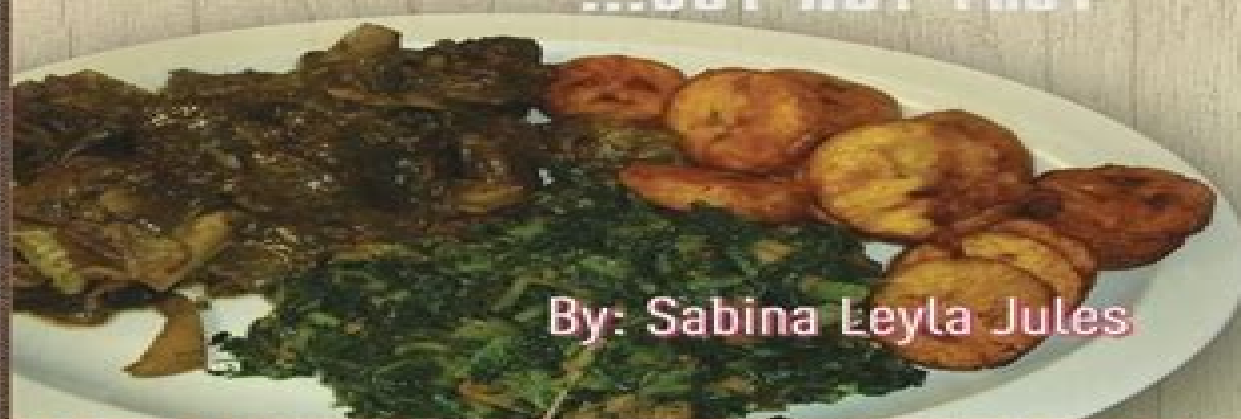


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**EASY**  
**TASTY**  
**HEALTHY**  
...BUT NOT FAST



By: Sabina Leyla Jules

# The Motherland Cookbook Easy Tasty Healthy But Not Fast

**Mark Steyvers**



## **The Motherland Cookbook Easy Tasty Healthy But Not Fast:**

*The Motherland Cookbook* Sabina Leyla Jules, 2014-10-21 The Motherland Cookbook is a book of recipes nutrition information and education It includes stories about the origins of some recipes Emphasis is also laid on healthy choices and alternatives as well as easy cooking methods African dishes usually take a long time to cook after prepping The author has carefully tested and documented easier ways of cooking delicious African dishes while maintaining the nutritive values of the foods There is useful information and education on the use of salt and other food additives traditional tenderizers and emulsifiers in the book as well Food is our body s medicine so we should take the time to cook the food that we feed our bodies Timings have been deliberately left out of the recipes because if you cherish your body the time it takes to make a delicious and healthy meal will be worthwhile

*The Filipino Instant Pot Cookbook* Tisha Gonda Domingo, Jorell Domingo, Jeannie E. Celestial, Art Swenson, Romeo Roque-Nido, Jaymar Cabebe, 2020-06-16 To truly appreciate and understand Filipino dishes you have to understand the evolution of the spices the nuances of the flavor profiles the land from which these dishes were birthed That s what this book provides This is not just a book of recipes this is a book about our story Pati Navalta Poblete Editor in Chief San Francisco Magazine No cuisine and appliance are better suited for one another than Filipino food and the Instant Pot From classic dinner staples like the traditionally sour Sinigang na Baboy pork tamarind soup to sweet treats like Putong Puti steamed rice cake the rich flavors of Filipino food are typically unlocked through a long braise or boil a delicate steam or some other treatment by moist heat Fortunately this is exactly what the Instant Pot does best The Filipino Instant Pot Cookbook is written by six home cooks who set out to explore their Filipino heritage and intimate family histories one dish at a time The result is a collection of over 75 heartfelt Filipino recipes all carefully translated for preparation in today s most essential piece of kitchenware the Instant Pot Just as Filipino food is now a mainstay in the consciousness of foodies from around the world The Filipino Instant Pot Cookbook is an absolute must have for every modern home cook It is written with humor and heart and lined with beautifully styled photography that will trigger a warm sense of nostalgia Praised by the Culinary Director of the Filipino Food Movement the President Emeritus of the Filipino American National Historical Society and chefs from around the world The Filipino Instant Pot Cookbook will help any home cook step into a kitchen and create great Filipino food for any setting without breaking the bank or the clock Whether you re cooking for a raucous affair featuring the tableside chatter of an entire extended family or a simple quiet comfort meal under your favorite blanket on the couch The Filipino Instant Pot Cookbook will have you covered

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