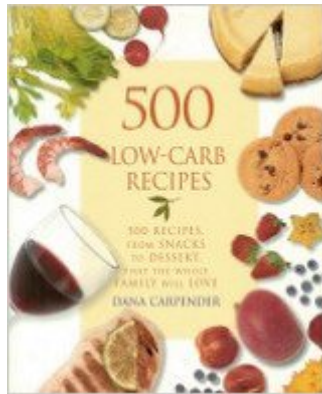


The book was found

500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, From Snacks To Dessert)



Synopsis

This cookbook is a great one for people new to cutting carbohydrates from their diets, as well as "veterans" looking for new ideas. The recipes are simple to follow and great for beginning cooks. There is a wonderful introductory section on low carb cooking

Book Information

Hardcover: 496 pages

Publisher: Fair Winds Press (2002)

Language: English

ISBN-10: 0739429736

ISBN-13: 978-0739429730

Product Dimensions: 9.5 x 7.5 x 1.4 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (532 customer reviews)

Best Sellers Rank: #152,537 in Books (See Top 100 in Books) #141 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #230 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

The book didn't deliver as much as it, at first, appeared to. 470 pages of recipes and no photography sounds like a lot of recipes. Many of the recipes are so basic you wonder who wouldn't know that boiled shrimp means boiling shrimp in a pan of water with some seasoning. But "Unbelievably Easy Shrimp" gets half a page for this 3-ingredient recipe (2 qts. water, a pound shrimp, salt). The balance of the page is a recipe for cooking fish: 1 piece of fish, 1 tbs. butter, with parsley and lemon wedge for garnish. How to broil a steak (olive oil, steak) gets a page, then variations of steak go on for pages and pages. "Southwestern Steak" is steak served with guacamole. "Cajun Steak" is steak sprinkled with Cajun seasoning. "Garlic Butter Steak" is steak with garlic butter spread on it. There are about 2 of these recipes per page. It's the same with the egg and omlet recipes. The same basic recipe idea is repeated over and over with a flavor variation. The most major flaw with the book, however, is the index. My pet peeve with cookbooks is to use cute recipe titles and then index them alphabetically according to those titles. Under "sauces," to pick an example, there is "Dana's No-sugar Ketchup" listed in the "D"s. Why not list it "Ketchup, no-sugar" so you can find it if you go looking for "ketchup?" Also under "sauces" there is "Low-carb Steak sauce" in the "L"s and "Reduced-carb Spicy Barbecue Sause" in the "R"s. It makes

it very hard to find a recipe. The back cover of the book touts "Chocolate Mousse to DIE For" and I have yet to be able to find that recipe.

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