



## Fast Food Fix

By Devin Alexander

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Fast Food Fix, Devin Alexander, We all want to "eat healthy," but when we yearn for the fast foods we love, what we want most are the fabulous flavours that have made them favourites in the first place. That's what makes this collection of recipe makeovers so exceptional. Writer, chef, and caterer Devin Alexander specializes in low-fat, high-flavour, scrumptious cuisine. In "Fast Food Fix", she shows the reader how to transform 75 fast food favourites into healthier versions that are even more flavourful than the originals. "Fast Food Fix": demystifies the special seasonings and secret sauces of choice fast foods-showing how to reproduce their flavours quickly and easily from common ingredients; teaches how to lighten many dishes with new cooking techniques, such as the oven-frying; it includes method that yield incredibly crunchy popcorn chicken with 35 fewer fat grams than the original version from KFC; and reveals simplified cooking methods that save time in the kitchen, proving that "fast food" can still be fast even when prepared at home. Hooked on fast food flavours, these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen...



**READ ONLINE**  
[ 1.22 MB ]

### Reviews

*It is really an awesome ebook which i have ever go through. It is actually writter in straightforward terms and not confusing. I am very easily could get a satisfaction of reading a written ebook.*

-- **Clotilde Wiegand**

*A top quality book along with the typeface employed was interesting to learn. It is one of the most amazing book we have study. I discovered this pdf from my i and dad recommended this book to learn.*

-- **Mr. Sterling Hane**

## Relevant PDFs

---



### **Cat's Claw ("24" Declassified)**

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday. FREE...

---



### **Britain's Got Talent" 2010 2010 (Annual)**

Pedigree Books Ltd, 2009. Hardcover. Book Condition: New. \*\*\*NEW BOOK DISPATCHED DAILY FROM THE UK\*\*\* Daily dispatch from UK warehouse.

---



### **Kids Perfect Party Book ("Australian Women's Weekly")**

ACP Books, 2007. Paperback. Book Condition: New. A Brand New copy, unused and unread. Dispatched by next working day from Hereford, UK. We can now offer First Class Delivery for UK orders received before 12 noon, with same-day dispatch (Monday-Friday) not including...

---



### **Super Easy Storytelling The fast, simple way to tell fun stories with children**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.9in. x 8.0in. x 0.2in. Instantly start telling stories with kids. Great for spontaneous storytelling or for creative writing lessons. Super simple storytelling formula and...

---



### **Kid's Food for Parties (Australian Women's Weekly Mini)**

ACP Publishing Pty Ltd, 2009. Hardcover. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.

---



### **Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...

---