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A YEAR OF SEASONAL HEART-HEALTHY RECIPES
FROM PHILADELPHIA'S FAMOUS HOTEL



The Rittenhouse Cookbook



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Rittenhouse Cookbook A Year Of Hearthealthy Recipes

Brendan G. Carr



Rittenhouse Cookbook A Year Of Hearthealthy Recipes:

The Rittenhouse Cookbook Jim Coleman, Marilyn Cerino, 1997-01-01 Not long ago gourmet cuisine and heart healthy eating were rarely mentioned in the same sentence Now all of that is changing thanks in large part to innovative chefs like Jim Coleman who is working luscious low fat wonders at Philadelphia's Rittenhouse Hotel The recipes in this elegant cookbook are cleverly updated classics with all the flavor and very little fat sodium or cholesterol Organized by season these surprisingly easy to prepare dishes allow you to make use of the freshest available ingredients All recipes have complete nutritional analysis and helpful notes on tailoring them to your specific dietary needs A bonus chapter by dietitian chef Marilyn Cerino highlights healthy eating strategies for every day Color photos **American Book Publishing Record**, 1997-05 Writer's Guide to Book Editors, Publishers and Literary Agents, 2001-2002 Jeff Herman, 2000 The classic reference guide for book authors has been completely revised and updated with the names and specific areas of interest of thousands of editors at over 500 book publishing houses *The Publishers Weekly*, 1997 Cumulative Book Index, 1998 A world list of books in the English language **Writer's Guide to Book Editors, Publishers and Literary Agents, 1999-2000** Jeff Herman, 1998-07-08 Over the years Writer's Guide to Book Editors Publishers and Literary Agents has helped thousands of writers just like you get their books published With the best and most up to date listings of key book publishing insiders Writer's Guide gets you past the reject piles and into the hands of the right people Nowhere else will you find the detail the insight the depth Nowhere else will you find the solid inside information Writer's Guide is your key to book publishing success It gets you inside It gets you noticed Your talent will do the rest Beats the pants off Writer's Market Michael Werner coauthor of Databases for Businesses and Using Lotus 1 2 3 This guide started my book publishing career Marcos McPeck Villatoro author of A Fire in the Earth They Say That I Am Two and Walking to La Milpa The finest lead source that I've ever seen A must buy for every writer published or not Derek Savage author of The Second Coming and The Dancer Invaluable information from query letter to book proposal This book has made my dreams come true Eileen Oster author of The Healing Mind This book got my foot in the door Wynn Goldsmith writer A masterpiece I have never found so much practical information in this type of book before Walter Lambert author of Healing the Trauma of Divorce As a writer and literary agent this book has been invaluable Mary N Oluonye O Squared Literary Agency Jeff Herman has crammed a generous helping of information and advice into this invaluable book Paul Nathan Publishers Weekly Writer's Guide has eclipsed both Literary Market Place and Writer's Market as a source of projects for our agency At least a third of our sales last year came as a result of this book Michael Snell Michael Snell Literary Agency About the Author Jeff Herman is founder of The Jeff Herman Literary Agency one of New York's leading agencies for writers He has sold hundreds of titles and represents dozens of top authors Omaha Steaks John Harrison, Frederick J. Simon, 2001 Here is the perfect companion to everybody's favorite cooking technique the unbeatable thrill of the live fire More than a wonderful collection of

mouthwatering recipes Omaha Steaks Let s Grill is also an invaluable introduction to everything you need to know and nothing you don t need to know to set up fire up and grill away The useful how to section begins with a much needed clarification of the cooking methods grilling barbecuing smoking and others Then it s on to the equipment whether you re cooking on a gas charcoal electric or rotisserie grill Omaha Steaks Let s Grill discusses what you should look for and what you should avoid Accessories are demystified safety issues are explained the variety of fuels lump charcoal briquettes woods and how to use them are outlined The authors also walk you through the crucial steps of building lighting and maintaining the fire cooking over it and cleaning up By the end of a few brief chapters you ll know the hows and whys of every aspect of grilling And then come the recipes soups beef pork lamb chicken fish and shellfish vegetables and desserts an array of sixty fantastic dishes representing a broad range of cuisines from down home favorites such as Chile Rubbed BBQ Hickory Ribs to updated classics such as Pine Nut Crusted Rack of Lamb with Grilled Asparagus to Far East inspired Lemongrass Speared Chicken Satay with Thai Peanut Sauce The dishes are creative but developed with the home cook in mind so all recipes are completely accessible to everyone Omaha Steaks Let s Grill concludes with a chapter of essential advice on selecting preparing storing and using grill friendly ingredients and appendixes that include at a glance charts of cooking times and internal food temperatures Leave this book right next to the tongs because you ll be reaching for this indispensable handbook of information and recipes all year long

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