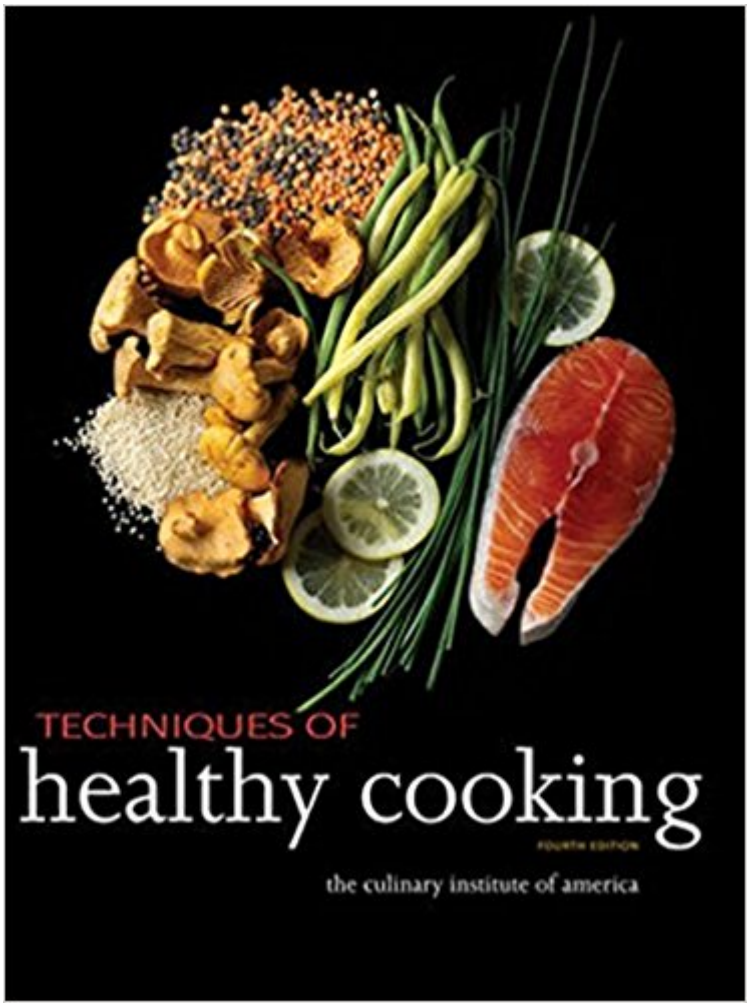
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Techniques Of Healthy Cooking



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Synopsis

The authoritative guide to healthy cooking in the modern professional kitchen In today's health-conscious culinary environment, diners expect much more than just delicious food. They expect nutritious, well-balanced meals made with wholesome ingredients. Chefs in every sector of the food industry, whether at fine dining establishments or cafeteria kitchens, should be prepared to address those concerns with a variety of healthier dining options. This updated new edition of Techniques of Healthy Cooking includes the latest dietary guidelines and healthy cooking techniques. It also covers a wide range of health- and environment-related topics of concern to today's diners, such as organic ingredients, local sourcing, farm-to-fork initiatives, and much more. All recipes here have been revised to include more whole ingredients, sustainable foods, and a wide range of substitution options. This new edition features nearly 500 recipes for virtually any meal or occasion, including 150 all-new recipes for this edition More than 150 full-color photographs of ingredients, techniques, and plated dishes are included in this new edition The Culinary Institute of America explores the latest on topics such as locally sourced food, farm-to-fork initiatives, and food safety Learn how to create dishes for vegan, vegetarian, gluten-free, and lactose-free diners With the latest information and a huge variety of recipes, Techniques of Healthy Cooking is the perfect source for exciting, flavorful, and healthful food.

Book Information

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Customer Reviews

Cracked Wheat and Tomato Salad View larger Ingredients: 12 oz/340 g cracked wheat 2 lb/907 g tomatoes, peeled, seeded, cut into medium dice 8 oz/227 g medium-dice red onion

3 oz/85 g medium-dice fresh mozzarella 3 tbsp/45 mL red wine vinegar 7 fl oz/210 mL extra-virgin olive oil 2 tbsp/6 g chopped oregano Ãƒâ Ã Â oz/14 g chopped basil 2 tbsp/4 g red pepper flakes 1 tsp/3 g salt Ãƒâ Ã Â tsp/0.50 g ground black pepper 1Ãƒâ Ã Â oz/43 g finely grated Parmesan (Optional)) Yield: 10 servings 1. Place the cracked wheat in a medium pot, cover with salted water, and simmer until tender, 30 to 35 minutes. Remove from heat and drain, pressing to release excess moisture. Let cool to room temperature. 2. Toss the tomatoes, onion, and mozzarella in a large bowl to combine. 3. Whisk together the vinegar, oil, oregano, basil, and pepper flakes in a small bowl. Season with the salt and black pepper. Add to the tomato mixture and toss to coat. Add the cooked wheat and toss well. 4. Serve at room temperature of chill until needed for service. If desired garnish with the Parmesan. Chef's Note: Portioning Information: 6 oz/170 g. Nutrition per Serving: 360 calories, 23 g fat, 32 g total carbohydrate, 10 g protein, 310 mg sodium, 10 mg cholesterol.

Individual Fruit Galettes View larger Ingredients: 10 oz/284 g Sweet Ricotta Pastry, (see below) cold 14 oz/397 g peeled, sliced peaches 4 oz/113 g blueberries Pinch freshly grated nutmeg Sweet Ricotta Pastry - 1 lb/454 g all-purpose flour. - 4Ãƒâ Ã Â oz/128 g sugar. - 1Ãƒâ Ã Â oz/50 g baking powder - Pinch salt. - 8 oz/227 g part-skim ricotta cheese, cold. - 3 fl oz/90 mL skim milk, cold. - 2 egg whites, cold. - 2 oz/57 g diced butter, cold. - 1 tbsp/15 mL vanilla extract. Yield: 10 servings 1. First prep the pastry using the recipe to the right. Combine the flour, sugar, baking powder, and salt into a food processor. Process briefly to evenly mix the ingredients. 2. Add all of the remaining ingredients and pulse just until a dough forms. Gather the dough into a ball and wrap tightly with plastic wrap. Refrigerate the dough until firm, at least 1 hour, roll out the dough to use in pastries as directed. 3. Portion the dough into 2-oz/57-g pieces and roll each one into a ball. Retaining a round shape rolled out each piece of dough on a floured surface to ÃƒÂ¢Ã â |Ã â º inch/3 mm thick. 4. Average about 2 oz/57 g peaches and 1 tbsp/10 g blueberries on each round of pastry dough, leaving a 1/2 inch/1cm bored around the edge of the dough. 5. Working gently, fold the edges of the dough up and slightly over the fruit, overlapping the edges and leaving the fruit still exposed in the center of the pastry. If desired, brush a small amount of water onto the dough once each section is folded over to help the overlapping section adhere to it. Grate a small amount of nutmeg over each galette. 6. Gently place the galettes onto a parchment-lined sheet pan, spacing them evenly on the pan. 7. Back the pastries in a 350Ãƒâ Ã Â F/177Ãƒâ Ã Â C oven until the edges are golden brown, about 25 minutes. Allow them to cool before serving. 8. The galettes can be stores in an airtight container at

room temperature for up to 2 days. Note: Other seasonal fruits may be substituted for the blueberries and peaches to make a variety of fruit galettes. Chef's Note: Galettes: Portioning Information: 1 galette. Nutrition per Serving: 90 calories, 2 g fat, 18 g total carbohydrate, 2 g protein, 150 mg sodium, 5 mg cholesterol. Sweet Ricotta Pastry. Portioning Information: 1Ãƒâ Ã Â oz/43 g. Nutrition per Serving: 150 calories, 3.5 g fat, 25 g total carbohydrate, 3 g protein, 220 mg sodium, 10 mg cholesterol.

Seared Scallops with Avocado, Grapefruit, Greens, and Citrus Dressing View larger Ingredients: 8 fl oz/240 mL extra-virgin olive oil 4 fl oz/120 mL Meyer lemon juice 2 tsp/6.50 g salt Ãƒâ Ã Â tsp/1 g ground black pepper 6 lb/2.72 kg grapefruit 2 lb/907 g avocados 10 oz/284 g leafy greens 40 large scallops, muscle tabs removed Salt, as needed Ground black pepper, as needed 6 tbsp/90 nL olive oil Sea salt, as needed Yield: 10 servings 1. To make the dressing, combine all of the dressing ingredients and mix until thick and emulsified. Set aside. 2. Working with 1 grapefruit at a time, cut a thin slice off the top and bottom to reveal the flesh. Stand the grapefruit upright and remove the peel with a sharp knife in wide strips, cutting downward and following the contour of the fruit. Holding the grapefruit over a bowl, cut along both sides of the segment, releasing the segments from the membrane and allowing them to drop into the bowl. Squeeze the remaining juice from the fruit. You should have about 4 fl oz/120 mL juice. 3. Slit each avocado in half and remove the pit. Suing a butter knife, make thin slices of avocado inside the peel. Scoop out the slices gently with a spoon. This will help keep the shape of the slices for a better presentation. After cutting the avocados, drizzle them with about 2 fl oz/60 mL of the dressing. (Make sure that cutting the avocado is the last thing done prior to cooking the scallops). 4. Toss the greens with the remaining dressing and divide among 10 cold plates. Top with the avocado and grapefruit segments and drizzle with the remaining dressing. Prior to cooking the scallops, make sure all the plates are set up so that the salad can be served immediately after searing the scallops. 5. Pat the scallops dry. Season the scallops with salt and pepper. Heat a large pan over medium-high heat and add the oil. Once the oil begins to simmer, gently add the scallops, making sure they are not touching each other; sear for about 1 minute on each side. The scallops should have a nice brown crust on each side while still being translucent in the center. Sera for roughly 1 minute on each side, or until you can see that the scallop is golden brown on the edges. Using a fish spatula, flip the scallop and repeat the step. Only the top and bottom of the scallop need to be seared. The scallops can be served whole or sliced into thirds and fanned out on the plates. 6. Place the cooked scallops on the salad, sprinkle with a little sea salt and grapefruit

juice, and serve. Chef's Note: Portioning Information: 3Ãƒâ Ã Â oz/99 g scallops, 1 oz/28 g greens, 1Ãƒâ Ã Â fl oz/45 mL dressing. Nutrition per Serving: 248 calories, 10 g fat, 12 g total carbohydrate, 27 g protein, 257 mg sodium, 69 mg cholesterol.

Founded in 1946, The Culinary Institute of America is an independent, notÃ¢â ¬â ˆforÃ¢â ¬â ˆprofit college offering bachelor's and associate degrees in culinary arts and baking and pastry arts, as well as certificate programs in Latin cuisines and wine and beverage studies. A network of more than 44,000 alumni has helped the CIA earn its reputation as the world's premier culinary college. The CIA, which also offers courses for professionals and food enthusiasts, as well as consulting services for the foodservice and hospitality industry, has campuses in Hyde Park, NY; St. Helena, CA; San Antonio, TX; and Singapore.

I have been buying cookbooks, not for the recipes but for ideas and new ways of cooking. I for a long time basically lived on pasta and hamburger meat while I was trying to get over cigarettes. I gained a 100 pounds and developed type2 diabetics. I now plan each meal around a vegetable or two. Boiling, roasting or any manner that will allow me to use minimum amounts of fats and starches. Still haven't found a low carb desert worth the trouble of making or eating.Got a lot of good ideas from this book and have enjoyed the results - every bite.

This book is an excellent addition to my library. A most have for all culinary arts lovers or professionals.

Would highly recommend any book from the CIA, especially the newer versions, the book includes hundreds of helpful and very descriptive recipes with nutritional information. Also there's a lot of helpful literature in the book about nutrition and living a healthy lifestyle, the book includes cooking techniques and several pictures of tools needed for each dish.

The Culinary Institute should know better. This book lacks proper proof reading and the recipes leave much to be desired. For example, Rosemary Chicken with no rosemary? Really? This is one of several examples throughout the book that leave one laughing. There are also flagrant punctuation errors which I find amusing. I am no English major but I do expect quality work. If you must get this book for your higher education via the culinary institute you are attending, then so be it. If not, I would consider other alternatives.

Fantastic book

I liked it because it helps learn how to cook healthier.

This book was purchased for a cooking (Chef) class. It is a great study guide for food preparation and plating. It will be helpful far beyond the classroom.

Loving this book. It has colorful picture and the recipes are easy to follow and very helpful in my cladd

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