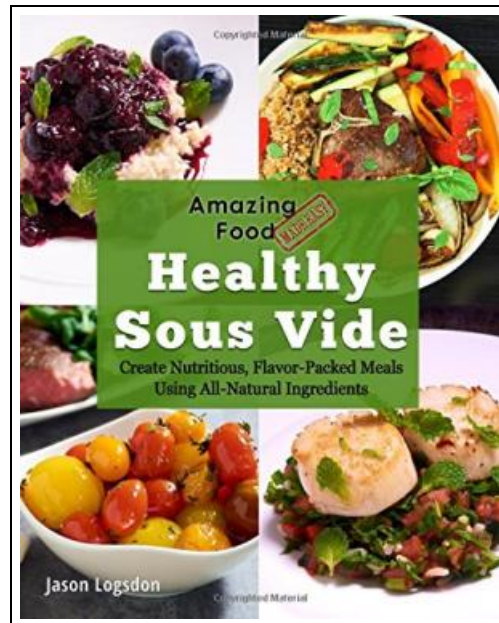


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Primolicious LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you looking for hearty, flavorful meals that won't make you feel bloated afterwards? Then you are in luck! Healthy Sous Vide is the latest cookbook from Jason Logsdon, the best selling author of 10 sous vide and modernist cookbooks, and it shares many of his favorite recipes developed over the years so you can eat nutritious, flavor-packed meals that taste amazing. In This Book You Will Discover An introduction to healthy sous vide cooking with easy-to-follow instructions and full color photographs. More than 70 flavorful, stress-free recipes with full nutritional information that will have you eating great and amazing your friends and family. A sampling of which include: High energy breakfast foods: Egg Cup Bites, Cinnamon Raisin Oatmeal, Blueberry Compote, Sous Vide Yogurt, Avocado Toast with Hard Boiled Egg, and Shakshuka with Egg Blossoms Many savory soups: Hot and Sour Chicken, Curried Butternut Squash, Creamy Parsnip, Tortilla Soup Filling salads: Cod with Watermelon and Cucumber, Duck with Cherry Vinaigrette, Tuna and Ginger, Turkey and Avocado, and Peach and Blue Cheese Nutritious grain bowls: Chicken and Avocado, Harissa-Marinated Tofu, Cuban Style Beef, Tuna Poke, Garlic Lamb, Halibut with Melon A dozen main dish meats: Chicken Mole, Hanger Steak Succotash, Moroccan Tajine, Filet Mignon with Brussels Sprouts, and Strip Steak with Cauliflower Puree Flavorful fish dishes: Sea Bass with Mango Salsa, Squid Puttanesca with Zucchini Noodles, Swordfish with Romesco Sauce, Citrus Cured Salmon, Scallops with Tabbouleh Filling sides: Spicy Street Corn, Dill Pickles, Miso Glazed Turnips, Sesame Bok Choy, Southwestern Sweet Potato Salad and Spicy Pickled Carrots Flavorful infusions: Orange Fennel Vinegar, Lemon Tarragon Olive Oil and even sugar-free soda mixers like Root Beer and Cherry Vanilla A general introduction to sous vide cooking....

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