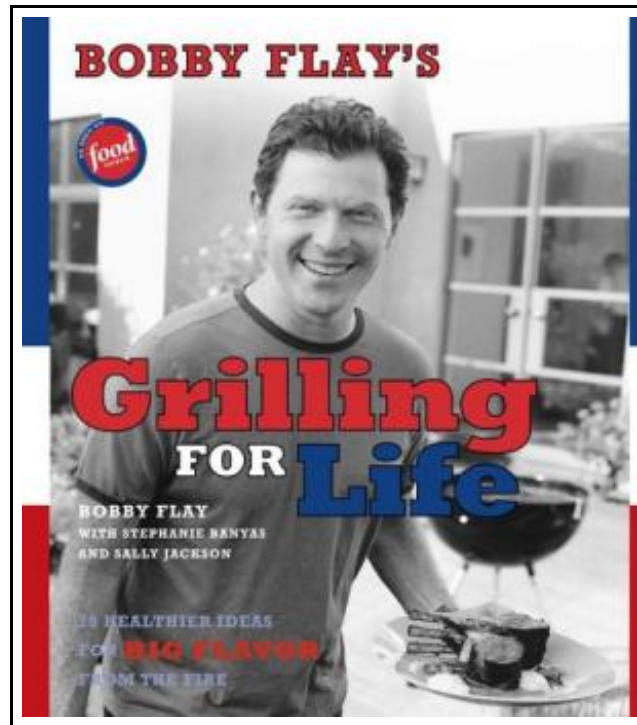


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Reviews

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Scribner Book Company. Hardback. Book Condition: new. BRAND NEW, Bobby Flay's Grilling for Life: Bobby Flay's Grilling for Life, Bobby Flay, Grilling is the most basic method of cooking there is. It dates back to the time of cavemen -- food plus fire equals good. But when it comes to healthy food from the grill, evolution has been slow, producing lots of nutritionally sound but incredibly bland recipes. Until now. "Bobby Flay's Grilling for Life" is, first and foremost, about getting the biggest, boldest flavor possible from food and fire while making healthy choices all the way. Imagine a lifetime of Espresso Rubbed BBQ Ribs with Mustard-Vinegar Basting Sauce; Bricked Rosemary Chicken with Lemon; Chinese Chicken Salad with Red Chile-Peanut Dressing; Grilled Beef Filet with Arugula and Parmesan; Grilled Salmon with Lemon, Dill, and Caper Vinaigrette; and Garlic-Red Chile-Thyme-Marinaded Shrimp. For food that is good for you "and" full of his signature big style and big flavor, Bobby Flay will teach you how to use herbs, spices, heart-healthy oils, citrus zests and juices, honey, and vinegars in place of sugary commercial sauces and marinades. He'll show you how to enhance flavor by toasting nuts, seeds, and spices on the grill; roasting garlic in a covered grill to add to vinaigrettes and marinades; and grilling slices of lemon, lime, and grapefruit to serve on the side. Bobby believes that we all need a full and balanced diet to be happy and healthy, so the book has everything you need to keep grilling for life: veggies chock-full of fiber; delicious complex carbohydrates (the "right" carbs) that not only fight heart disease but break down slowly, leaving you feeling fuller longer; fish rich in omega-3 oils; and, of course, the full range of proteins. To sharpen your skills by the fire, "Bobby Flay's Grilling for Life" includes...

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