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# Salads: Beyond The Bowl: Extraordinary Recipes For Everyday Eating



## Synopsis

"Mindy's salads are just the sort I like to make a meal of. Her book is brimming with good practices, exciting recipes and beautiful photography." So says celebrated cookbook author, Heidi Swanson, of Mindy Fox's brand new collection of truly extraordinary and inspiring salad recipes. Filled with 100 gorgeous photographs and creative easy recipes such as Green Melon, Cubanelle Peppers and Ricotta Salata; Red Kale Caesar with Mustard Croutons and Smoked Trout; Potato Salad with Melted Leeks and Blue Cheese; and Peanut Soba and Chicken Salad with Lime, *Salads: Beyond the Bowl* shows you just how beautiful and nourishing a life of great salad eating can be. Fox's book is filled with healthy recipes, yes - but equally exciting is that, through this book, Fox shows us just how delicious and show-stopping a well-made salad can be. Inspired by seasonal offerings, Fox pairs produce of all sorts with grains, beans, legumes, cheeses, fish and meat to create extraordinary salads that serve as starter or main dishes for everyday eating, whether at brunch, lunch or dinner. Like every facet of cooking, making a truly extraordinary salad involves a little craft and basic know-how. In *Salads: Beyond the Bowl*, Fox gives vegetarians and meat-eaters alike the basics of great salad-making, then offers a collection of 100 recipes for inspired salads, with flavor nuances from a variety of cuisines.

## Book Information

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## Customer Reviews

I understand the 5 stars from other reviewers. This is an amazing book with really different recipes that are well explained with color pictures. However, I gave it 3 stars because I live in a small town (we do have a trader joes) and I do not have access to many of the ingredients without special

ordering them. I think I would be challenged to find some of them in a larger city - fresh sardines, shredded rabbit, baby octopus, sumac, specialty sausages, cubanelle peppers to name a few. Many of the recipes are also long on ingredients and prep. This is the book for you consider yourself a foodie and live in NYC, San Francisco, or some other place with access to fresh, speciality food shops.

I should have a shelf dedicated to just Mindy Fox's books! I own *Olives & Oranges*, *The Craft of Baking*, *A Bird in the Oven* and now *Salads Beyond The Bowl*. Ms. Fox creates flavor profiles that make my mouth sing. In this book, which I've owned for less than a week, I have already made 3 dishes: the tangle of radicchio, belgian endive, chives & blue cheese; the celery root with manchego cheese and pistachio; and the egg salad with lemons, capers and chives. Three for three on the hit parade! Her writing is clear and concise. There is nothing left to wonder about the recipe as Ms. Fox fills in the blanks with detailed descriptions about the preparation and the ingredients. The ingredients are available at local markets or smaller specialty shops, easy enough to find online too if you are not lucky enough to have salted capers at your market, for example. Sometimes we just like to have a salad for dinner but don't want to settle for something light in the taste department. That's where this book is perfect as well. The preparations are not long and laborious but taste like you've been in the kitchen for hours! I know someone who bought the book today based on my recommendation alone, sight unseen! Go on now, put this in your shopping cart and don't think twice!

I am a big fan of Ms. Fox, having purchased her previous book, *"A Chicken in the Oven and Then Some."* (2010) Her recipes are well-written, easy to follow and, most importantly, delicious! Every salad that I have made in this book, and I have made quite a few in the mere two weeks that I have owned the book, has been better than the last. To name a few, my family and I have enjoyed the escarole and mushroom salad with orange marmalade and sweet shallot vinaigrette, the potato salad with za'atar and chives, the warm orzo salad with sweet crab, shiitake mushrooms, corn and creme fraiche and the blueberries, feta and mint salad. The latter, although so simple to assemble, is a real showstopper of a salad in that the combination of blueberries, feta and mint, dressed lightly with very good olive oil, sea salt and cracked pepper, is so unusually refreshing. There are so many more recipes that I intend to try that I imagine that I will cook my way through the entire book. Beautiful color photographs accompany most of the recipes. At 170 pages, this cookbook should not intimidate any home cook. I am so thrilled with the accessibility of this book (i.e. not

calling for too many specialty ingredients) and the resulting recipes that I am purchasing copies for Mother's Day and end-of-the-year teacher's gifts!!

I'm a vegetarian and started not to purchase given the use of meat in a few of the recipes, but the author is so creative and inspiring, I will use all of her recipes and just adapt to meatless. Really worth the price if you like creative healthy fresh cuisine.

I am a serious cook - often hosting 5 course, sit down dinner parties of around 16 guests. I look for extraordinary recipes that are delicious and can be prepped in advance. I have never included a traditional "green salad" as one of the courses, finding it boring. When I bought Mindy Fox's cookbook "Salads: beyond the bowl", I was thrilled to find unique, interesting, beautiful and easy recipes. One in particular is the Fennel and Orange Salad. I have now served it at least 6 times, and everyone loves it. It looks beautiful and it's incredibly delicious! When people ask me for my favorite salad recipe and I tell them that it's a fennel salad, they usually say they don't like fennel. Well I thought I didn't like fennel as well - people immediately think of licorice. So I stopped calling the salad a "fennel and orange salad", and I now refer to it as a "Sicilian Salad" and everyone LOVES it!! can't wait to try the other recipes in the book!

While I did find some recipes in this book that I would be willing to try on the weekends when I have more time, I found this book to be a little "over the top" for my lifestyle. I think it would be fabulous for chefs and for those who love to experiment with flavors, regardless of the time and effort it takes to find the ingredients and make the recipe. Definitely purchase this book if you are looking for unique flavor variations and salad experiences. You will be very happy with it!

The recipes are unusual without making one's shopping list complicated. Intriguing and fresh new combinations such as Feta, blueberries and mint. This was a huge hit at a potluck dinner party. There are recipes for vegans and non-vegan recipes can easily be veganized. The author also gives some handy pointers for making more interesting salads at the beginning of the book.

I have become a fan of Mindy Fox. She has been the thread that weaves through several excellent cookbooks that I have purchased here on . This is her first outing ( that I know of) on her own, and it raises the level of Salads to a new level. I have long wanted a go to book on salads and this baby is it. The complete set of books with her name associated to them will give you everything you need,

from soup to nuts as far as cookbooks are concerned. Thanks Mindy. You re awesome .

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