrant. Divine. Just divine. Some others I have flagged to try are: The Minty Goddess (mint lemon quinoa, falafel-esque chickpeas, cucumber tomato salad, and tahini harissa dressing), Black Pepper Tofu Bowl (gingered coconut brown rice, carrot daikon slaw, lemongrass roasted broccoli, frizzled shallots, and black pepper tofu), Spanish Shrimp (red lentil quinoa pilaf, escarole salad, and smoked paprika shrimp), Zoodle Taco Salad (zucchini noodles, roasted chile guacamole, chile citrus sauce, and spiced ground turkey), Tea Salad Style Bowl with Chicken (mirin braised chicken thighs, seared brussels sprout leaf salad, sesame seeds, peanuts, garlic, and scallions), and Minnesota Hotdish Bowl (wild rice black lentil pilaf, sausage, creamy mushroom sauce, and garlicky chard).

I find that I must admit to a great deal of disappointment when I sat down to read Bowls!: Recipes and Inspirations for Healthful One-Dish Meals. I consider a "one dish meal" something that you cook in one dish - a stew, a casserole, something from the Crock Pot, not something you serve on but a single dish. Warning: There is not a single recipe in this book for that sort of meal. Every last one of them requires at least 4 separate components and definitely more than "one dish." The only "one dish" about this book is that the entire thing gets served in a single bowl. Otherwise, you will find that you use a fair number of pots, pans, bowls etc. prepping these dishes. Let me tell you about a couple of the recipes that I tested: – TEST RECIPE #1 - Sweet & Crunchy Salmon - 5++ Stars This was the BEST recipe that I've tried all week and there have been more than a few. Maple-glazed salmon served over a pilaf of barley and swiss chard, along with a fennel and green apple "slaw", garnished with chickpeas and toasted pecans, the dish has it all - soft, crisp, sweet, not so sweet - absolutely YUMMY. I did do a couple of things a bit differently. The author calls for a mere 12 ounces of salmon for 4 servings. We happen to like salmon and salmon is very good for you, so I used a full pound. I also didn't have the patience required to slice the apple thinly and then cut it into matchsticks. I just grated it. We absolutely loved this. It was fantastic the first day and still good the second day (it would make a great packed lunch). – TEST RECIPE #2 - Budapest Bowl 2 Star The Budapest Bowl was not a hit at Grandma's. The Paprika Braised Chicken

was too bland, the Mushroom-Barley Pilaf relatively tasteless. Adding some fresh dill did absolutely nothing for reheated canned cannellini beans and the Sweet Pepper Slaw would have been greatly improved by first roasting the peppers and then allowing them to marinate overnight. We ate because we were hungry but this is not a dish that I would repeat, definitely not worth the more than an hour prep & cooking time involved. The book is divided into three sections. The first contains a variety of recipes for basics - grains, beans, various proteins and a good number of yummy sauces. The second and smallest section contains a variety of proposed combinations of things to throw together into a bowl. The third features recipes for "full bowls" with all their attendant components. It is well laid out, features a full-color photo for each recipe in Full Bowls and sports a font large enough that you likely will not need your reading glasses. *Grandma's \$0.02 -Â Bowls!: Recipes and Inspirations for Healthful One-Dish Meals*Â was a bit of a disappointment. Instead of the minimal dishes I expected I got a mountain of pots and pans. The recipes are time consuming - an hour or so each - so not at all something I would choose for a week night meal after a busy day, and the author gives no tips for preparing the various components in advance to make assembly quicker. The excellent section on cooking grains (many of them unusual), the nice selection of sauces and the superb recipe for Sweet & Crunchy Salmon are the very salvation of the book. Your call.

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