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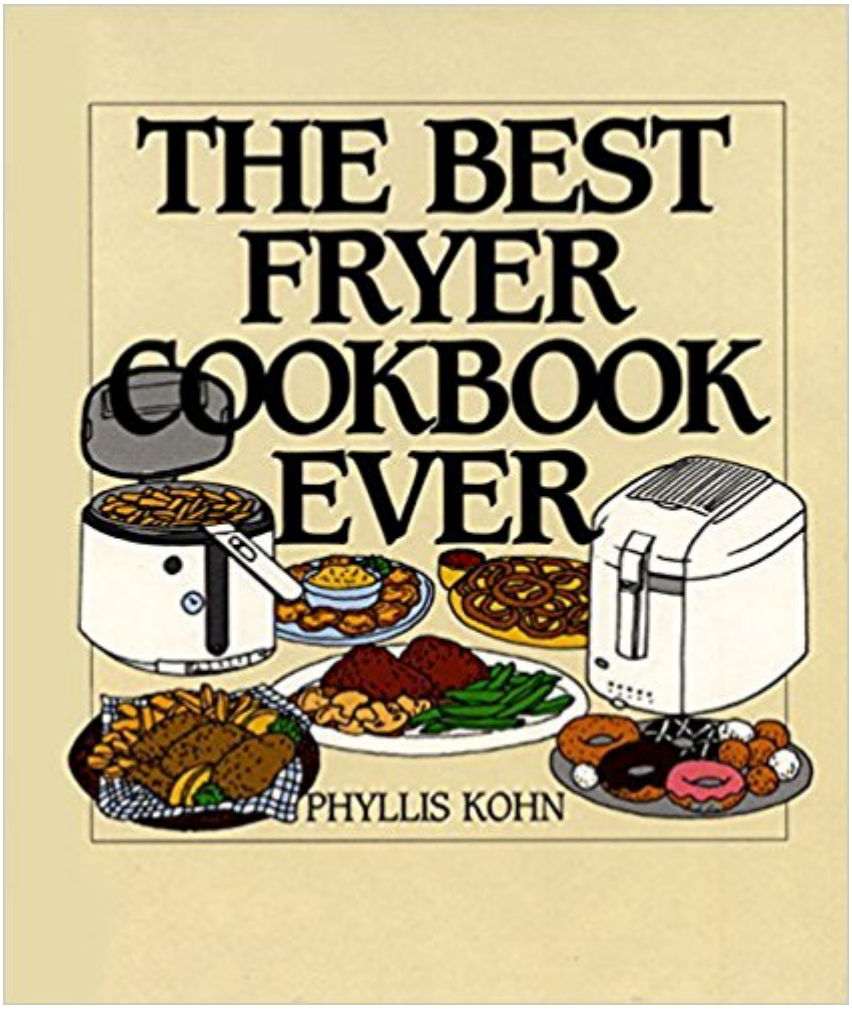
The Best Fryer Cookbook Ever



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Synopsis

Few people would dispute the old Florentine proverb "Even a bedroom slipper tastes good when it’s fried," but many try to stay away from deep-fried foods because of the at foods absorb during cooking.When the technique has been mastered, however, deep-fried foods can -- and should -- be crisp, light, and delectably nongreasy. As fryers gain popularity, it’s even easier to deep-fry at home, and now Phyllis Kohn shows you how to achieve flawless frying feats every time.The Best Fryer Cookbook Ever delves into the hows and whys of deep-frying: the best (and potentially healthiest) oils to use, correct temperatures and frying times (shorter cooking ensures less greasiness), technical tips for using your deep fryer, and safety guidelines.Your kids won’t eat vegetables? Try French-Fried Sweet Potato Sticks andFried Okra. Think doughnuts only come from a store? An entire chapter is devoted to making perfect versions of these beloved goodies at home, from old-Fashioned Cake Doughnuts to Beignets, jelly Doughnuts, and Orange Crullers. All the classics are here, including such popular favorites as Buffalo Wings, Chicken-Fried Steak, Hush Puppies, and Popcorn Shrimp. From unusual fried breads, such as sweet Churros and indian Pappadums, to fried desserts, such as Mexican Buenuelos with Anise Sugar and Chinese Candied Apples, Kohn brings the world of deep frying into your kitchen.

Book Information

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Customer Reviews

Frying has matured from the cholesterol-dripping, artery-hardening cooking technique of yore into a much cleaner, more healthful and certainly more delicious way to prepare meals. With the advent of higher quality oils and fryers, people are able to cook their foods at higher temperatures, searing in their natural juices without making them soggy and laden with saturated fat. Today, frying has

become one of the hottest trends in cooking, and as witnessed by the fact that Williams Sonoma alone carries three different types of fryers, home cooks are buying these kitchen accessories in droves. The Best Fryer Cookbook Ever helps these eager chefs take full advantage of their machines. It features an introduction to the art of frying, gives an overview of the types of fryers on the market, provides some tips for safe frying at home and demystifies the process to help readers master the subtle techniques needed to cook their foods to perfection. Then there are the recipes. From crispy appetizers (Popcorn Shrimp), to mouthwatering meats (Chicken-Fried Steak with Gravy), to sizzling seafood (Fried Calamari), to vegetables (Fried Okra), to sweets (Chocolate Cake Doughnuts) and more, this tempting cookbook provides a stunning, mouthwatering variety of fried fare that will have lucky gourmands diving in and begging for seconds.

Phyllis Kohn is a food consultant who has developed recipes and written articles for many of the country's leading healthful-eating magazines,including Weight Watchers and Vegetarian Times. She is the author of 365 Delicious Low-Fat Recipes.

Just what I needed.

The recipes are good; it could use some pictures.

good

Looks great I have not used it yet but recipes look fun

ready to try fryer recipes

This cookbook is wonderful. I read it cover to cover and can't wait to try all the recipes.

good recipes, love the chicken

Thank you for selling this campers' cookbook.As a Winter Texan, I needed a portable oven/hot air fryer as a supplemental cooking unit. This cookbook gives me creative cooking options and cooking reminders/tips.

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