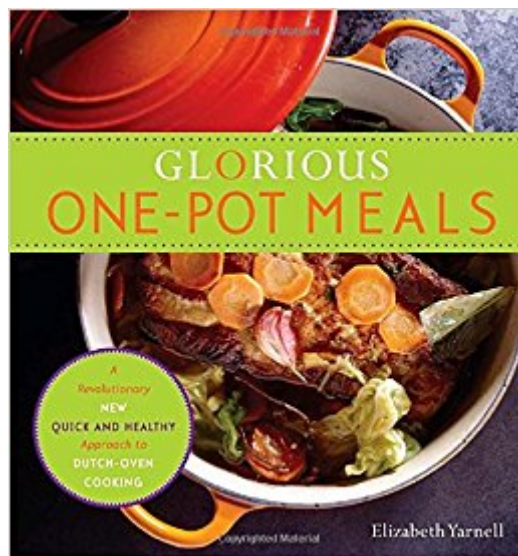




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# Glorious One-Pot Meals: A Revolutionary New Quick And Healthy Approach To Dutch-Oven Cooking



## Synopsis

A totally new patented way to cook quick and easy one-pot meals, while keeping ingredients intact and full of flavor. Elizabeth Yarnell developed her revolutionary infusion-cooking method to avoid often mushy slow-cooker results and to make cooking and cleaning up after dinner a breeze. Now anyone with too many tasks and not enough time can use her technique to get dinner on the table in an hour or less, with no more than twenty minutes of hands-on prep work—and just one pot to clean. All it takes is a Dutch oven and a few basic fresh or even frozen ingredients layered--never stirred. *Glorious One-Pot Meals* provides the most convenient method yet of serving highly nutritious, satisfying suppers every night of the week.

## Book Information

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## Customer Reviews

Sometimes the simplest-seeming cookbooks yield the most surprising revelations, as in nutritionist Yarnell's guide to one-pot cooking. Yarnell's signature infusion method, cooking in a dutch oven at a very hot temperature renders layered vegetables, starches and proteins like tandoori salmon and kale with butternut squash over basmati rice, into a surprisingly well-textured, hearty meal. (It's also foolproof: when you smell the aroma of dinner, you're three minutes from the end of the cooking time.) Dishes like citrus ginger chicken with root vegetables; penne puttanesca; and fiesta steak are simple choices for busy weeknight dinners. The real genius, of course, is the single pot—Yarnell's all-inclusive meals don't require the usual juggling of oven times to coordinate complementary dishes, and cleanup is simplified even further by a preliminary canola oil spritz on

the pot. Her emphasis on whole foods, abundant servings of vegetables, moderate amounts of protein and the incorporation of whole grains like amaranth and quinoa justifies her health claims. Yarnell also guides readers in creating their own custom versions of the one-pot meal, even offering a one-pot meal weekly grocery list. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“When I hear crisp vegetables, tender meats, incredible flavor, ONE pot, and ready in less than thirty minutes, I say COUNT ME IN! That’s my Quick Fix mantra! Who doesn’t cherish strategies that deliver wholesome, family-friendly meals in just minutes? All in one pot, which makes for easy cleanup. Glorious One-Pot Meals offers tons of variety, from the fabulously ordinary to the incredibly extraordinary. Fish dishes range from Very, Very Mild Fish to Honey-Chili Trout and Pistachio Halibut (with lavender!). Elizabeth tempts you with All-American Pot Roast and Corned Beef and Cabbage and then wows you with Amaranth Chili. Ready to move beyond Simply Chicken and Chicken Marsala? Then try the African Peanut Butter Stew. Or leap from Glorious Macaroni and Cheese to Aloo Gobi (a flavor-packed, Indian feast). If you’ve got a pot, you’ve got a meal. There’s truly something for everyone. •Robin Miller, host of Food Network’s “Quick Fix Meals with Robin Miller”•

Amazing book that’s a great companion to my new Le Creuset pot. I have been creating delicious meals that take 15 to 30 minutes of chopping and gathering. Then, the dish goes into a preheated oven and emerges as a wonderful French pot, full of nutritious and delicious food. I am delighted with this book. We got the French pot after a trip to Paris, and I feel like we have a little bit of France in our kitchen every day that I use the pot. I feel like this book enhances my culinary experience here.

I love the concept of this book but my family found them to be lacking in spices. I just purchased a cast iron dutch oven and I am using this cookbook like there is no tomorrow. Without this book as a guideline I couldn’t create the meals I am now. All the meals are sized for two people which is a bit of a challenge for my family, especially figuring out the amount of liquid to use for the grains. I have found that boiling the liquid for grains like polenta or quinoa before adding it to the kettle gives a better result than just letting them cook in the pot. This book covers vegetarian as well as meat lovers recipes and is a new way of looking at cooking. It is fast, easy and has all of your vegetables

and protein in one quick dish. I do love making these dinners, I just had to tweak them a bit for flavor.

I LOVE this cookbook. The recipes (and the encouragement for my cooking that comes with them) are invaluable! The dishes are delicious as is, but the ingredients and instructions are simple enough for an inexperienced cook to experiment and "color outside the lines" a bit if they want to add different spices or vegetables! Now that I am cooking more often, I know what's in my food -- no more wondering about how much sugar, fat or salt is in a meal. To top it off, I lost nearly 30 pounds in 2014! I feel better in so many ways, and I believe Elizabeth Yarnell, in part, is to be thanked for that.

If you're looking for a way to make easy, delicious, healthy meals, especially for one or two people (with enough leftovers for lunch), this book is for you! (It's designed for 2-qt. Dutch ovens, but you can double the recipes just fine for larger pots and more people.) I was looking for a way to cook more at home without lots of fuss and this book has shown me the way! Every recipe I've tried has been great, and it doesn't require a lot of hard-to-find ingredients or extensive preparation to make interesting meals. I'm eating better, saving money, the clean-up is easy and I'm even using it to entertain more without a lot of fuss. I am surprised and delighted at what a difference this book has made. If you don't already have a 2-qt. Le Creuset Dutch oven, go ahead and order it. You'll be glad you did (though it isn't necessary in order to enjoy this book--it just makes it even more fun). Love, love, love this book!

I've been very pleased with this book. I have found that the "one size fits all" infusion method that is the central theme of this book offers some of the advantages of slow cookers and traditional Dutch Oven recipes and some of the speed and convenience of "packet" cooking, while being faster than the first and less likely to leak than the second. I've read the "one star" reviews of this book, and have to admit that I am somewhat surprised. Most of my attempts at the dishes in this book have turned out very well (along with a couple that were admittedly mediocre). I think most of the recipes that use Arborio style rice, Quinoa, barley, dark meat portions of chicken (legs/thighs, etc) or potatoes/carrots/parsnips etc turn out very well with this "infusion" method. I even got really pleasing results with the Ginger Scallops recipe - you'd think that scallops would overcook in 45+ minutes, but they came out tender and delicious. One option I wish the author had suggested for some of the recipes would be to take a few minutes to brown your beef, chicken or pork in a skillet with salt,

pepper, and oil/butter before assembling the recipe in the pot, just as you would with a slow cooker meal/Dutch Oven meal. It isn't quite as convenient as the "throw everything in a pot" method, but you can brown your protein IN the 2 1/2 quart oven on a burner on the stove top. This adds a lot to the final texture of the meat ingredients and the retained heat from the stove top braising seems to help keep the veggies crisper (and chops 5-10 minutes off the cooking time in some cases). That cost the rating a star, because I am sure the author considered this, and could have mentioned it in the preface as an option, but chose not to in order to keep the basic "protocol" clear and easy to understand. But I also understand that the book was conceived as a way for people with chronic fatigue or energy issues to get decent, palatable meals put together with minimal fuss and cleanup...so the primary issue here is nutrition, not gourmet eating. A fine book and I hope it gets the exposure it deserves.

I made the Red Curry chicken substituting green chard for the spinach and it was delicious. I had made similar meals in the crock pot last week, but the added flavor from infusion cooking is very noticeable and the food doesn't get mushy. I have the Staub 5 quart round cocotte. I heated it ahead of time and then cooked stovetop and it worked great. She does recommend putting it in the oven. It helps to read the introduction right away and then purchase the items you may not have in your pantry that you want for your recipes. She also makes suggestions for substituting ingredients and explains the layering process that she uses. She uses lots of vegetables with a balance of protein with each meal. I plan to try more recipes this week.

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