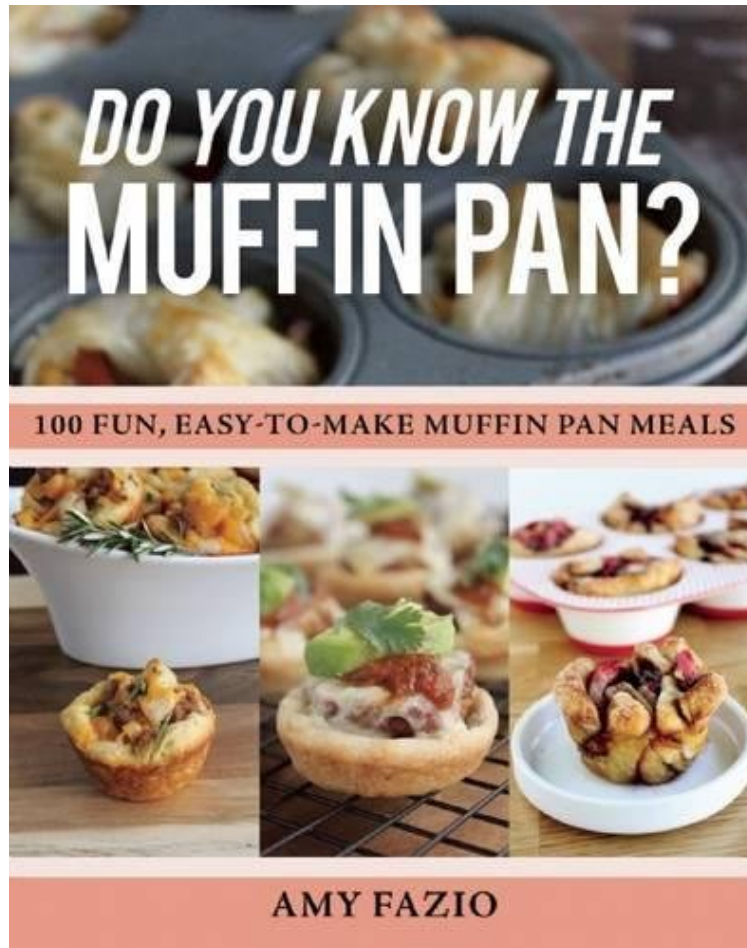


Do You Know the Muffin Pan?: 100 Fun, Easy-to-Make Muffin Pan Meals

Amy Fazio

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Amy Fazio : Do You Know the Muffin Pan?: 100 Fun, Easy-to-Make Muffin Pan Meals before purchasing it in order to gage whether or not it would be worth my time, and all praised Do You Know the Muffin Pan?: 100 Fun, Easy-to-Make Muffin Pan Meals:

97 of 97 people found the following review helpful. . So far, really yummy recipes.By cathycI bought this book a couple of weeks ago. The name was intriguing and I like the fact that I can make these recipes and then save the rest either by refrigerating or freezing the leftovers.Delicious results. I decided to wait until I had used the book to review. I have made 4 recipes so far; Spaghetti Carbonara Twists-Up (delicious!) Not So Sloppy Joes (equally delicious), Mini Brussels Sprout Gratin (you'll love Brussels Sprouts now) and the only disappointment so far - Spicy Thai Peanut Chicken Rolls with Cilantro Yogurt Sauce which just did not have enough flavor.The one thing I do not like about this book, but it's hard to argue with the results, is that I find a lot of the ingredients- ketchup, refrigerated biscuits and

French bread are not things I like to use. There is a lot of cheese used also which make them delicious, but not that nutritious. These are not low-cal recipes. The Brussels Sprouts in particular is so heavy on the cheese, but we ate every bit and I have never had better Sprouts. I will add to this as I make more of the recipes. They are also relatively time consuming, but do a lot of cooking, so I am used to lots of food prep. I would recommend the book, but I thought I should tell you what you are getting. 18 of 18 people found the following review helpful. Great, easy recipes! By Asia49 Before I tried one of Ms. Fazio's muffin pan recipes I never thought about how much cooking in a muffin pan makes your life easier! Easy serving, easy cleanup, faster cooking and great recipes! 39 of 40 people found the following review helpful. New ideas for your muffin pan ... By L. Mountford I discovered the joys of muffin pan cooking some years ago as I was cooking for only one person (me), and portioning food into muffin-sized servings just made life easier, especially since I could then freeze leftovers and pull out only what I needed for a meal. So I was interested to see what others were doing with the "muffin pan meal" idea and saw "Do You Know the Muffin Pan?" available in Kindle format. I'm not disappointed — this has some really clever creative recipes that work with the whole muffin pan concept. Some do require some prep and assembly, but there are quite a few recipes that would be fine for novice cooks, too. My usual cookbook review involves making at least 3 recipes to get a feel for how they're put together. Here are my 3 from this book: Breakfast: Mini Carne Asada Frittatas with Sweet Potato Crust Thinly sliced sweet potatoes, laid in each standard-size muffin "cup" to form a thin crust, baked first for 15 minutes, then filled with a mixture of steak, onion, bell pepper, mushrooms, eggs, and cheese. Great idea, but the lack of seasoning (only salt and pepper indicated in the recipe) was a bit of a problem for me. Next time I make these, I'll add some "southwestern" spices (cumin, cayenne, and/or maybe a finely chopped chipotle en adobo), just to give it a kick. Main Dish: Individual Chicken Alfredo Lasagna This one uses wonton or potsticker wrappers in place of the usual lasagna noodles, and it works. No, it's not "identical" to the effect you'd get from using pasta, but the composition of the wrappers, cooked along with the fillings, create something that is quite good. This one uses chicken, alfredo sauce, onion, garlic, ricotta cheese, parmesan, mozzarella, bacon, and parsley. I used some grilled chicken breast that I had in the freezer, and this came together nicely. It's also the kind of recipe you can tailor to your own tastes. Next time out, I'll replace some of the chicken with spinach. My only quibble with this recipe is that it's obvious to an experienced cook that the "2 cups chicken, shredded or cubed" refers to pre-cooked chicken (e.g., rotisserie chicken from the supermarket). But a novice cook may not know that, and the amount of cooking time would be insufficient to cook cubed raw chicken. Like I said, a quibble, but one that would be easy to fix in the next edition. Appetizers: Southwest Eggroll Bundles with Chipotle Cream Sauce Now, THIS one has flavor! Although listed in the "Appetizers" section, this would be great as a main dish, too. Chicken, red bell pepper, black beans, corn, jalapeño, and Monterey Jack cheese make up the filling; egg roll wrappers are laid into the muffin cups, filled and baked. The sauce is wonderful, too — cream cheese, chipotle pepper in adobo + sauce, lime juice, and a little cream. Yum!! Of the three recipes I tried, this was by far my favorite. A keeper for sure, I'll be making this again and again. Other recipe categories include "Side Dishes" and "Dessert." I really like the "Dessert" section — I was afraid it might be just cupcakes and/or muffins. Not so — the author has included some very clever and creative desserts that include just smaller versions of "larger" desserts (cheesecake, for example), but also desserts that could be made only in a muffin pan (Apple Pie Roses with Cheddar Cheese Crust). I have a few of these on my list to be made over the next few weeks. Overall, very interesting and creative ways to use a pan that most of us have, but most use only for muffins and cupcakes. Probably a few minor misses on flavor, but that's a very subjective thing anyway. I like big bold flavors — some folks don't — you'll find recipes to satisfy both tastes here.

Amy Fazio's debut book, *Do You Know the Muffin Pan*, is a collection of creative, easy-to-make recipes using that tried-and-true kitchen staple: the muffin pan. No longer just for muffins and cupcakes, the muffin pan is great for creating crowd-pleasing appetizers, delicious side dishes, and even perfectly portion-controlled dinners. Some fan favorite recipes include: • Eggs Benedict casserole cups • Salami boats with antipasto salad • Mini fish tacos with creamy jalapeño sauce • Chicken enchilada stacks • Strawberry pretzel cheesecake bites This cookbook will showcase over one hundred ways to cook and create in the muffin pan. Many of the recipes include notes on cooking in different-size pans, tips for freezing, and instructions on substituting a variety of ingredients to satisfy even the pickiest eaters. Whether you already love your muffin pan or plan on dusting off an old one, *Do You Know the Muffin Pan* is sure to become a family favorite. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Amy Fazio is a food blogger/food lover who cooks, bakes, and even crafts with the muffin pan. Having spent her life surrounded by a big family and lots of great food, she inevitably channeled her love of cooking into writing a cookbook. She loves to share her food with friends, family, and even her students. Fazio is a San Francisco native currently teaching in San Diego.