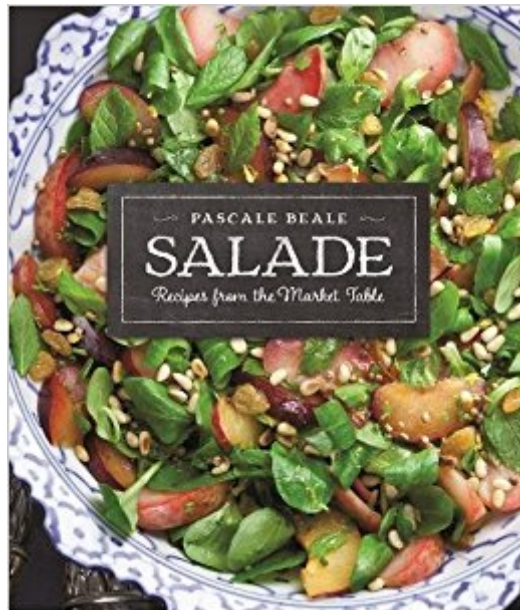




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# Salade: Recipes From The Market Table



## Synopsis

From the simplest Petite Salade Verte to a sophisticated White Nectarine Carpaccio with Microgreen Salad, from the Moroccan Carrot Salad with Golden Raisins, Saffron and Shallots, to the hearty Red Quinoa Salad with Oranges and Thyme-Encrusted Roasted Duck Legs, *Salade: Recipes from the Market Table* celebrates the surprising diversity and bold flavors possible in every bowl. Grouped by key ingredient, with stunning full-page photos, delightful anecdotes and recipes that work every time, *Salade* transforms salads into the highlight of any menu. Pascale's passion for great food and her genuine love of salads shout from every glorious page of this, her sixth book. She takes inspiration from, among other things: a thoughtful conversation with a grower at the lively farmers market; a quiet stroll through her favorite vineyard; or a raucous picnic with her cousins in the South of France. Pascale builds on simple palettes of delicate lettuces, hearty greens and nutty grains, with luscious fruit like figs, pears and peaches, earthy mushrooms, fragrant herbs and vegetables, all picked at the height of their season for fresh, bright tastes and textures. The result is a compendium of more than 80 salads, brimming with vibrant hues, innovative ingredients and creative flavor combinations. Wildly colorful, thoroughly engaging and with spectacular dishes that both satisfy and impress, *Salade* is as beautiful, refreshing and welcome as the first green lettuce leaves of Spring.

## Book Information

Series: Recipes from the Market Table (Book 1)

Paperback: 216 pages

Publisher: M27 Editions (November 15, 2016)

Language: English

ISBN-10: 0965922774

ISBN-13: 978-0965922777

Product Dimensions: 9.2 x 0.7 x 10.9 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 9 customer reviews

Best Sellers Rank: #76,489 in Books (See Top 100 in Books) #26 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #8036 in Books > Teens

## Customer Reviews

- Selected by Omnivore Books for Evan Kleiman's (KCRW Good Food) list of the best cookbooks of 2014- Nominated for The Art of Eating Prize "After years of viewing salad as penitence for the

weekend—â excess, encountering Bealeââ book was like being presented with the vacation dreamland of greens. Count on California to bring beautiful produce to the table.

Iââd never seen such beautiful, vibrant salads before, with ingredients so beautifully arranged. Suddenly, I needed salad&#151;and not just one salad, but as many of the salads in the book as I could get my hands on."&#151;Dakota Kim, Paste Magazine"When a cookbook captures a single subject in its entirety, the end result is something akin to a memorable song, complete with lyrics, melody and chorus, all perfectly gathered together into a pleasing whole. In *Salade: Recipes from the Market Table*, that pleasing whole is made up of deliciously lovely studies on the salad in its countless forms. Throughout these beautifully photographed pages, Pascale inspires us to think about salads in many ways: as daily rituals, healthy side dishes, or as hearty meals that can feed a crowd." &#151; From the Foreword by Tracey Ryder

Surrounded by a family passionate about food, wine and the arts, Pascale Beale grew up in England and France where she was trained in classical French culinary techniques by her grandmother, and in classic ProvenÃÃsal cooking by her mother. With a deep-rooted love for cooking at an early age, and later encouraged and inspired by her friendships with Julia Child, Michel Richard and Alain Giraud, she founded Pascaleââ Kitchen in 1999, a Santa Barbara, California-based cooking school solely devoted to the fusion arts of California-Mediterranean cuisine. In addition to being a highly sought-after guest chef at events throughout California, and a favorite presenter and lecturer at wineries in Santa Barbara and Santa Ynez Valley, Pascale is a regular contributor to *Edible Santa Barbara* magazine and has been published in *Food and Home*, *Santa Barbara Magazine*, *805 Living*, *Carpinteria Magazine*, *Coastal View News*, and *Santa Barbara Seasons*. Pascale is author of the highly acclaimed *Les Fruits: Savory and Sweet Recipes from the Market Table*, and the four-volume Mediterranean-influenced cookbook series, *A Menu for All Seasons: Spring, Summer, Autumn, and Winter*. *Salade: Recipes From the Market Table* is her sixth book. Ms. Beale also publishes *The Market Table*, a farm-to-table blog located at [pascalskitchen.com](http://pascalskitchen.com), a foodieââ favorite website where her many book titles, select housewares, and gourmet food products are available. She lives with her family in Santa Barbara, CA. Tracey Ryder is cofounder of *Edible Communities* &#151; a network of nearly 80 regional food magazines &#151; and winner of the James Beard Publication of the Year Award.

Every page makes me want to get in the kitchen and start chopping. Most of the salads are also so

healthy beside delicious.

many great ideas for salads.

Creative, delicious and healthy recipes using fresh seasonal produce. The instructions are clear and easy to follow. Photographs are beautiful! This book will inspire you to get out of your boring salad routine and introduce more healthy vegetables and fruits into your diet.

I am not a big recipe book person - the pictures never look like my version. This is my absolute favorite book. There is a picture for every dish and all I have made looks great. I liked it so much, I gave this book as a gift to all my friends and family for Christmas last year. It is my go to gift for newly weds as well. Can't say enough about how beautifully done - it is worthy of being a coffee table book of art.

Love the recipes in this book! Arranged by ingredient, you can find creative and delicious takes on salads with whatever is currently in season. And they are all pretty simple to make as well.

This is the best salad "cookbook" I've ever owned. We just made the Fig, Grape, and Ricotta salad and my whole family loved it! We can't wait to make all of them. :)

Beautiful book. Love these creative and tasty salads. This is one of my favorites.

Simply a delight to have in my library . Beautifully crafted recipes represented with outstanding photographs.

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