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# Salads: Beyond The Bowl: Extraordinary Recipes For Everyday Eating



## Synopsis

"Mindy's salads are just the sort I like to make a meal of. Her book is brimming with good practices, exciting recipes and beautiful photography." So says celebrated cookbook author, Heidi Swanson, of Mindy Fox's brand new collection of truly extraordinary and inspiring salad recipes. Filled with 100 gorgeous photographs and creative easy recipes such as Green Melon, Cubanelle Peppers and Ricotta Salata; Red Kale Caesar with Mustard Croutons and Smoked Trout; Potato Salad with Melted Leeks and Blue Cheese; and Peanut Soba and Chicken Salad with Lime, *Salads: Beyond the Bowl* shows you just how beautiful and nourishing a life of great salad eating can be. Fox's book is filled with healthy recipes, yes - but equally exciting is that, through this book, Fox shows us just how delicious and show-stopping a well-made salad can be. Inspired by seasonal offerings, Fox pairs produce of all sorts with grains, beans, legumes, cheeses, fish and meat to create extraordinary salads that serve as starter or main dishes for everyday eating, whether at brunch, lunch or dinner. Like every facet of cooking, making a truly extraordinary salad involves a little craft and basic know-how. In *Salads: Beyond the Bowl*, Fox gives vegetarians and meat-eaters alike the basics of great salad-making, then offers a collection of 100 recipes for inspired salads, with flavor nuances from a variety of cuisines.

## Book Information

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## Customer Reviews

Fox, whose *A Bird in the Oven* and *Then Some* was a 2010 New York Times Best Cookbook, presents a versatile collection of crave-worthy salads (e.g., Roasted Spiced Cauliflower with Arugula, Potato and Snap Pea Salad with Garlic and Parsley-Lemon Pesto) to delight omnivores,

vegetarians, and entrÃ¢â¬Â¢e salad devotees. Every popular component (e.g., vegetables, dairy, grains, proteins) is well represented, and there are useful technique and composition tips. (starred review) (Library Journal)One hundred clever ways to break out of the Caesar rut. (Summer Cookbook roundup) (Christine Mulke The New York Times)Mindy Fox's new cookbook will CHANGE YOUR WORLD. In fact, only one of the chapters in *Salads: Beyond the Bowl* is devoted to leaf salads. The others have grains, fish, eggs, meat, and a bounty of hearty produce that makes her 100 recipes dishes that stand tall and proud. They're dishes you'd welcome at any dinner--or even dinner party. Examples? Tender Summer Greens and Nasturtiums with Chive Vinaigrette and Fried Capers. Black Bean Salad with Shrimp and Pickled Onions. Green Melon, Cubanelle Peppers and Ricotta Salata. Those ain't your average mixed greens. . . But even if all you want is mixed greens, Fox, the food editor of *La Cucina Italiana* magazine, has advice on how to make them extraordinary. She talks about what kinds of greens to use, what kinds of oils to keep on hand, different salts and when to use them, how to make quick-and-easy vinaigrettes, and what tools will make your life easier. (Bon Appetit)Colorful, plentiful, and wholesome are how Mindy Fox's salads both look and taste. Gone are salads with limp ingredients and heavy dressings. Fox has managed to reinvent them, making them the center of attentionÃ¢â¬Â¢ â and rightfully so. By raising the bar with new takes on classicsÃ¢â¬Â¢ â â check out her Pastrami and Rye PanzanellaÃ¢â¬Â¢ â â and offering playful flavor variations that delight the taste buds, Fox may (re)ignite your own passion for salads. You'll be buying fresh produce, fragrant herbs, and spices, and making use of your salad spinner like never before. (Esther Sung, *The Best Cookbooks of 2012* epicurious, 12/14/12)This attractive and creative collection of salad recipes is a great solution to culinary ennui. Fox, formerly of *Saveur* and now food editor of *La Cucina Italiana*, draws on a wide range of ingredients and flavors to produce an array of mostly simple fresh weeknight meal ideas: roasted parsnips with hazelnuts and mÃ¢â¬Â¢Ã¢â¬Â¢che; zucchini and radish with lime; red kale Caesar with mustard croutons and smoked trout. (Kitchen Arts & Letters, 12/11/12)You might think that a salad cookbook wouldn't teach you anything new. But Mindy Fox's recipes in *Salads: Beyond the Bowl* will make your desk lunches happier and your dinner party sides more exciting. (Marian Bull, *Behind the Book: Olives, Lemons & Za'atar* Food52, 7/08/14)You don't know how many people I meet that admit they are in a "salad rut." There are a million and one variations on a salad. But to get it right is hard. That's where this book helps. Whether it's there to just inspire or you need help to kick up your salad game, it's a good book to have around. (Joanna Fox Eater.com, 7/29/2014)

Mindy Fox is a cookbook author, food writer and the food editor at La Cucina Italiana magazine. Her most recent book, *Salads: Beyond the Bowl* was chosen as a "Best Cookbook" by The New York Times (Christine Muhlke's "20 More Cookbooks," May 31, 2012) and Epicurious (Best 10 Cookbooks of 2012), and received accolades from Bon Appétit magazine, Heidi Swanson and many more. Fox's first book, *A Bird in the Oven and Then Some* (republished in 2013 as *The Perfectly Roasted Chicken*), was included in The New York Times' 2010 Best Cookbooks of the Year, and Food & Wine magazine's Best of the Best. Fox is the co-author with chef Sara Jenkins of *Olives & Oranges: Recipes and Flavor Secrets from Italy, Spain, Cyprus & Beyond*, an IACP Best Cookbook finalist, and co-author with Chef Karen DeMasco of *The Craft of Baking*, a New York Times Notable Book of the Year. Formerly on staff at Saveur, Fox has written for Saveur, La Cucina Italiana, Every Day with Rachel Ray, Prevention, Time Out New York and Edible Manhattan magazines. Her recipes and other freelance work have appeared in numerous regional, national and international newspapers and magazines, including The London Times, Food & Wine, Everyday Food, Country Living, Garden Design, Prevention and Parenting magazines, and on BonAppetit.com, Epicurious.com, The DailyMeal.com, FoodRepublic.com, LeitesCulinaria.com, PantryConfidential.com, TheImprovvisedLife.com and many more. Fox has made numerous radio and television appearances, including Good Morning America/Health, The Splendid Table, NPR/WNYC: Last Chance Foods, Sirius XM's Martha Stewart Living Radio and Everyday Food programs, Heritage Radio's: The Food Seen, The B. Smith and Thank You, Dan shows, and Better TV. Early in her career, Fox cooked professionally in Boston restaurants, training with James Beard Award nominee chef Stan Frankenthaler and others. Fox's cooking and writing has been inspired by extensive travels in France, Italy, Mexico, Brazil and Turkey. Fox is a member of the culinary council at The Sylvia Center, a nonprofit organization teaching, inspiring and supporting children in their efforts to develop personal confidence, cooking skills and healthy eating habits for life. Visit her online at [mindyfox.net](http://mindyfox.net).

Mindy Fox is the food editor of La Cucina Italiana magazine, a cookbook author, food writer and teacher. Formerly on staff at Saveur, she has written for Saveur, La Cucina Italiana, Every Day with Rachel Ray, Prevention, Time Out New York and Edible Manhattan magazines. Her recipes and freelance work have appeared in The London Times, Food & Wine, Martha Stewart Living, Real Simple, Gourmet, Country Living and Parenting magazines, and on BonAppetit.com. Mindy appears regularly on the Martha Stewart Living Radio program, Everyday Food. Her first book, *A Bird in the Oven and Then Some*, was included in The New York Times' 2010 Best Cookbooks of the Year and Food & Wine magazine's Best of the Best. Visit Mindy online at [www.mindyfox.net](http://www.mindyfox.net).

I understand the 5 stars from other reviewers. This is an amazing book with really different recipes that are well explained with color pictures. However, I gave it 3 stars because I live in a small town (we do have a trader joes) and I do not have access to many of the ingredients without special ordering them. I think I would be challenged to find some of them in a larger city - fresh sardines, shredded rabbit, baby octopus, sumac, specialty sausages, cubanelle peppers to name a few. Many of the recipes are also long on ingredients and prep. This is the book for you consider yourself a foodie and live in NYC, San Francisco, or some other place with access to fresh, specialty food shops.

I should have a shelf dedicated to just Mindy Fox's books! I own *Olives & Oranges*, *The Craft of Baking*, *A Bird in the Oven* and now *Salads Beyond The Bowl*. Ms. Fox creates flavor profiles that make my mouth sing. In this book, which I've owned for less than a week, I have already made 3 dishes: the tangle of radicchio, belgian endive, chives & blue cheese; the celery root with manchego cheese and pistachio; and the egg salad with lemons, capers and chives. Three for three on the hit parade! Her writing is clear and concise. There is nothing left to wonder about the recipe as Ms. Fox fills in the blanks with detailed descriptions about the preparation and the ingredients. The ingredients are available at local markets or smaller specialty shops, easy enough to find online too if you are not lucky enough to have salted capers at your market, for example. Sometimes we just like to have a salad for dinner but don't want to settle for something light in the taste department. That's where this book is perfect as well. The preparations are not long and laborious but taste like you've been in the kitchen for hours! I know someone who bought the book today based on my recommendation alone, sight unseen! Go on now, put this in your shopping cart and don't think twice!

I bought this book for myself, and now I'm gifting it to several friends. The variety of recipes is wonderful. There are plenty of recipes that are simple and made with ingredients that any cook can find. And there are indeed recipes that call for harder to find ingredients, but with great substitutions suggested. I love how the chapters are divided: very simple salads to start; then gorgeous leafy sorts; potato, egg and pasta salads--upgraded in a modern way; and salads made with meat or fish that can serve as a satisfying meal. Photos are beautiful! Flavors are wonderful! And recipes work very well.

The recipes are unusual without making one's shopping list complicated. Intriguing and fresh new combinations such as Feta, blueberries and mint. This was a huge hit at a potluck dinner party. There are recipes for vegans and non-vegan recipes can easily be veganized. The author also gives some handy pointers for making more interesting salads at the beginning of the book.

I gave this book as a birthday gift and my friend loves it. He's a master chef.

I am a big fan of Ms. Fox, having purchased her previous book, "A Chicken in the Oven and Then Some." (2010) Her recipes are well-written, easy to follow and, most importantly, delicious! Every salad that I have made in this book, and I have made quite a few in the mere two weeks that I have owned the book, has been better than the last. To name a few, my family and I have enjoyed the escarole and mushroom salad with orange marmalade and sweet shallot vinaigrette, the potato salad with za'atar and chives, the warm orzo salad with sweet crab, shiitake mushrooms, corn and creme fraiche and the blueberries, feta and mint salad. The latter, although so simple to assemble, is a real showstopper of a salad in that the combination of blueberries, feta and mint, dressed lightly with very good olive oil, sea salt and cracked pepper, is so unusually refreshing. There are so many more recipes that I intend to try that I imagine that I will cook my way through the entire book. Beautiful color photographs accompany most of the recipes. At 170 pages, this cookbook should not intimidate any home cook. I am so thrilled with the accessibility of this book (i.e. not calling for too many specialty ingredients) and the resulting recipes that I am purchasing copies for Mother's Day and end-of-the-year teacher's gifts!!

I was disappointed because the instructions on how to prepare the recipes are too long and complicated. I tried a few recipes that ended okay. Some of them do not inspire me like Chickpea and blood sausage with wild arugula. Some of the ingredients are difficult to find in the grocery store and specialty store. I live in a city where you can find a huge variety of products. I know there are some tips of substitution. However it does not work for me.

I'm a vegetarian and started not to purchase given the use of meat in a few of the recipes, but the author is so creative and inspiring, I will use all of her recipes and just adapt to meatless. Really worth the price if you like creative healthy fresh cuisine.

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