

The Complete Galloping Gourmet Cookbook

Graham Kerr's Culinary Collection



The Graham Kerr Cookbook

Graham Kerr



The Graham Kerr Cookbook:

Graham Kerr Cookbook Graham Kerr, 1971 *The Graham Kerr Cookbook*, 1969 **The Graham Kerr Cookbook** Graham Kerr, 1968 *The Graham Kerr Step-by-step Cookbook* Graham Kerr, Treena Kerr, 1982 **Day-By-Day Gourmet Cookbook** Graham Kerr, 2007 Pioneering television chef Graham Kerr presents more than three hundred new healthy recipes while stirring in soulful advice about how to eat better live smarter and help others every day **Graham Kerr's Galloping Gourmet Television Cookbook** Graham Kerr, 1972 **Graham Kerr's Best** Graham Kerr, 1995 On average Americans now consume 34% of their daily calories from fat But for anyone with even modest health risk factors the 34% should be reduced to about 20% And for people at high risk or those who have already experienced health problems the ideal target is 10% of calories from fat However if you want to eat better you don't have to sacrifice good taste and variety in your cooking to achieve the level of fat that you want or need The 250 recipes in this unique collection have been carefully selected and organized to give you the widest and easiest choice of ingredients and cooking techniques to help meet your individual health requirements and satisfy your taste preferences Divided into three main sections representing 10% 20% or 30% of calories from fat respectively the recipes include hearty soups and sauces inventive main dishes and vegetables and inspired desserts Every recipe features the hallmarks we have come to expect from Graham Kerr innovative flavors imaginative cooking techniques intriguing ingredients helpful hints and tips friendly and encouraging advice geared to help you discover ways to prepare your favorite foods in a perfect balance of good taste and good health BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved **Graham Kerr's Creative Choices Cookbook** Graham Kerr, 1994 One of the country's most popular food personalities his shows are seen daily on the Discovery Channel and weekly on PBS has developed a unique approach to healthy cooking with Minimax the method that minimizes risk and maximizes flavor Here is an all new collection of Minimax methods and recipes complete with nutritional profiles Printed in two colors Line drawings *Galloping Gourmet Television Cookbook* Graham Kerr, 1971 **Graham Kerr's Smart Cooking** Graham Kerr, 1991-10 *Graham Kerr's Swiftly Seasoned* Graham Kerr, 1997 Welcome to MasterCook 4 0 the most sophisticated and powerful cooking program ever written for Windows or Macintosh computers MasterCook lets you organize and manage all your recipes makes it easy to make sure you're eating healthy meals and makes shopping easier than ever *Graham Kerr's Kitchen* Graham Kerr, 1996 Over the past decade Graham Kerr's name has become synonymous with creative delicious and healthful cooking His innovative techniques seek to minimize fat and calories while maximizing aroma and flavor helping millions cook nutritious low fat meals that never skimp on taste Each of the book's 26 chapters serves to highlight a specific flavorful fat reducing cooking technique and serves as a starting point for more than 100 recipes which have been developed in a collaborative effort with amateur and professional chefs alike People from every walk of life with a wide range of dietary concerns and culinary skills have come together with Graham Kerr to create exciting new dishes

re create old favorites and share ideas The result is an eclectic and practical guide that shows all of us how to move out of the danger zones of high fat calories and cholesterol into the realm of healthy eating without having to sacrifice the things we love most about food Along with Kerr s engaging and informative profiles of the contributors and a host of tips and suggestions Graham Kerr s Kitchen provides the means for anyone to reduce the risks and heighten creativity and enjoyment in the cooking experience

Cooking with Graham Kerr Graham Kerr,1972 [Graham Kerr's Television Cookbook](#) Graham Kerr,1970 *Graham Kerr's Minimax Cookbook* Graham Kerr,1993-09-01 **Graham Kerr's Galloping Gourmet Television Cookbook** Graham Kerr,1971 [Graham Kerr's Television Cookbook](#) ,197? [Graham Kerr's Minimax Cookbook](#) Graham Kerr,1992 The TV chef presents 150 original recipes and discusses strained yogurt pressure cooking and more

Graham Kerr's Television Cookbook: Favorite dishes: New restaurants in old Europe Graham Kerr,1968

The Oxford Encyclopedia of Food and Drink in America Andrew Smith,2013-01-31 Home cooks and gourmets chefs and restaurateurs epicures and simple food lovers of all stripes will delight in this smorgasbord of the history and culture of food and drink Professor of Culinary History Andrew Smith and nearly 200 authors bring together in 770 entries the scholarship on wide ranging topics from airline and funeral food to fad diets and fast food drinks like lemonade Kool Aid and Tang foodstuffs like Jell O Twinkies and Spam and Dagwood hoagie and Sloppy Joe sandwiches

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