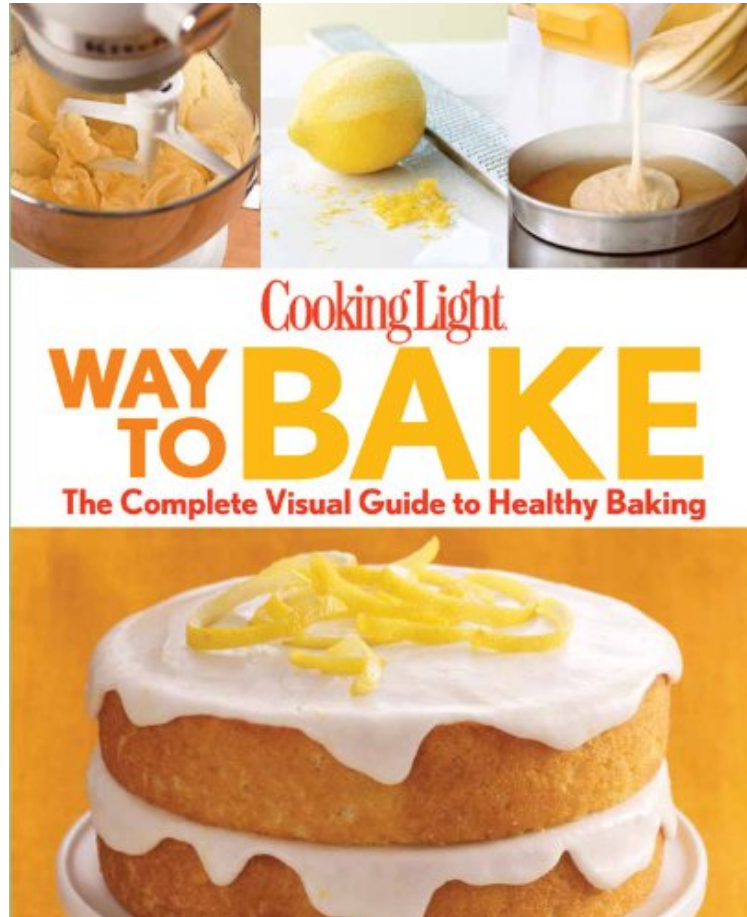


[Read now] Cooking Light Way to Bake: The Complete Visual Guide to Healthy Baking

Cooking Light Way to Bake: The Complete Visual Guide to Healthy Baking

Editors of Cooking Light Magazine

**Download PDF | ePub | DOC | audiobook | ebooks*



 Download

 Read Online

#462604 in Books Oxmoor House 2013-06-18 2013-06-18 Original language: English PDF # 1 9.50 x 1.00 x 7.751, 2.51 Binding: Flexibound 424 pages | File size: 54.Mb

Editors of Cooking Light Magazine : Cooking Light Way to Bake: The Complete Visual Guide to Healthy Baking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Cooking Light Way to Bake: The Complete Visual Guide to Healthy Baking:

3 of 3 people found the following review helpful. The content is amazing, and the "flexibound" version is sturdier than it seems. By Magdolyn Addendum: After using and rifling through Way to Cook, I can now report that it is much better bound than I originally thought. It also lays flat, which is nice. This is a five-star baking book in a two-star binding. The content is amazing, but the "flexibound" version is flimsy and fragile--one tiny step away from looseleaf. It even has thinner paper than the hardback version I checked out of the library! In fact, when it came in the mail, I compared the two and was convinced that the "flexibound" one must have chapters missing. But nope. After some checking, I realized it isn't as beefy because the paper is not as thick as that used in the hardcover. For durability, I recommend purchasing the hardback version, if you can find it. Other than that, my only mild complaint is that there is nothing

"light" about these recipes. Since the nutritional information is included with every recipe, that's not a deal-breaker for me. Just be aware that brioche is brioche is brioche: yummy and full of butter. I'm okay with that; I'll take "yummy" any day, and just use the nutritional info to decide how much of something I can eat. These recipes make delicious baked goods.addendum 2: Now that I've been using Way to Bake for awhile, I can appreciate the substitution of lower fat and fat-free for full fat products, the occasional use of egg whites instead of whole eggs, and, in nearly every case, using cooking spray to "grease" pans. So there is SOMETHING light about these recipes, after all, but not so much that the flavor and texture suffer. The editors prefer not to, say, replace oil with applesauce, eggs with agar, butter with one of those cholesterol-lowering buttery spreads, or sugar with Splenda;reg;.I did notice that the Tiramisu recipe calls for ladyfingers without including a recipe for ladyfingers. The baklava recipe does not include how to make phyllo dough. You will not find a recipe for puff pastry. To make puff pastry and ladyfingers, James Peterson's gorgeous huge and unwieldy "Baking:350 recipes and techniques, 1500 photographs, one baking education" is superb, a must-have for serious bakers, I think.I do have to admit I'm puzzled by most baking books because other than cheese souffle and maybe focaccia, they don't include savory dishes. What about potpies, pasties, and (possibly) crackers? Instead, they focus on sweets, Cooking Light's "Way to Bake" included.Overall, Way to Bake is wonderful--photos demonstrate techniques as well as finished products, the recipes are easy to follow and quite clear, and the nutritional information for each creation is thorough enough to let me calculate WeightWatchersreg; PointPlus values. You'll be happiest with the hardcover edition, though. This "flexibound" (sturdier than perfect binding, but just barely) edition will not hold up to frequent use.2 of 2 people found the following review helpful. Healthier baked goods that still taste goodBy G. McCarthyI like the approach this book takes to baking. The recipes are changed enough to make baked goods healthier, but not so much as to alter the flavor and texture beyond recognition. In other words, cake tastes like cake ought to, brownies have the proper texture and cookies look like cookies should look.0 of 0 people found the following review helpful. Four StarsBy A'anna T. O'Reillygood cook book and helpful

Cooking Light Way to Bake is a celebration of the joy of baking and the pleasure healthier baked treats can bring. Light baking has its own set of techniques, and this book is filled with more than 700 full-color photos showing you exactly how to prepare a wide variety of delectable baked goods, so you get perfect results every time you bake.Baking is both a science and an art and the nuances are numerous, but there are certain principles and techniques that always hold true. With the right proportion of ingredients and a few essential facts and easy-to-learn skills, you can make your light baked goods shine. Inside, you'll find a primer on those guidelines and a glossary of ingredients to help get you started.Technique is key. In traditional baking, butter and sugar can hide a host of baking mistakes, but healthier baking doesn't afford that luxury. This book offers you the secrets to light baking success. From creating flaky biscuits to making a perfect piecrust, you'll find hundreds of tips and the nutrition information you need to create memorable homemade baked goods.

About the AuthorCooking Light, America's leading food magazine and authority on healthy cooking, is dedicated to helping its more than 11 million readers have a life lived deliciously.