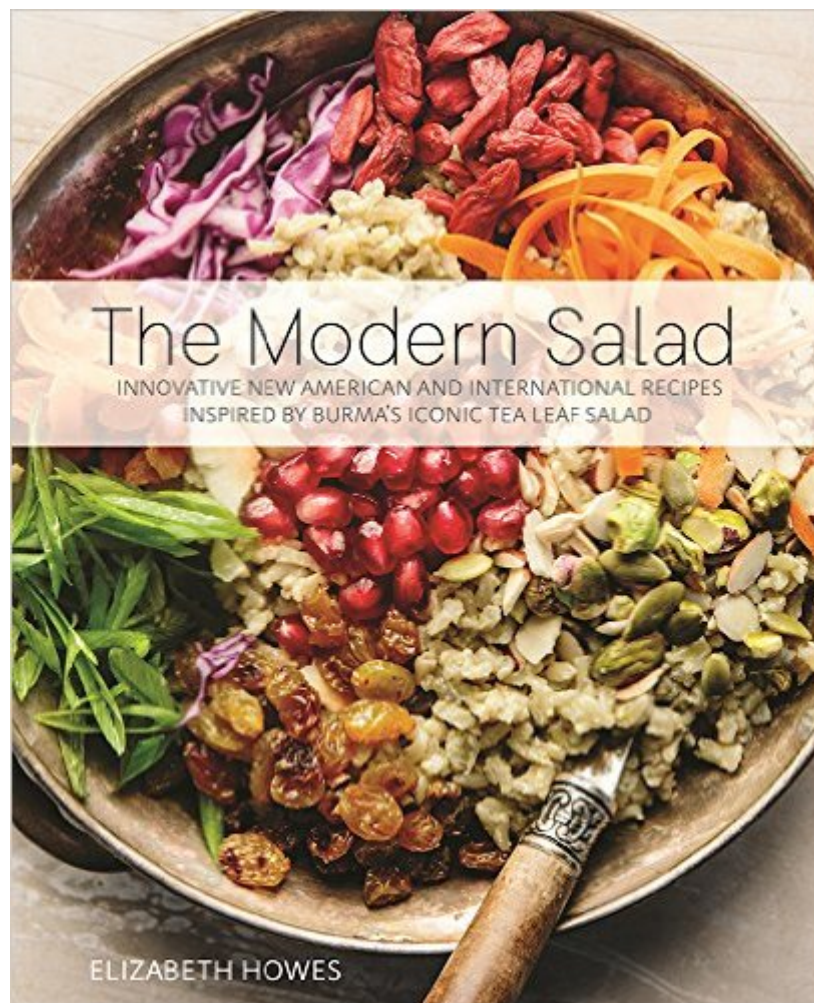


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The Modern Salad: Innovative New American And International Recipes Inspired By Burma's Iconic Tea Leaf Salad



Synopsis

HEALTHY, HEARTY SALADS INSPIRED BY THE INCREDIBLE BURMESE TEA LEAF

Bursting with bold flavors, hearty ingredients, crunchy textures and brilliant colors, the salads in this book are a feast for your senses. The Modern Salad serves up protein- and superfood-rich recipes that are artfully presented in a deconstructed format, including: The Charcuterie Board Salad with Mustard-Maple Vinaigrette; Grilled Peach and Corn Salad with Lemongrass-Shallot Vinaigrette; Rainbow Carrot and Crispy Pita Salad with Coriander Vinaigrette; Summer Fig and Caramelized Onion Salad with Aged Balsamic Reduction; Grilled Calamari Salad with Spicy Kimchi Vinaigrette; Masala Chai Braised Pork and Garlic Udon Salad. Professional chef Elizabeth Howes takes inspiration from the super-popular Burmese tea leaf salad to create innovative dishes perfectly suited for America's farm-to-table ingredients.

Book Information

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Customer Reviews

Are you tired of eating a plain standard salad? Are you looking to spice up your life? Do you want something you can really sink your teeth into, something crunchy, flavorful and eye-appealing? If you love a good salad, The Modern Salad (Innovative new American and International recipes inspired by Burma's iconic Tea Leaf Salad) written by Elizabeth Howes might be just right for you. This hardcover book is well-designed with color-rich covers, full page photos and high-gloss heavy paper stock made to last you a very long time. Elizabeth's introduction makes for an enjoyable read focusing on Burma's Tea Leaf Salad, its history and a flavor guide. The Modern Salad is divided into sections, including Vegetarian, Noodles/Grains, Fish, Fowl, Pork/Beef, How to set up your Pantry, Conversion Tables and other helpful information. So sit back, relax, open the book and get ready to

enjoy reading about a healthy smorgasbord of scrumptious salad selections like the following: Shaved Asparagus Salad- it's fast and easy to prepare. Summer Fig and Caramelized Onion Salad- figs, spinach, walnuts...can you taste it? French Lentil and Poached Egg Salad- lentils, peppers and everyone's favorite... bacon! Cider-smoked Salmon and Toasted Rye Salad- gotta love that smoked salmon. Grilled Tamari-Ginger Chicken Salad- a real summer favorite. Miso-marinated Flank Steak, Pickled Radishes and Cukes Salad- now that's a complete meal! Those are just a few of the wonderful salads you'll enjoy when you purchase your copy of Modern Salad by Elizabeth Howes.

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