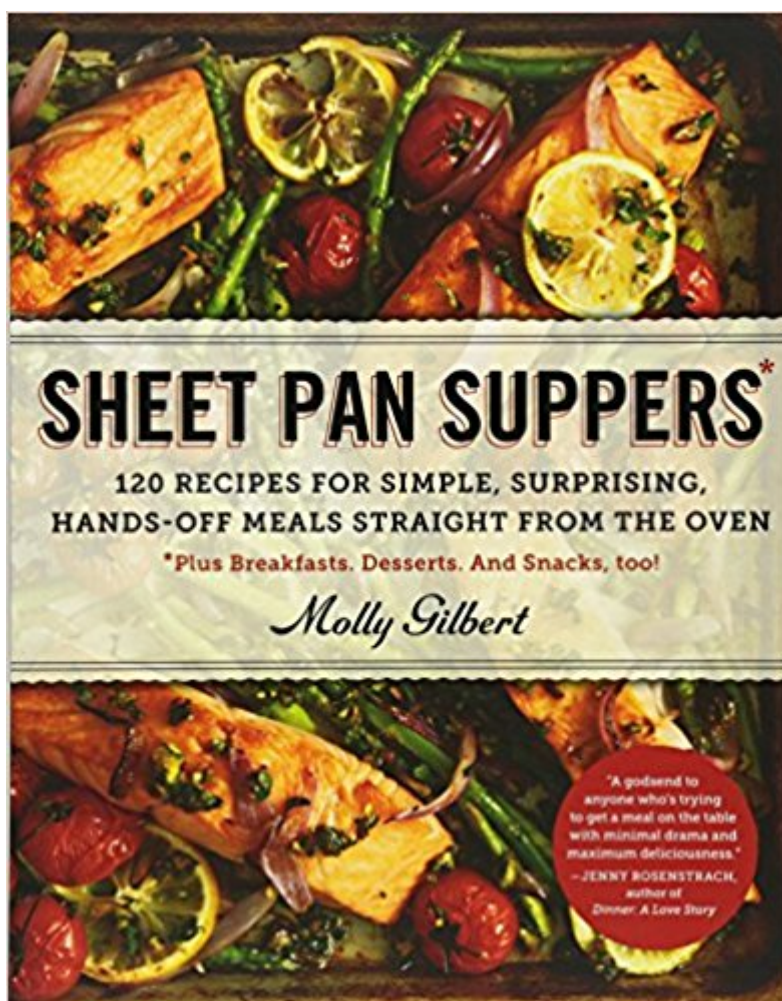


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# Sheet Pan Suppers: 120 Recipes For Simple, Surprising, Hands-Off Meals Straight From The Oven



## Synopsis

It's the one-pot meal reinvented, and what is sure to become every busy cook's new favorite way of getting dinner on the table. It's Sheet Pan Suppers—a breakthrough full-color cookbook with more than 120 recipes for complete meals, snacks, brunch, and even dessert, that require nothing more than a sheet pan, your oven, and Molly Gilbert's inspired approach. The virtue of cooking on a sheet pan is two-fold. First there's the convenience of cooking everything together and having just one pan to clean up. Then there's the cooking method—roasting, baking, or broiling—three techniques that intensify flavors; in other words, food tastes better when cooked on a sheet pan (move over, slow cooker). But the real genius here is Molly Gilbert's fresh, sophisticated approach. There are easy dinners for weeknight meals—Chicken Legs with Fennel and Orange; Soy-Mustard Salmon and Broccoli; Roasted Pork Tenderloin with Squash, Apples, and Onions. Special occasion meals—Rack of Lamb with Herby Bread Crumbs and Buttered Carrots; Asparagus and Black Cod in Parchment. Meatless meals—Israeli Couscous-Stuffed Peppers. Plus surprise extras, including in-a-snap party snacks—Baked Brie and Strawberries, Corn and Crab Cakes with Yogurt Aioli; quick brunch dishes like Greens and Eggs and Ham, and Baked Apricot French Toast; and, of course, dessert—Stone Fruit Slab Pie, Halloween Candy S'mores. Maximum ease, minimal cleanup, and mouthwatering recipes. In other words, a revelation that will change the way we cook.

## Book Information

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## Customer Reviews

"With this cookbook, a sheet pan is your new dinnertime BFF. Molly Gilbert has given us something truly brilliant here. These recipes are like one-pot meals, but even easier and more weeknight-friendly. Minimal prep work, minimal energy. It's sheet pan synergy." — "The Kitchen" "This smart new entry for our One-Pot Nation celebrates the utility of the rimmed baking sheet, the most underappreciated workhorse of the kitchen and a baking, roasting, and broiling marvel. Cooks looking to shape up their routine will appreciate Molly Gilbert's modern, playful recipes. Noteworthy: a Chunky Mango Chutney that we're spooning on everything from cheese to chops to shrimp." — "Cooking Light" "You can't beat this one-baking-sheet meal for ease of preparation." — "Washington Post" "We love how pan roasting gives vegetables a toasted flavor. So Molly Gilbert's new book got our attention. There are appetizers and desserts, but it's the whole meal idea that won us over." — "Chicago Tribune" "Molly Gilbert presents dozens of easy recipes for dishes (and even full meals) that are roasted, baked or broiled in one pan." — "Today.com" "Our kind of fast food." — "PARADE Magazine" "The perfect (stress-free!) salad, side, entrée and dessert for your next fete." — "People Magazine" "There's something extra special about sitting down to a beautiful, healthy family breakfast on a holiday. And when every recipe is made on a sheet pan in the oven, there's less work and more time for togetherness!" — "KIWI Magazine" "The holy grail of the single-tray category" a paean to maximum ease, minimal cleanup, and flavor intensification of roasting and broiling. — "Deb Perelman, Smitten Kitchen"

Molly Gilbert, a graduate of the French Culinary Institute, is a cooking instructor, food blogger ([dunkandcrumble.com](http://dunkandcrumble.com)), former private chef, and recipe tester in the kitchen of Saveur. She lives in Seattle.

This was a big disappointment. I expected from the title and cover to have a book filled with easy dinner recipes that could be made with ease and limited fuss on a baking sheet. The cover photo is exactly the kind of dinner that I thought the book would be filled with--an easy way to combine protein mains with sides all on one sheet pan. Alas, that is not the case. The first chapter is for appetizers, not suppers, that just happen to be made on a sheet pan. So, think of any appetizer that happens to be made on a baking sheet. For example, bake a wheel of brie--on a baking sheet! Or crispy chickpeas, or spiced nuts, or roasted radishes. That's the first chapter: 18 recipes that I do not need and which are not supper. The poultry chapter does have dinner recipes. But...a good number rely on "cooked shredded chicken." I thought the whole point was to cook the entire meal on

the sheet pan? And then other recipes just seem dumb or gimmicky, like cook turkey burgers on a baking rack set on the sheet pan or, hey, instead of roasting a chicken in a roasting pan, roast it on a baking sheet! The meats chapter relies on some pretty expensive cuts--different steaks, rack of lamb (!), leg of lamb, sirloin steak, beef tenderloin, etc. I am not tempted to cook a \$15 steak or \$40 rack of lamb on a sheet pan. Other recipes, like cook meatloaf on a sheet pan (which has been around a long time) rather than in a pan. Fish recipes largely rely on very expensive fish that are not available in most places (e.g., recipes calling for two whole red snappers, black cod, arctic char, thick-cut halibut, swordfish). And then some vegetarian recipes, like pasta, that require you make the pasta separately. Or french bread pizza (come on). Some strange recipes here, too, more appetizers than supper. For example, Caesar salad on garlic toast is a vegetarian supper (?), or stuffed mushrooms accompanied by "garlic knots" which are simply canned crescent rolls brushed with garlic olive oil (?). After going through the entire book, I have three supper recipes that I wish to try that will work for my family. One is the cover recipe, and it will not be one we can have often due to the high cost and limited availability of arctic char. What follows the mains (the suppers) is a slew of recipes that range from the obvious (standard cookies, such as chocolate chip and peanut butter) to the bizarre to the unusable. The strangest one is the "doughnut apple cobbler." This is the recipe: toss apples with sugar, spices and butter on a sheet pan, then bake. Remove from the oven and top with 8 whole, glazed doughnuts and bake until doughnuts are warmed through. What??? Then there is a 16-step, 3-page long recipe for homemade poptarts, as well as standard recipes, such as scones, elaborate cinnamon rolls, focaccia, garlic bread, plain roasted potatoes, granola, biscuits, chocolate sheet cake, tart, or, annoyingly, desserts baked in ramekins that are SET on a sheet pan. Really? Nothing surprising, these are recipes that are always baked on sheet pans for heaven's sake. These are not suppers. It would be ok if the "other" recipes were limited to being a few bonus recipes, but no: Pages 6-40: Appetizers. Pages 41-180: Suppers, most of which do not fit the model of what is on the cover. Pages 182 through 284: desserts and biscuits etc, NOT suppers. More than half the book--61 out of 120 recipes-- are NOT suppers.

I've made three recipes so far and am in love. Many one-pot meals are stove top or Dutch oven based and I love them but they get old. Sheet pan suppers bring in roasted flavors that just don't come from other cooking methods. One sheet pan is also even easier--if you use a liner, clean up is a snap. But more importantly, the dishes are delicious. We made the chicken with broccolini in a spicy peanut sauce and my husband said it was his new favorite dish--and the hands on part came together in mere minutes. Chicken Jerome was good but we did decide to pour off the sauce and

thicken it on the stove and wouldn't put scallions on the top next time but instead mix them in--they charred. The third dish we tried so far, roasted pork chops with apple cabbage slaw was also a real winner and again only took a few minutes. I like how the book is divided up with vegetarian, beef, chicken, pork, brunch, desserts. This really is a new favorite in our house--highly recommended.

There is so much to like about this cookbook. I wish I could have given it 5 stars. But I can't and I'll explain why in a moment. But first, the reasons it deserves a place in your cookbook collection: 1. The recipes are tasty and inventive. And while I haven't tried them all, most appear fairly easy to execute. 2. Throughout the book there are helpful sidebars that explain things like how to supreme an orange or truss a chicken--good for the less experienced cook. 3. The book itself is a work of art with beautiful photographs and artistic typesetting and the author uses light humor which makes it fun to read. 4. The concept of a meal on a half-sheet is a winner for producing a great tasting dinner with minimal clean up. So why only 3 stars? First, and though this may not matter to some it will matter to others, there's no nutritional information per serving for the recipes (calories, fat grams, etc.) As people are becoming more and more health conscious, many of us are keeping track of how much sodium, sugar and saturated fat we are consuming. I was disappointed that that information wasn't readily available from this book. Secondly, and potentially more seriously, the recipe for "Classic Roast Chicken with Mustardy Potatoes" instructs cooking the bird to an internal temperature of 145 degrees. The minute I saw that I knew the temperature was way too low. But someone just starting out might not realize that's a food safety issue. Because the author is apparently so knowledgeable, I assume this is a typo. But it's a serious one in my book. Nevertheless, when I prepared this recipe roasting the chicken to a temperature of 180, it was perfection! My husband remarked that it rivaled the meals his French grandmother used to cook--high praise indeed!

This is a great cookbook! So many great, easy ideas with BIG flavors! Some are unique ideas that I've never thought of but really eager to try. These recipes are easy to follow and most are pretty quick to prepare. This is a must book for any versatile cook who likes to utilize all potentials without over the top, specialty tools.

Great, healthy & tasty recipes! I have now prepared about a third of these recipes with success. I've only had one slight disappointment where my chicken thighs dried out a bit more than I would have liked, yet it was potentially operator error. There is a good variety of meal types and styles and

everything we've made turned out well, and will be repeated. They are easy to follow/apply. It also has great ideas to build on and my eyes have been opened to the wonders available from my sheet pans. So convenient and delicious, I could see myself using these even during a hot summer when I would usually shy away from oven/stove use. I will also be playing with some of them for summer grill use. I have recommended this book, prepared the recipes for guests, and even trust it enough that I would feel comfortable trying out "new" recipes from it for guests (on the first try).

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