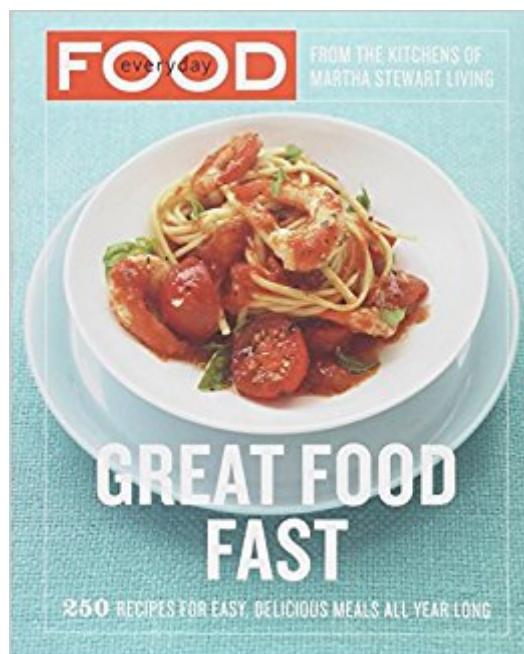


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# Everyday Food: Great Food Fast: 250 Recipes For Easy, Delicious Meals All Year Long



## Synopsis

No matter how busy you are, at the end of the day you want fresh, flavorful meals that are easy to prepare. And you want lots of choices and variations—recipes that call for your favorite foods and take advantage of excellent (and readily available) ingredients. In the first book from the award-winning magazine *Everyday Food*, you'll find all of that: 250 simple recipes for delicious meals that are quick enough to make any day of the week. Because a change in weather affects how we cook as much as what we cook, the recipes in *Everyday Food* are arranged by season. For spring, you'll find speedy preparations for main-course salads, chicken, and poached salmon that minimize time spent at the stove; summer features quick techniques for grilling the very best burgers and kabobs as well as no-cook pasta sauces; for fall, there are braised meats and hearty main-course soups; and winter provides new takes on rich one-dish meals, roasts and stews, and hearty baked pastas. Finally, a chapter on basics explains how to make year-round staples such as foolproof roast chicken, risotto, couscous, and chocolate sauce. Designed in a contemporary and easy-to-read format, *Everyday Food* boasts lush, full-color photography and plenty of suggestions for substitutions and variations. With *Everyday Food*, even the busiest on-the-go cook can look forward to meals that bring freshness, nutrition, and a range of flavors to dinner all week long.

## Book Information

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## Customer Reviews

If you are a fan of *Everyday Food* magazine (and you should be), you will be wowed by Great Food

Fast, a gorgeous full-color cookbook filled to bursting with recipes for fresh, flavorful food that is easy to prepare. Organized by season, Great Food Fast features simple recipes for year-round cooking, including no-cook pasta sauces, main-course soups, one-dish meals, and more. --Daphne Durham Great Food Fast Recipe Preview

**Pan-fried Shrimp with Green Curry Cashew Sauce**

**Serves 4**

**Prep Time:** 15 minutes **Total time:** 15 minutes

You can purchase bottled Thai green curry sauce in most supermarkets, but this recipe proves how quick and easy it is to make your own. Refrigerate any leftover sauce, covered, for up to 3 days.

1 slice (1/4 inch thick) peeled fresh ginger 3/4 cup plus 2 tablespoons roasted unsalted cashews 1/3 cup plain low-fat yogurt 1/4 cup packed cilantro leaves 1 tablespoon brown sugar 1 teaspoon curry powder Coarse salt and fresh ground pepper 1 1/2 pounds peeled and deveined large shrimp 2 tablespoons olive oil

- 1 In a food processor, pulse the ginger until finely chopped. Add the 3/4 cup cashews; process until smooth, 2 to 3 minutes.
- 2 Add the yogurt, cilantro, sugar, and curry powder; season with salt. Process until incorporated, 1 to 2 minutes, scraping down the sides as needed. Transfer to a serving bowl; sprinkle with the remaining cashews.
- 3 Season the shrimp with salt and pepper. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add half the shrimp; cook until opaque throughout, 2 to 3 minutes. Repeat with the remaining tablespoon oil and remaining shrimp. Serve the shrimp with the sauce.

Martha Stewart Living was first published in 1990. Since then, more than two dozen books have been published by the magazine's editors. Martha Stewart is the author of dozens of bestselling books on cooking, entertaining, gardening, weddings, and decorating. She is the host of The Martha Stewart Show, the popular daily syndicated television show.

Great book for family friendly recipes for week days! Nice fresh updates on old favorites as well as newer dishes. The Chilli Mac is the best! The Roasted Chicken Breasts with Carrots and Onions (and prunes) is so surprisingly yummy. (But put the prunes in only for the last 5 minutes). The Sauteed Chicken in Mustard-Cream Sauce makes French cooking accessible for the week day. Recipes (with a fairly skilled cook) take 30-45 minutes-- and not too many dishes to clean.

Besides "Meatless" from the same cookbook line, this is my favorite cookbook. Super easy, fast recipes - no joke. Gives you the time necessary to make all the dishes beforehand which I wish ALL cookbooks would do (and "Meatless" doesn't. Grrr.). The important thing about these simple recipes is take an extra 5 minutes, no matter what they say, and get top-notch ingredients. This book is all

about letting natural flavors shine so if you skimp out on ingredients or try to take short-cuts (thyme in bottle as oppose to fresh thyme, for example), it will show in the meal.

I get compliments on every dish I prepare from this cookbook. I have tried at least 20 recipes and loved all but 1 of them! Really. The recipes include time amounts to prepare and total time - very helpful. Also helpful times in the directions, like " cook 2-3 min on each side until golden brown." The recipes are broken up into seasons which keeps me looking at the freshest and often the locally grown selections! I totally support that! The recipes are easy, and I am comfortable trying anything they suggest, because the success with every recipe is so rewarding. Lots of differing cuisine styles, and I've adapted several to vegetarian from time to time. Every dish has a photo, even the sides. There are a few show stoppers like the ginger lime marinade ( I think that is what it is called - don't have the book right with me), and there is a curried cashew cilantro 'paste' that is unbelievable. I have given this a gift to each of my sisters and to several friends. I am mother of elementary school aged children. The recipes are kid friendly and yet, I love them too. Apricot chicken with a mint sauce- who knew? A total crowd pleaser! It's just a great book. I highly recommend this cookbook.

I have quite a collection of cookbooks, and this is one of my absolute favorites. Don't get me wrong -- I love reading Bon Appetit and drooling over fancy, complicated food -- but when it comes to everyday, I like clean flavors and relatively simple ingredients that I can put together fast for something tasty and healthy. This, like the magazines by the same name, works great for that. It's divided by seasons, which is nice if you try (at least a little) to shop seasonally/locally, and offers some new dishes as well as slight twists on traditional favorites. I've probably gone through half the recipes in the book, and I haven't found a bad one (or one that was too difficult to follow) yet. Win-win.

I am a huge Martha Stewart fan and this book is amazing! It offers everything for the every day chef in your home. Although I have a large cookbook collection, this one is used quite often. The dishes range from all different varieties, but what is great about it is that it uses simple ingredients and all meals are prepared in under 30 minutes.

This is my third Martha Stewart cook book and it lives up to the other ones that I have. The meatless cook book has a lot of great recipes even though I eat meat which you can always add to any of the

dishes. The side dish ideas are great! I have cooked a lot of recipes out of this book and I'm loving it! Fast simple and delicious what more can a gal ask for! I love that all the recipes have beautiful pictures in all of these books! I will always buy Martha Stewart cook books from now on! I have had not one bad experience yet with any of the recipes in any of my books. What I love most about this book is that it will have a main dish recipe and a side dish recipe on the same page. Can't wait to get my next book!

Unlike many of these other reviewers I am NOT a subscriber to Martha Stewart's magazines and I probably would have shied away from the book if I'd read the cover more carefully. I'm glad I didn't, though, because I am delighted with this book. I've made a dozen of the recipes so far and only had one miss (we found the flavor of the herb-crusted snapper to be insipid). Our household needs to produce food quickly but won't settle for garbage; we want food that is not only quick but flavorful, using fresh ingredients, and heart-healthy. This book answers all four of those requirements. Food is not only fresh but interestingly spiced; recipes often call for spices commonly used in Indian cooking (the combination of cumin and coriander occurs frequently, often with red pepper). And most can be prepared in 45 minutes or less. The fact that it is organized by season seemed a bit gimmicky at first, but I am forced to admit that the organization makes it much quicker to browse for new recipes -- I just turn to the section for the current season and know I'll find recipes that include fresh ingredients that will be easy to find in the supermarket right now. The numerous recipes include many for the grill, lots of excellent quick salads that aren't the same old boring veggies-on-greens, and several excellent vegetarian entrees. I can't recommend this cookbook more highly; it should be on the shelves of all households containing two working parents.

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