



Cooking Light Global Kitchen: The World's Most Delicious Food Made Easy

By David Joachim, The Editors of Cooking Light Magazine

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"It is an exciting time to be in the kitchen with so many incredible, flavorful ingredients from around the globe in our local supermarkets. We can thank globalization for stimulating our taste buds--and for making it easier to eat healthy." David Joachim, Author Cooking Light Global Kitchen brings a world of flavor, texture, and enticing aromas to your everyday meals. In this book, the sometimes intimidating topic of preparing your favorite ethnic-inspired dishes is made easy, approachable, and, most importantly, doable for home cooks of any skill level, by using ethnic ingredients easy-to-find in your local grocery store!

New York Times Bestselling author David Joachim, shares fascinating stories behind the world's most loved dishes as well as tips and techniques from 15 notable chefs and experts such as Rick Bayless, Marc Vetri, Michael Solomonov, Lidia Bastianich, Marcus Samuelsson, Jose Garces, Mark Bittman, and many more.

We'll show you how to create Mexican chile rellenos, homemade pasta in the Italian tradition, Thai sticky rice, Egyptian koshari, and many other dishes without venturing further than the supermarket. You'll get a taste of the world without ever leaving home.

- More than 150 recipes from around the world provide adventurous eaters with plenty of options to keep their palates pleased
- Features melting pot recipes blending the flavors of multiple cuisines, appealing to America's love of fusion dishes
- All the recipes are prepared with easy-to-find ingredients, making each deliciously doable
- Full-color images of each recipe brings each dish to life
- A complete nutrition analysis shows readers they can make once-in-a-while favorites into everyday options
- Ingredients: Detailed information about the easy-to-find ingredients that are the basis of many of these international favorites, where to find them (mostly at the regular grocery store these days), and how to know you're picking the best.

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Editorial Review

About the Author

David Joachim has authored, edited or collaborated on more than 35 cookbooks. He holds a master's degree in English language and literature from Binghamton University, where he taught writing classes for three years. He is the author of *The Tailgater's Cookbook*, *The Spaghetti Sauce Gourmet*, and the IACP Award-winning reference books, *The Food Substitutions Bible* and *The Science of Good Food*, which was also a James Beard Award finalist and a nominee for Best Food Book in the World Food Media Awards. He wrote *A Man, A Can, A Plan*, which has more than 500,000 copies in print, and *A Man, A Can, A Grill*, a New York Times bestseller. Joachim's "A Man, A Can..." series of books has sold more than 1 million copies. Joachim is former food editor at *Vegetarian Gourmet* magazine, and his writing and tips have appeared in numerous national magazines such as *Cook's Illustrated*, *Cooking Light*, *Fine Cooking*, *Cooking Pleasures*, *Relish*, *Prevention*, *Fitness*, *Self*, *Men's Health*, and *Bicycling*. As an author and spokesperson, Joachim has made numerous national media appearances on television and radio, including "Emeril Live!" on The Food Network, "The Early Show" on CBS, "The View" on ABC, "FOX and Friends" on FOX, "Recipe for Health" on the Food Network, "Home Matters" on the Discovery Channel, "Cooking with Bob" on QVC, and "Talk of the Nation" and "A Chef's Table" on National Public Radio, among others.

At 25 years, *Cooking Light* is the nation's leading epicurean brand with the largest audience, most epicurean editorial, and the most recipes. *Cooking Light* is the *only* epicurean brand positioned at the intersection of great-tasting food and healthfulness, serving an important and growing consumer need. The brand delivers innovative recipes, nutrition advice, and resources to live a healthful lifestyle via its magazine, website, and portfolio of cookbooks; across all tablets; through the highly-acclaimed *Cooking Light Quick and Healthy Menu Maker* app; and on social media platforms including, Facebook (Facebook.com/CookingLight), Twitter (@Cooking_Light) and Pinterest (Pinterest.com/CookingLight). *Cooking Light* is published by the Time Inc. Lifestyle Group, a division of Time Inc., the largest magazine media company in the U.S.

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