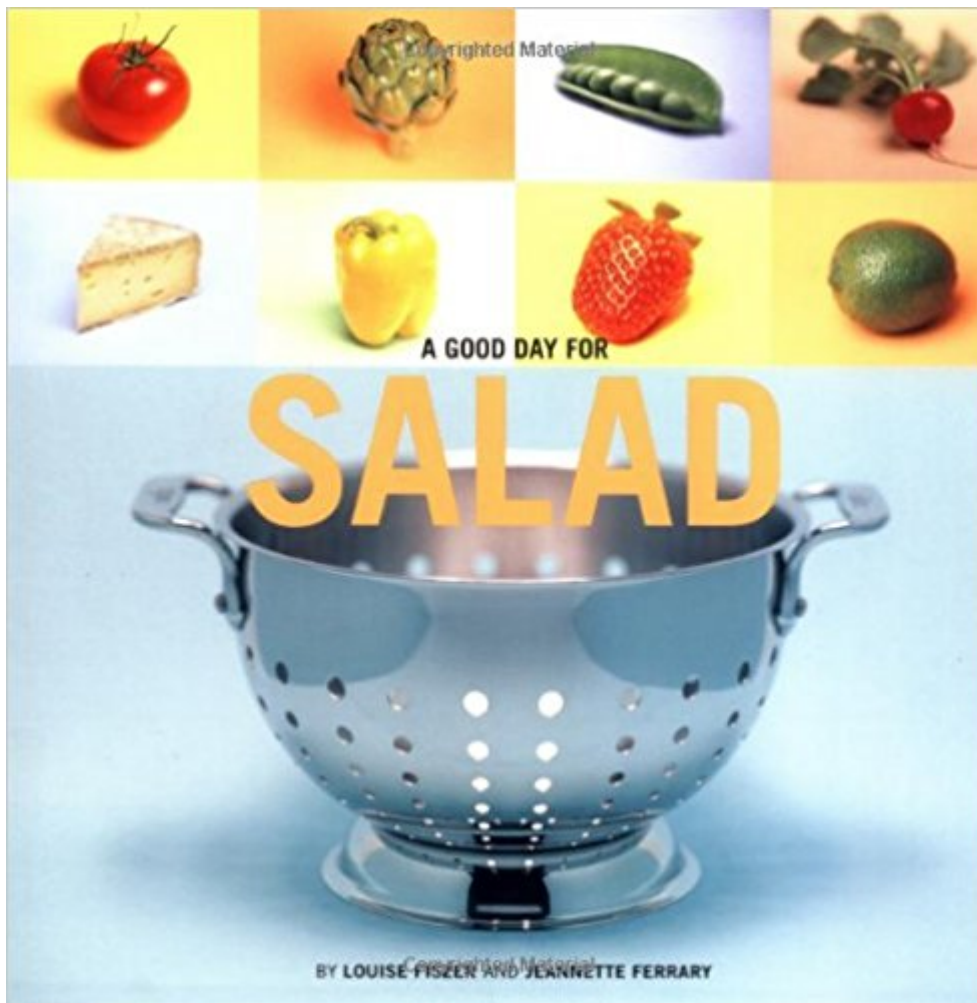


The book was found

A Good Day For Salad



Synopsis

Once upon a time, salad meant lettuce, tomato, and cucumber covered in Thousand Island dressing. Today its succulent fish, seasoned meat, crispy tofu, herb pasta, and anything else you want to toss together in a saladlike way. In *A Good Day for Salad*, Jeannette Ferrary and Louise Fiszler get creative, offering an intriguing array of starter salads, dinner salads, party salads, picnic salads, and dessert salads, as well as classics and ingenious new takes on old favorites. Here are 150 salads to delight the gourmand, the health nut, the dieter, the vegetarian, hurriers, worriers, and even people who hate to cook. Complete with helpful cooking tips and entertaining anecdotes, *A Good Day for Salad* is a celebration of the contemporary salad and a tasty answer to just about any mealtime dilemma.

Book Information

Paperback: 256 pages

Publisher: Chronicle Books; 2nd. Printing edition (July 1, 1999)

Language: English

ISBN-10: 0811819914

ISBN-13: 978-0811819916

Product Dimensions: 8.2 x 0.6 x 8.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 3.3 out of 5 stars 2 customer reviews

Best Sellers Rank: #784,022 in Books (See Top 100 in Books) #163 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads](#) #58102 in [Books > Teens](#)

Customer Reviews

It's unlikely the Pilgrims served a green salad on the first Thanksgiving. Authors Louise Fiszler and Jeanette Ferrary point out in the introduction to *A Good Day for Salad* that this particular course in a meal didn't begin to rise in popularity outside the upper crust of society until the turn of the century--the 20th century. And it's not as though lettuce is something new. Romaine sounds like Roman for good reason. Fiszler and Ferrary respect the way salad has changed through the years, and how our own dining attitudes can change when we start building salads with a longer list of ingredients than is, well, traditional. Good old Waldorf Salad, for example, is now over 100 years old. The authors, never afraid to make a few improvements along the way, cut the mayo with yogurt while adding a little fresh fennel, watercress, and sprinkles of blue cheese. A surprisingly dour-looking book, *A Good Day for Salad* is filled with bright, luscious inspiration. Some of these

salads cry out for decent illustration (Melon, Mango, and Mint Salad with Prosciutto Strips, for example), but the reader will have to use the visual imagination the publisher left in a drawer. There are bite-sized salads to try, such as Artichoke Bottoms filled with Corn Salad, and starter salads, such as Shredded Beets and Apples on Arugula (the dressing includes cream, lemon and orange juice, honey, and mint). There are "Folk Salads" (Salade Niçoise) and "Party Salads" (Caponata on Crisp Romaine Leaves), "Picnic Salads" (Herbed Potato Salad with Crispy Bacon and Sweet Peas) and "Dinner in a Bowl Salads" (Red Snapper and Black Bean Salad with Chipotle Vinaigrette). Other chapters take dieting into account, and all the little goodies that are so much fun to sprinkle on salads. This slim book is 150 recipes deep. With *A Good Day for Salad* in hand, the question of whether to serve salad at the beginning of the meal or the end of the meal is going to change. Having made the salad, cooks are going to wonder what else they should serve. Dessert perhaps? --Schuyler Ingle

Jeannette Ferrary -- author of *Between Friends: M.F.K. Fisher and Me* -- writes for many publications, including *Bon Appetit*, the *New York Times*, and the *San Francisco Chronicle*. Louise Fiszler -- a nationally known cooking teacher and food consultant -- has contributed to *Food and Wine* magazine and is currently a food columnist for the *San Jose Mercury News*.

Very well designed book, visually its beautiful. It made for an average gift. I will say that we have not used it too often since I gave it.

LOTS of good ideas for salads used as side dishes, main dishes, and appetizers. Many less-than-common ingredients, but nothing so challenging that it isn't doable by an average cook. Recipes are written in an odd list format, followed by dressings, so they can be a bit confusing, and there are no illustrations, but otherwise this book definitely fills a niche, and does it well.

[Download to continue reading...](#)

SALADS: The 500 Best Salad Recipes (salads for weight loss, salad, salad recipes, salads, salad dressings, salad dressing recipes, paleo, low carb, ketogenic, vegan, vegetarian, salad cookbook) Salads: 365 Days of Salad Recipes (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Salad) Salad Dressing Recipes: Top 50 Most Delicious Homemade Salad Dressings: [A Salad Dressing Cookbook] Top 50 Most Delicious Homemade Salad Dressing Recipes [A Salad Dressing Cookbook] (Recipe Top 50's Book 106) Egg Salad Recipe Book: Delectable Egg Salad Recipes

Asian Salads Book: The Ultimate Asian Salad Dressing Cookbook and Best Asian Salad Recipes You Will Ever Find! Salad Cookbook: Healthy And Delicious Salad Recipes For Helping You Burn Fat And Lose Weight! Salad Dressing Recipes: 120 Delightful Homemade Salad Dressings Just for You! (120 Easy Recipes Book 6) Super Paleo SALAD Recipes: (Easy SALAD Recipes) [Kindle Edition] Salad Dressing: 59 Healthy Homemade Salad Dressing Recipes For Vegetarian, Vegan, And Plant Based Diet. No Oil. No Mayo. No Vinegar. (Healthy Recipes. Healthy Cookbooks To Keep In Your Kitchen.) Raw Vegan Sauces and Salad Dressings: Delicious and Nutritious Sauce and Salad Dressing Recipes. Potato Salad Cookbook: Healthy Delicious Potato Salad Recipes A Good Day for Salad Salad of the Day (Revised): 365 Recipes for Every Day of the Year Williams-Sonoma Salad of the Day: 365 recipes for every day of the year Salad of the Day (Williams-Sonoma): 365 Recipes for Every Day of the Year Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Salad Love: Crunchy, Savory, and Filling Meals You Can Make Every Day Good Forestry from Good Theories & Good Practices The Good, the Bad, and the Ugly Cincinnati Reds: Heart-Pounding, Jaw-Dropping, and Gut-Wrenching Moments from Cincinnati Reds History (The Good, the Bad, and the Ugly) (The Good, the Bad, & the Ugly)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)