

Deep Fryer Recipes: An Updated Cookbook of Tasty, Fried Dish Ideas!

by
Julia Chiles



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Synopsis

Have you ever eaten foods cooked in a deep fryer before? They have a unique taste that is not matched by other methods of cooking. Can you deep fry foods at home? Of course – I'll show you how in this cookbook. Deep frying utilizes hot oil (fat) in which you will submerge foods to be cooked. You can use a deep fryer to do the job, or a Dutch oven or large pan or pot. You'll be happy to know that deep-fried foods typically cook very swiftly, since the oil is very hot, and it conducts heat quite well. Deep frying with the foods used today was not practiced till the 19th century. However, the actual method has been used for many, many years. The earliest records have suggested that deep-frying began in Europe, before being adopted by other countries. Deep frying meals, snacks, appetizers, and desserts are popular all over the world. It accounts for a disproportionate number of high-calorie favorites, since the practice does use a significant amount of oil. It's not health food, for sure, but it's fun to make once in a while. The culture of deep-frying is especially present in the UK and the southern US. Bring deep-frying into your home, for some truly unique tastes. Read on, let's deep fry!

Sort review

About the Author Trina is a homeschool graduate who lived with her large family in a tipi during her teens. She learned to cook for lots of hungry brothers over an open fire, graduating to an antique cook stove when the log cabin was built. She has always loved the challenge of creating dishes from scratch, and is passionate about feeding her family well, so the real food movement was a natural fit. She enjoys creating nourishing meals for her husband and three children and seeing the benefits in their good health and joyful smiles. She blogs at www.trinaholden.com where you can find many more recipes as well as glimpses into her daily life as she mothers, writes, sews, and gardens. <http://trinaholden.com> --This text refers to the paperback edition.

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What people say about this book

Torey, "Really Thought It Would Be a Bomb, But It Was Actually "De Bomb"!!. For starters, you have to take it for what it is. This doesn't promise of pretend it's an all-encompassing cooking tome. It's a small book of recipes on a narrow subject. I gave it 5 stars based on what it is. The author is Julia Chiles. That set off a small alarm, but my hubby and I are living without a kitchen for the next 10 weeks. We have a deep fryer, so I thought I'd take a chance. It paid off. The recipes are competently written. And I've been cooking long enough to know they'll turn out. In addition, there is a nice color photo of each recipe. If you want some fried food recipes, this is a great choice. As a Southern girl, I assure you that all of the classics are in there. From spring rolls and calamari to fried chicken and mac and cheese. There's even a blueberry dessert I might just dream about tonight! Enjoy!"

Kylie Tazewell, "Fantastic deep fryer recipes. All the recipes are easy and will be family favourites all are tasty and kids will love it definitely a good book"

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