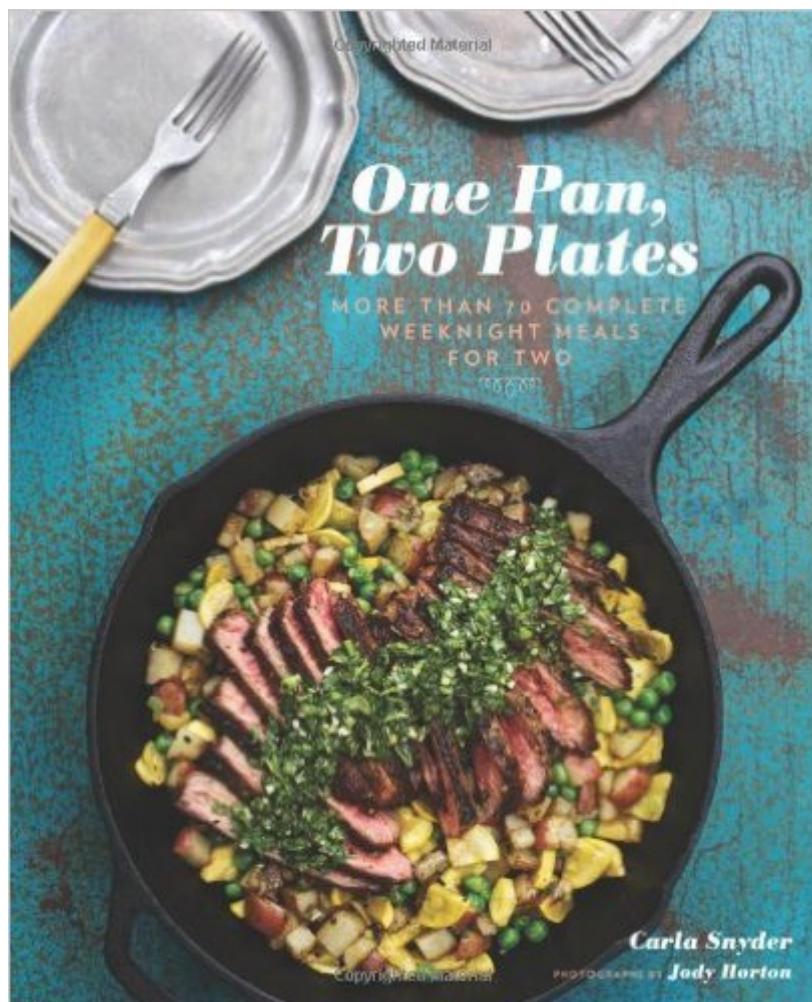


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# One Pan, Two Plates: More Than 70 Complete Weeknight Meals For Two



## Synopsis

One pan + fresh ingredients = dinner for two! With an emphasis on reducing prep time and the usual sinkful of dishes, cooking instructor Carla Snyder serves up the ideal couple's guide to simple, complete, and truly delicious meals—“imagine Balsamic Braised Chicken Thighs with Figs and Creamy Polenta or Thyme-Rubbed Salmon with Shallots and Caramelized Cauliflower “Risotto”—that can be made in one skillet, in less than 60 minutes. With recipes for home-cooked pasta, grains, sandwiches, beef, pork, chicken, and seafood, plus wine or beer pairings for each dish, *One Pan, Two Plates* will nourish couples, from newlyweds to empty nesters, every night of the week.

## Book Information

Paperback: 208 pages

Publisher: Chronicle Books (March 5, 2013)

Language: English

ISBN-10: 1452106703

ISBN-13: 978-1452106700

Product Dimensions: 8.2 x 0.8 x 10.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars—See all reviews (162 customer reviews)

Best Sellers Rank: #15,090 in Books (See Top 100 in Books) #19 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #94 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

This is my new favorite cookbook. I've cooked half a dozen recipes so far and skimmed the rest to make sure my initial impressions are accurate. First off, the meals themselves are tasty and pleasing to the eye. Second, the ingredients are easy to shop for. The items and their specified sizes are easy to find at the local grocery store, and I find that it takes me 20 minutes to buy the half dozen items that I don't already have on hand. Third, the recipes are incredibly well-written. The stated prep and cook times are accurate, the instructions are detailed, and there are sidebars that explain, e.g., how to clean leeks or any other recipe-specific tasks that you need to perform. Fourth, every recipe includes a wine recommendation and a salad recommendation, which I find incredibly helpful for assembling the meal. Fifth, every recipe is designed to be prepared with a minimum of cleanup, with a 12" skillet being the primary cooking utensil of choice. If you cook for two, or plan

too, then I don't think you can go wrong with this cookbook.

Cooking is something I really enjoy and I cook 5-6 nights a week after long days at work. I buy a lot of cookbooks and find that I make one or two recipes out of them and then they get shelved. This book, however, has been amazing. I've basically been cooking through it, choosing one recipe from each section for each trip to the grocery store I make. I also have celiac, and therefore must eat gluten-free, and these recipes are easily adapted if necessary for those with dietary restrictions (she does point out those that are vegetarian or that can easily be made vegetarian). And there's wine pairings. The book is amazing. Things I like about this book: 1) Most of these dishes can be made in 45 minutes or less, including prep. I may cook a lot, but it still takes me a while to prepare my mise en place. 2) Meat and vegetables. Occasionally starch/carbohydrate. Perfect and healthy. 3) Excellent size portions - some can be quite large, so a third portion can be saved for lunch during the workweek. 4) Many of the recipes use similar ingredients (carrots, onion, celery, etc.) and you can easily plan to make 3-4 meals to use up all the produce before it goes bad. 5) No dessert section. I'm so tired of cookbooks that claim to have so many recipes but 40 of them are for sugar-laden treats. Yay, actual food. This book basically cooks meals like the ones I enjoy at my most frequented, favorite restaurants. The recipes are easy to follow, she offers little tips to increase the ease and for substitutions, and seriously, once you've heated the oil in the pan, delicious food meets your plate in minutes. I really hope more books like this come to market.

Having recently become empty nesters, my established cooking repertoire no longer seemed appropriate and I was struggling to get motivated to cook. Toasted sandwiches anyone? (I know you're supposed to cook for four as usual and put half away for another day, but that really doesn't appeal to me.) So it seemed worth adding another cookbook to my collection and this one has turned out to be just right. Good mix of recipes, with varying preparation times, use of fresh ingredients, and clever approach to use of utensils to avoid lots of dishes. I've made two recipes so far - pork cutlets with couscous and salmon with cauliflower and they have both turned out really well. My one caveat is that the cooking times seem to be too short - the pork would have been seriously undercooked and so I put that in an oven dish to continue baking while I made the couscous, and the salmon which I thought would have been cooked in the time she suggested was still raw in the middle so I popped it back in the frypan for a few minutes. Minor quibble and I can obviously make the necessary adjustments. Note also that this is not low fat cooking and butter, cheese, oil and cream all feature - not a problem as far as I'm concerned, but it may be for

others. I'm looking forward to trying the rest of the recipes over the next couple of months.

I have really enjoyed this book. I made my 5th item from it last night. We really enjoy these recipes - easy to follow - fresh ingredients. Last night I made the Thyme Roasted Pork Medallions with the rutabaga, pear mash. I thought this might be a little over the top for us, but it was wonderful and a new favorite in my house. The other thing I like is that the portions are realistic - sometimes books for two produce a meal that is way too small - these have been right on target and they contain plenty of vegetables. Can't wait to try more.

This has been my go-to cookbook since we bought it. So far, I've tried the corn cakes, flank steak, Rib-eye Florentine, and several others. They have all been good and not a high degree of difficulty. I wouldn't say this is a beginners cookbook, but if you can follow a recipe then this is perfect. I like how it also gives you tips or other suggestions as well. I will say that it seems a bit intimidating at first when you look at all the ingredients per recipe (5 ingredients or less this is not), but they have all been easy to find and more often than not, they are ingredients I can use in other recipes or things I normally use anyway. Everything so far has been tasty and made me look like more of a cook than I really am.. My husband and I aren't big eaters and have found the portions to more than enough. We typically have food left over. (maybe one more serving for a small eater) However, if you normally don't try to eat small portions, then I believe it to be adequate. Again, the book give suggestions for additions if you find the servings to be small for some of the recipes. My favorite thus far has been the corn cakes. I've made this several times, including when we had guests over. I've doubled the recipe or added a side of meat when it's more than just the two of us. YUM. The only reason I gave it four stars instead of five is that I prefer books that have pictures with every recipe. A small thing, but I like to be able to compare what I made to what it's suppose to look like!

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