

[PDF] My Father's Daughter: Delicious, Easy Recipes Celebrating Family & Togetherness

Gwyneth Paltrow, Mario Batali - pdf download free book

Books Details:

Title: My Father's Daughter: Delicio

Author: Gwyneth Paltrow, Mario Batali

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Description:

The Academy-Award winning actress and avid foodie shares a sumptuous collection of recipes and gorgeous photographs celebrating the joy of preparing food for loved ones, a passion she learned from her beloved father.

As an actress, author, trendsetter, creator of goop.com, and host of the popular PBS series, *Spain: On the Road Again*, Gwyneth Paltrow is an icon of style and good taste around the world. As a young girl eating and cooking with her father, Bruce Paltrow, she developed a passion for food that has shaped how she lives today and strengthened her belief that time with family is a priority. Now in MY FATHER'S DAUGHTER, Paltrow shares her favorite family recipes along with personal stories of

growing up with her father, Bruce Paltrow. She discusses how he has influenced her in the food she loves, how she involves her kids in cooking, and how she balances healthy food with homemade treats. And, for the first time, Paltrow offers a glimpse into her life as daughter, mother and wife, sharing her thoughts on the importance of family and togetherness.

Complete with 150 delicious ideas for breakfast, sandwiches and burgers, soups, salads, main dishes, sides, and desserts, this beautifully illustrated book includes full-color photos throughout, many featuring Paltrow at home with her family and friends. *MY FATHER'S DAUGHTER* is a luscious collection that will inspire readers to cook great food with the people who mean the most to them.

Recipe Excerpts from *My Father's Daughter*

Blueberry Pavlova Bruce's Dip Chicken & Dumplings

From Publishers Weekly Award-winning actress and mother of two, Paltrow pays posthumous tribute to her much-adored father who passed along to her a deep love and appreciation for good food. From an early age, she was his eager eating companion and developed a diverse palate that relished everything from egg creams to oysters to blue cheese. Their dining ventures morphed into joint cooking get-togethers where dad instilled the notion that a meal made for one's family is an expression of love. This is evident in the simple and mostly healthy recipes she shares, as prepared for family and friends, in this warm and inviting collection. Paltrow showcases a wealth of dishes, from soups to pastas to main courses and more. Highlights include fried rice with kale and scallions, sole à la grenobloise, and her mother's blueberry muffins. A helpful pantry section includes recipes for basics such as slow-roasted tomatoes and numerous types of stocks. While many recipes are vegetarian, Paltrow does include meat dishes, including cheesy stuffed burgers and cassoulet. Her chapter on side dishes is superb and appealing enough to take center stage, especially her sautéed greens with onions and soy sauce, maple-Dijon roasted winter vegetables, and crispy potato and garlic cakes. Filled with charming personal anecdotes, this book convinces that healthy food can be delicious as well as good for you—and that a father's passion can endure. (Apr.)

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