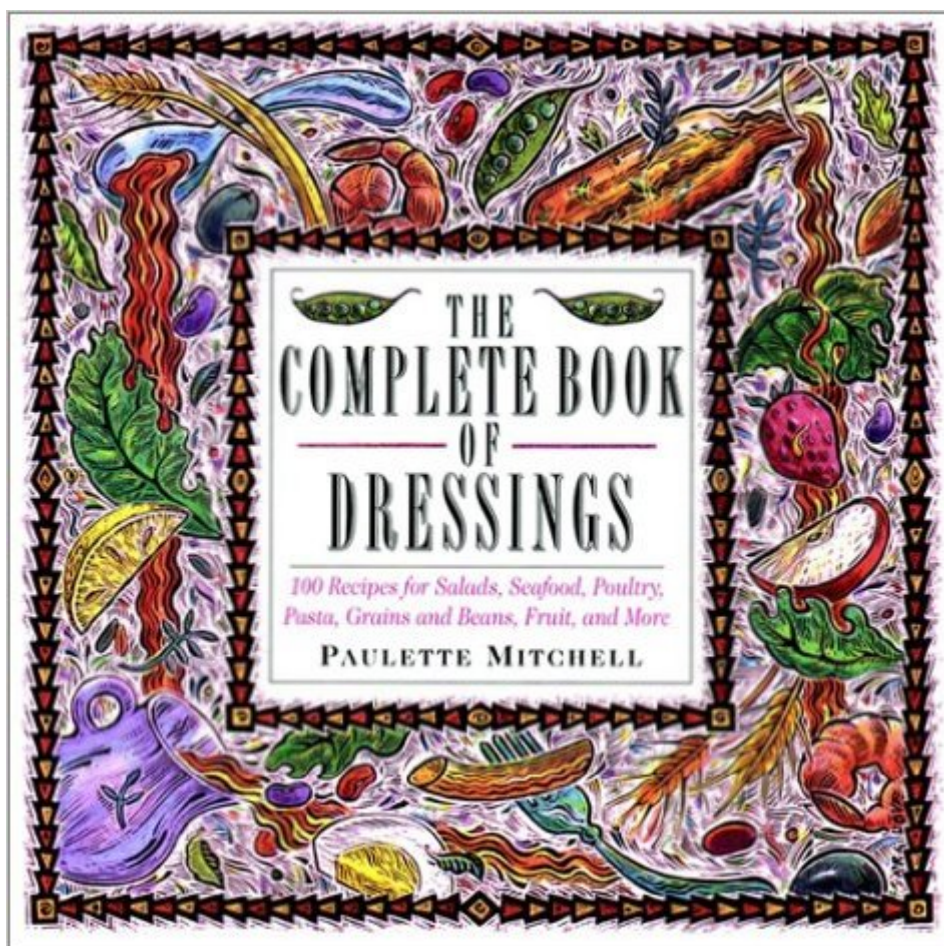


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# The Complete Book Of Dressings



## Synopsis

Forget about those fattening supermarket dressings. You do have an alternative. Making your own dressings at home is not only more healthful and more affordable, it is remarkably easy. The more than 100 dressings in this book can be whisked together quickly or prepared in a blender or food processor in seconds. Best of all, they taste great! And as Paulette Mitchell explains, these recipes will introduce you to a whole new repertoire of toppings for chicken, seafood, pasta, grains, beans, vegetables, greens, fruit salads, and more. The recipe introductions include some of her favorite enticing salad combinations, and you'll also find a handy chart with serving suggestions at the back of the book. Paulette suggests these dressings for pasta salads: Basil-Sherry Vinaigrette, page 31 Creamy Lemon-Caper Dressing, page 93 Honey-Dijon Dressing, page 107 Creamy Parmesan-Peppercorn Dressing, page 94 The Complete Book of Dressings offers flavors for every palate, from cool and creamy to exotic and spicy. Try them all and unleash your creativity. Some of Paulette's tips for successful salads: Most homemade dressings improve in flavor if allowed to sit for half an hour before serving, but remember to shake, stir, or whisk them just before adding to a salad. For a change, mix and match temperatures; serve a warm vinegar-and-oil dressing over chilled or room-temperature ingredients.

## Book Information

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## Customer Reviews

I love to cook, but never even considered making salad dressings. I assumed it would be complicated, messy and time consuming. Not so. I received The Complete Book of Dressings last Christmas and have used it with nearly every meal since. The recipes are extremely easy & fast, and make just enough for a single family salad; so we can enjoy as much variety as we want.

This book provides more information than just dressing recipes. The author gives useful suggestions for creating interesting salads, how to buy and store ingredients, and nutritional information for each recipe. I'm planning on making good use of this book.

This is a wonderful book! It is well organized and contains lots of ideas for variations. Each recipe lists the nutritional values, and there are many recipes that fit easily into a low fat/calorie diet. The author explains what purpose each ingredient serves, and also discusses substitutions and their consequences. Each recipe is on a separate page and are formatted so they are easy to read. Nice use of artwork and variation of fonts, if you like that. I do. This book is a bargain, too!

I love this book! It has so many great ideas, and not just for plain old lettuce... great suggestions for fish, chicken, fruit, etc. I love the fact that it describes different vinegars, oils, lettuces... it gives you a better understanding of what flavours go well together. Very informative. The recipes are simple and quick to prepare as well. I definitely recommend this book for anyone who is looking to expand beyond oil & vinegar.

I have been using this recipe book for almost ten years and have not tired of it because it remains the most inventive and simply delicious book of dressings I have ever come across.

The Complete Book of Dressings contains 100 recipes for salads, seafood, poultry, pasta, fruit and more. Since I'm steering away from processed foods as much as possible, making my own salad dressings seems a logical step and this book has given me lots of recipes to work with. I don't like the low-fat versions of salad dressing from the grocery store and usually when they take out the fat, they replace it with something else like too much salt, sugar or high-fructose corn syrup (also in a lot of the regular bottled dressings). How much better to make my own with fresh ingredients. My favorite so far is the Parmesan Peppercorn Creamy Dressing. This book includes traditional favorites like Ranch Dressing and basic vinaigrettes along side new ones such as Creamy Lemon-Caper Dressing, Apricot-Yogurt Dressing, and Green French Dressing. The author also gives suggestions as to which dressing goes best with what kind of salad or food, and many of the dressings double as marinades or sauces for pasta and meat and can be served warm or cold for more versatility. Special equipment is not needed. The dressings are easily made using a blender or whisk. Most of the recipes only yield 1/2 cup and it is recommended that they be used within two days so

they don't have the shelf life of bottled dressings (but they also don't have the added chemicals that prolong the shelf life). However, I found them so easy to make that mixing up a fresh batch of dressing a few times a week is not a problem. This book would be a great addition to any cook's collection or for anyone wishing to eliminate processed foods from their diet. I was given a copy of this book to review by the publisher. However, my opinion wasn't solicited and is mine alone. If I didn't like the book I would say so.

I had tried to use my usual stock of cook books (i.e. NY Times, JOC, etc) but found them wanting in this department. Since purchasing this book I have received many compliments on the variety of my dressings. Although I was often complimented before obtaining this resource--this really expanded my repertoire.

Paulette Mitchell is a very creative cook and this book is filled with lots of delicious recipes. It is a favorite of mine for finding dressings and sauces to go with practically anything. I highly recommend this book.

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