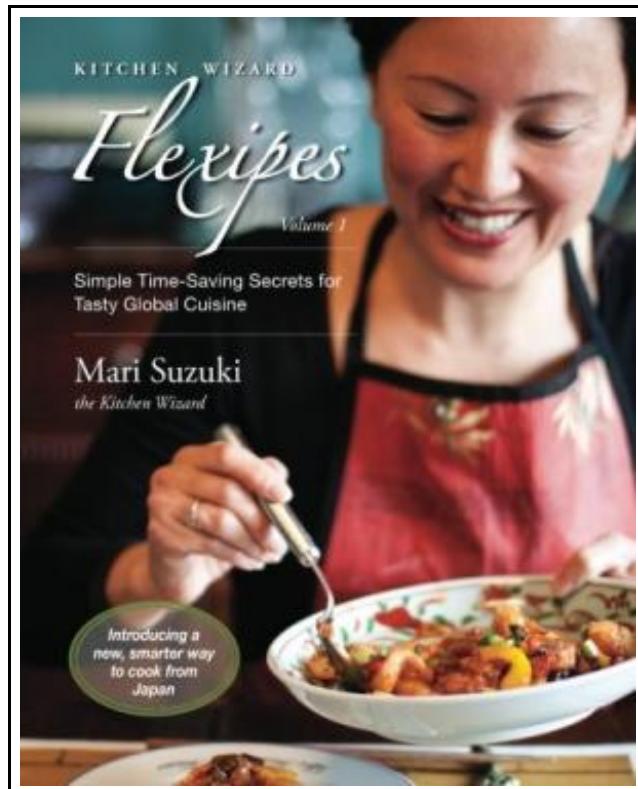


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Reviews

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MoCal Publishing. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 9.8in. x 7.8in. x 0.3in. Author Mari Suzuki is neither a chef nor a nutritionist, but she is a kitchen wizard! Combining her Japanese roots and systems and logistics background from IBM and FedEx and, of course, a love of good food, Mari designed Flexipes or flexi-ble reci-pes! The Flexipes method is a unique solution to todays home cooks most common dilemma--how to cook and eat a larger variety of healthy food that tastes good, all while using less prep time and effort. Whats the secret With Kitchen Wizard Flexipes all you have to do is prepare one simple base, then mix and match with what you have on hand, and--voil!--dinners ready! Mari also guides you with smart tips on seasoning, stocking food, and keeping your kitchen tools and ingredients ready to go. No more treasure hunting at dinnertime. No more repeats. No more wasted food. You will soon find yourself cutting your prep time in half, eating a far larger variety of healthy meals, and saving lots of money at the same time! Best of all, its really fun to cook this way. Distilled down to its essence, this book is your magic wand for stress-free cooking, tastier food, and a healthier lifestyle in this busy world. By using Maris Flexipes and tricks, you will soon feel like a wizard in your kitchen! CONTENTS Foreword by Graham Kerr Maris Story Introduction Quick Start Guide: Ready-To-Go KitchenFlexipes: Bases and Recipes 1. Tomato and Onion Base Turkish Green Beans with Light Tomato Sauce 2. Indian Curry Shrimp with Chili Sauce 3. Mushroom Base Mushroom Spread Mushroom Bisque 4. Chicken Marsala 5. Potato and Swiss Chard Base Soups 6. Spanish Omelet 7. Potato and Swiss Chard Curry 8. Nimono Base: Lightly-Braised Japanese Vegetables 9. Chunky Miso Soup with Dumplings 10. Tofu Scramble 11. Japanese Mixed Rice with Root Vegetables 12. Mirepoix...



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