



# The Every Day Gourmet: Quick and Healthy Recipes from Around the World

*Michael Malkoff*

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## **The Every Day Gourmet: Quick and Healthy Recipes from Around the World** Michael Malkoff

More than 100 healthy and easy-to-make recipes that let you create exotic dishes with delicious natural and whole foods

- Delightful recipes that bring the culinary world to your doorstep with nutritious, unforgettable meals
- Includes tips on the shortcuts many professionals use to make shopping, cooking, and cleanup as easy as possible

Tired of eating the same old thing night after night? Looking to spice up your life with a healthy international adventure? In his wonderfully offbeat new cookbook, *The Every Day Gourmet*, chef Michael Malkoff offers up more than 100 hip, healthy, and easy-to-make recipes that let you create exotic dishes in minutes, meals that use the delicious natural and whole foods you want without making you a slave to your kitchen.

These delightful recipes bring the world to your doorstep as you discover the simplicity of some of the world's great culinary traditions while preparing nutritious, unforgettable meals, packed with fresh vegetables, herbs, and spices. Enjoy the foreign pleasures of such global peasant foods as the noodle dishes of the orient and the pasta and polenta of Italy. Create such regional culinary specialties as Middle Eastern Black-Eyed Pea Soup, Sweet Potato Salad, Vegetarian Pad Thai, Panang Curry Salmon, Swordfish a la Turk, and Grilled Chicken Yucatan-Style. In addition to his recipes, Michael includes tips on the shortcuts many professionals use to make shopping, cooking, and cleanup as easy as possible. Invite *The Every Day Gourmet* into your kitchen and make every meal a delectable experience well worth your valuable time.

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