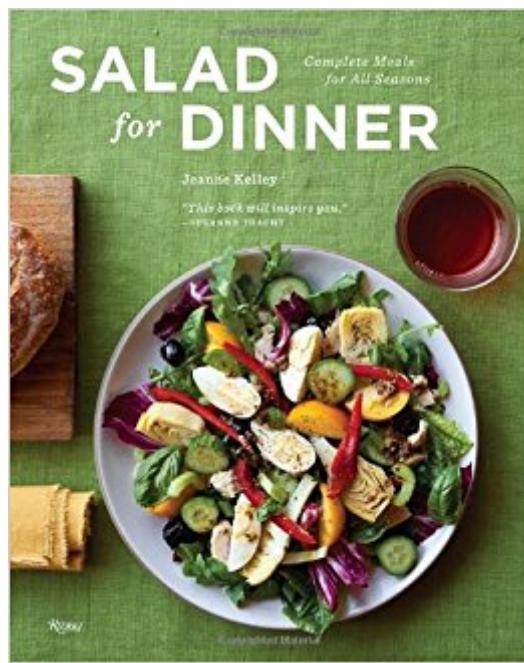


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# Salad For Dinner: Complete Meals For All Seasons



## Synopsis

A celebration of contrasts in color, flavor, and texture—•an artfully prepared salad is one of the most appealing dishes to eat, engaging all the senses. It is a basic culinary fact but often overlooked: a salad packs the most flavor because the dressing coats every bite. And with the right combination, a salad can be a full meal in itself. We all know it is healthier to eat more vegetables and whole grains. But how do you do so on a daily basis? This book reframes the question: Why not make greens the foundation of the plate? Smart, imaginative ideas abound: kale with lemon, parmesan, and almonds; Indonesian chicken salad with pineapple slaw; and salmon with quinoa, sorrel, and yogurt. There are super-hearty salads to satisfy even the biggest appetites, such as Korean barbecue beef salad; duck confit with fingerlings and frisee; and buttermilk fried chicken salad. These recipes help us break out of the “meat-and-three” box, leading to a new way of thinking about dinner.

## Book Information

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## Customer Reviews

"Whether you're making a weeknight dinner for the family or a weekend party for a crowd, this is the book you'll reach for time and again. *Salad for Dinner* should be subtitled: gorgeous, satisfying, surprising meals you'll want all through the year."--Dorie Greenspan, author of *Around My French Table* Jeanne's book is a brilliant new take on salads—smart, thoughtful and full of stunning flavor combinations. Kim Boyce, author of the James Beard Award-winning *Good to the Grain* Jeanne Kelley is not like you and me.

Her real genius is in assemblage, the ability to transform a seemingly random plateful of vegetation into a composition perfectly evocative of the season, and the gift of Salad for Dinner is that it lets us do the same.â• Jonathan Gold, Pulitzer Prizeâ• winning columnist for L.A. Weeklyâ•“Jeanne Kelley shows you how to make a salad that will rock your dinner table. From growing your own to foraging greens, Kelley expands your salad horizons.”â• Erik Knutzen, co-author of The Urban Homestead and Making It: Radical Home Ec for a Post Consumer World â•“Since southern California is one of the world’s great salad bowls, both in terms of its superb produce and the cross-pollinating ethnic variety of its population, you couldn’t possibly find a better cook than Los Angelesâ• based Jeanne Kelley to help you discover its culinary bounty. Sheâ•s also a serious but very charming writer, and this beautifully produced book should be sold with a spatter-guard, since it’s one that will live in the kitchen.”â• Alexander Lobrano, Saveur writer and author of Hungry for Parisâ•“Jeanneâ•s homage to salads is wonderful. I love the clean, simple sophistication of the cookbook, and the recipes are innovative as well as informative. This book is like a salad â•Ëœbible,â• and will inspire you to cook, garden, entertain, and appreciate all the joys of living. This is no coffeetable bookâ• it will stay in your kitchen at all times.â•â• Suzanne Tracht, Chef/Owner of Jar, Los Angeles, Top Chef Masters star, and Food and Wine Best New Chef.”The photos are lavish; the recipes are both imaginative and easy to follow.”â•“San Diego Magazine”...this is simply a book you really want to cook from. There is a fantastic glossary of greens that tells you about those market finds and what to do with it, followed by a primer on how to build a great salad.”--LA Weekly Blogâ•

Jeanne Kelley has written for Bon Appâ•tit magazine for twenty years and is a frequent contributor to Cooking Light and Fine Cooking. Her articles have also appeared in the Los Angeles Times Magazine, Prevention, and Cooking.com. She is the author of Blue Eggs and Yellow Tomatoes.

I LOVE this cookbook! I was a little intimidated when I read how many of her own vegetables Jeanne grows, but while there are a lot of somewhat exotic ingredients included in the book, she gives clear advice on where to find them or how to make substitutions if they’re not available. The book is broken up into four sections: Vegetarian, Fish & Seafood, Poultry, and Meat (I’m sure a gourmet chef would disagree with me, but I’ve found that even the non-vegetarian salads can be made vegetarian quite easily without a great sacrifice to taste). Along with countless salad recipes, the book also provides instructions on how to make a plethora of side items: dressings, breads, and

sauces, along with salad elements (like roasted beets) required in the recipes. There is a handy list of salads that can be made a day (or more) ahead of time, if you want to plan for tomorrow's lunch, as well as a timeline for which items can be prepared one, two, or three days in advance to save yourself time when you're ready to throw it all together (she also provides clear instructions on how to pack a salad to preserve flavor and crispness). The book also contains a list of salads which can be made without lettuce, if you have difficulty procuring it or want to find one at quick glance, a wheel to identify what is most likely to be in season at a given time, and an incredibly detailed and inspiring index of different greens you might use in a salad. This cookbook is quickly becoming my favorite go-to for any occasion! There is no nutrition information provided for the recipes, so if that's important to you you'll need to estimate that yourself. The only thing I wish this book provided was a list or glossary with recipes sorted based on some of the more hard-to-find ingredients (if I'm traveling an hour out of my way to pick up a few ingredients, it would be great to be able to easily glance and see which different salads I might plan on making with them that week) - but that is nitpicking an excellent, usable cookbook!

A beautiful book to savor over a cup of tea on a lazy afternoon. Keep a pencil/pad nearby to make a shopping list. The range is wonderful. Easy to complicated. Light to very filling. Gorgeous photos. Excellent instructions. Would make an outstanding and unusual gift for someone who likes cookbooks or someone wanting to improve their meals.

Made 2 salads so far, and so far really like it. The steak salad was delicious especially the shallot blue cheese dressing.

Christmas present for my sister. She loves it!

Truly a must for everyone's cooking collection. So many salads to chose from, pictures to help you select what looks best to you and with variations of the salads shown...you will never get bored with the same old salads.

From whole meals to side salads this has become a firm favourite. I open it for inspiration before I shop. It's great that I can go straight to the section for whatever meat, poultry, seafood I have available and create something on the spot. We are eating more variety and quantity of leafy veg, legumes and nuts because now I know what to do with them!

We love this cookbook! Salad really can be a meal. This book has a wide variety of options including with or without meat. The homemade dressings really make the salads. We eat so much healthier and utilizing the farmers market more now that we have this book. Highly recommend!

This is a great book for interesting and unusual salads; good if you like trying out new recipes on dinner guests. I've liked everything I've tried from this book so far.

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