



The Salad Kitchen

By Courtney Roulston

New Holland Publishers. Paperback. Book Condition: new. BRAND NEW, The Salad Kitchen, Courtney Roulston, Many of us overlook the word 'salad'. To many, salad is just a plate of 'rabbit' food, or the 'skinny' girl's diet. It is a leaf or two scattered around a dish, accompanied by a few lone vegetables, and a dash of dressing. Yes, the salad is unfortunately renowned for being a bit of a loner within the food community. Former MasterChef contestant and 'salad making goddess' Courtney Roulston specializes in the art of making and dressing real salads. No more drab, tasteless bowls of leaves but zingy, explosive dishes that will have you salivating for weeks! In her book, Courtney will show you just how easy it is to recreate some of her most sought-after salad recipes, using fresh ingredients that are both delicious and healthy! Soft gooey eggs, roasted nuts, middle-eastern spices, BBQ meats, poached seafood, cured meats, salty cheeses, tender vegetables, thick yoghurts, sweet fruits and zesting dressings, just to name a few of the revolutionary salad combos included in this book! Offering up 130 recipes, accompanied by full colour photographs detailing the salads in all their mouth-watering glory, The Salad Kitchen is...

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-- Garrett Stanton