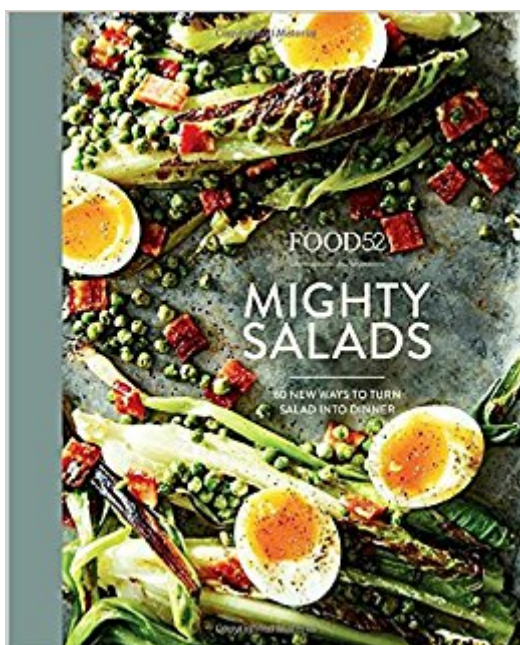


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# Food52 Mighty Salads: 60 New Ways To Turn Salad Into Dinner--and Make-Ahead Lunches, Too (Food52 Works)



## Synopsis

A collection of 60 recipes for turning ordinary salads into one-dish worthy meals. Does anybody need a recipe to make a salad? Of course not. But if you want your salad to hold strong in your lunch bag or carry the day as a one-bowl dinner, dressing on lettuce isn't going to cut it. Make way for *Mighty Salads*, in which the editors of Food52 present sixty salads hefty with vegetables, meats, grains, beans, fish, seafood, pasta, and bread. Think shrimp and radicchio tossed in a bacon vinaigrette, a make-ahead jumble of white beans with charred lemon and fennel, slow-roasted duck and apples scattered across spicy greens. It's comforting food made captivating by simply charring one ingredient or marinating another—shaving some, or roasting a bunch. But because we don't always follow recipes, there are also loose formulas for confident off-roading, as well as back-pocket tips and genius tricks for improving any old salad. Because once you know how to fix too-salty dressing, wash greens once and for all, keep an avocado from browning, and even sprout your own grains, the humble salad starts looking a lot more interesting—and a whole lot more like dinner.

## Book Information

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## Customer Reviews

Cobb Salad with Hard-Boiled Egg Dressing Serves 4 | From Emily Connor Like many things, cooking is more fun when you break the rules. This dish is our case in point: Why should you have to make Cobb salad the usual way? Why wouldn't you add steamed beets or oily black olives? The same goes for the dressing. Why only top your Cobb with hard-boiled eggs when

you can blend them into a dressing that's creamy without any dairy (similar to a quick sauce gribiche)? It's all a little rebellious, but still a Cobb, no doubt. Feel better now? Recipe - In a large saucepan, bring 2 inches (5cm) of water, the vinegar, and several pinches of kosher salt to a boil over high heat. Put the beets in a steamer basket and set the basket over the boiling water. Cover the pan, turn the heat to medium, and steam until the beets are tender when pierced with a knife, about 20 minutes. Let cool, then peel and cut into bite-size pieces. - To make the dressing, using a stand or immersion blender, blend all of the ingredients together until smooth and emulsified. Add salt and pepper flakes to taste. - On a large platter or wide bowl, toss together the lettuce with half of the herbs. Add enough dressing to lightly coat the leaves, and toss again. Arrange the beets, eggs, avocado, olives, and cheese in rows on top. Scatter the remaining herbs. (You can also toss everything together.) Serve with the remaining dressing on the side.

Cobb Salad Ingredients 4 cup (60ml) white wine vinegar Kosher salt 4 large red beets, scrubbed well, trimmed, and halved 1 large head Bibb lettuce, torn into large pieces 3 cup (15g) loosely packed fresh tarragon, dill, or chives, coarsely chopped 4 hard-cooked eggs, quartered 1 large avocado, peeled, pitted, and thinly sliced 3 cup (45g) Niçoise olives, pitted 2 cup (70g) crumbled blue cheese

Hard-Boiled Egg Dressing Ingredients - 6 tablespoons (90ml) extra-virgin olive oil. - 1 hard-boiled egg plus 1 hard-boiled yolk. - Grated zest of 1 lemon. - 3 tablespoons freshly squeezed lemon juice. - 1 tablespoon capers. - 2 teaspoons Dijon mustard. - Kosher salt. - Red pepper flakes.

"Remember when a salad meant a sad iceberg wedge, Russian dressing, and a mealy tomato? Goodbye, says Food52, and we're better off for it. Whether you're looking for a one-plate mighty meal or a jumping-off point for some vegetable-centric culinary experimentation, you'll find it here." • JESSICA KOSLOW, owner of Sqirl and author of Everything I Want to Eat "Food52's newest venture finds the perfect solution to a common dilemma - turning something light and easy like salad, into a meal that can hold you over for more than an hour." • Domino.com "With recipes like roasted duck over spicy greens and featherweight slaw with chicken, the wise chefs of Food52 have seriously upped our greenery game." • PureWow

The home and kitchen destination Food52.com was founded in 2009 by Amanda Hesser and Merrill

Stubbs, two authors, editors, and opinionated home cooks who formerly worked for the New York Times. Since then, Food52 has created a suite of cookbooks, a cooking and home shop, a podcast, and a cooking hotline – and has won many a James Beard and IACP award doing it.

Innovative salad mixes, not just the same old ones.

Can one find inspiration in salad? Yes indeed, I have with this book. I am a salad lover but admit to not being very creative. My tried and true salads have become a bit repetitious. This book has inspired me to use more imagination, to mix and match a wide range of ingredients, experiment with more of what I have already hanging out in my refrigerator and pantry. Rice Krispies to add crunch? roast some grapes and toss in? I have followed Food52's online community food blog for a long time but this is the first time I picked up one of their cookbooks. Browsing through it, reading many new tips, looking at numerous mouthwatering pictures, this book is not only chock full of recipes but full of great information. I have made several of the recipes, two of my favorites are the Fried Eggplant, Tomato & Peach Salad with Preserved Lemon Vinaigrette which sounds complicated but is simple to make - the taste and color of ingredients blending beautifully. I was drawn to the Roasted Broccoli Rabe, Chickpea & Crispy Salami Salad with Romesco Vinaigrette as it sounded unusual. It took a bit more prep time but worth the bit of extra effort. Delicious and looking forward to searching out other Food52 cookbooks.

Whoever said salads were less filling and froufrou should give Food52 Mighty Salads: 60 New Ways to Turn Salad Into Dinner – And Make-Ahead Lunches, Too a try. The cookbook is filled with plenty of belly filling recipes and lots of color photos. Some of the recipes you'll find in the Food52 salad cookbook include: Grilled Peach & Apricot Salad with Kale and Prosciutto, Corn-Barley Salad with Tomato Vinaigrette, Coconut Rice Salad with Mango, Bell Pepper & Lime, Wild Rice Bowl with Tofu, Sweet Potatoes & Roasted Shallot Vinaigrette, Peanut Noodle Salad, Fresh Corn Cakes with Crab-Tomato Salad, Curried Chicken, Grape & Cheddar Salad, Slow-Roasted Duck & Apple Salad. I also liked some of the tips and hints sprinkled throughout the cookbook. One of the hints I found particularly helpful was a section on how to save a salad dressing that did not turn out. Recommend. Review written after downloading a galley from Net Galley.

I like this book because it has a lot of salad recipes that you have around the house.

I've tried a couple and love them. Realistic and do-able recipes.

It's easy to have an essential cookbook for baking, pasta, or meats; I haven't been able to find a salad/veggie cookbook that fit the bill until now. This book is packed with sixty recipes with full color pictures, each meant to be a stand-alone meal for dinner or a few days worth of prepare-ahead lunches. If you're vegan or gluten-free you'll get some limited use, as the book includes the following sections:- Leafy Salads- Less Leafy Vegetable Salads- Grain & Bean Salads- Pasta and Bread Salads- Fish and Seafood Salads- Meat Salads- Dressings (attached to each recipe because who really reads the salad dressing chapter, anyway?)- Plus: tips throughout like how to fry herbs, making Dijon dressing by filling an almost-empty Dijon mustard jar with oil and spices, or making grilled-cheese croutons. Don't read this book if you want to make an old-fashioned Cobb salad. Do read if you want a salad with peaches/kale/prosciutto, wild rice/tofu/sweet potato/shallot, crab/tomato salad on corn cakes, or steak salad with salsa verde.

Great Summer Recipes!

Very happy

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