



## Marinades: The Quick-Fix Way to Turn Everyday Food Into Exceptional Fare, with 400 Recipes

By Lucy Vaserfirer

Harvard Common Press. Paperback. Book Condition: New. Paperback. 320 pages. The tremendous success of slow-cooker cookbooks is rooted in the demanding lifestyles of working families: You get dinner started before you go to work and have it ready shortly after you return. Slow-cooking is not the only way to cook fabulous food on a busy schedule. Lucy Vaserfirer's *Marinades* offers a delicious alternative. With the right marinade, you can dress up meats, chicken, fish, or vegetables in the morning, pop the food in the fridge for the day, and finish it all off with a quick broil, grill, microwave, or sauté when you get home. Dinner is served! Vaserfirer, who previously has written *Seared to Perfection* and *Flavored Butters*, and also writes the blog *Hungry Cravings*, is a culinary-school instructor known for her expertise with meats, her knowledge of kitchen science, and her warm and engaging teaching voice. *Marinades* shows when to use and not use oil-based, vinegar-based, fruit-based, and milk- or cream-based marinades. The recipes range from comforting American, French, and Italian marinades to adventuresome and assertive ideas from Mexico and Latin America, Asia, and beyond. The book includes seventeen recipe chapters, nine of which are based on specific types...



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