



Chef Paul Prudhomme's Fork in the Road

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A Different Direction in Cooking from America's Favorite Chef

Chef Paul Prudhomme, America's most innovative chef, invites you to take a *Fork in the Road*, a journey toward a different way of cooking. If your goal is to produce great-tasting, flavorful dishes that everyone will enjoy, yet are still good for you, then this is the cookbook for you!

Chef Paul's new book offers not only recipes but a model for anyone who wants to modify his or her cooking to minimize the use of less healthful ingredients, yet retain the rich taste and texture that make them so delicious.

For instance, he uses puréed dried beans and reduced fruit juices to create viscosity and enhance flavors. Both add an enormous amount of richness with virtually no fat. Chef Paul provides you with specific recipes to show you how these ingredients work, and encourages you to try them with all your favorite dishes.

To make rich, flavorful sauces and gravies for great-tasting meat, poultry, or fish--without a drop of oil, butter, shortening, or other fat--he has developed recipes in which dry flour is browned before adding it to the dish. And he always tells you to start with a hot pan, so you can "bronze," or "caramelize," an ingredient without any added fat. These techniques will make all your food taste better--new recipes as well as your favorite standbys.

Perhaps the most exciting portion of this book is the chapter on Magic Brightening Broths. These delicious broths are based upon defatted stocks, and get extra goodness from carefully balanced seasonings that enhance but don't overwhelm the flavors of foods cooked in them. Chef Paul envisions that once you've discovered how easy and enjoyable Magic Brightening is, you and your friends and family will want to cook this way several times a month.

From breads and breakfasts, through main and side dishes, to desserts and snacks, Chef Paul has streamlined his favorite recipes. He's taken out as much fat as possible, leaving the texture, the richness, and the taste for which he's famous. This is not a diet book, but one dedicated to healthful ways to cook.

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