



Miraval's Sweet & Savory Cooking

Justin Cline Macy, Kim Macy

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Miraval's Sweet & Savory Cooking is a blend of two styles of cooking by Miraval Resort & Spa's Executive Chef Justin Cline Macy and Pastry Chef Kim Macy. Although they're from two very different areas of the kitchen, this husband and wife team has come together to create a unique cookbook that will take you on an exciting journey of culinary delights that are sure to please the palate and respect the waistline. With the use of fresh ingredients and healthy spa-cuisine techniques, Justin and Kim will show you how to bring the Miraval experience to your own kitchen. Whatever your culinary skill level may be, you'll learn to blend flavors to create bold, delicious dishes without the added calories and fat. A number of celiac-friendly recipes and low-fat substitutions are also included so you can prepare meals that fit the dietary needs of you and your family. In addition to the array of recipes that align with Miraval's dedication to optimal well-being, Justin and Kim provide information on proper cooking tools and equipment, helpful hints and kitchen safety tips, and a handy shopping list to keep your pantry well stocked. Beautiful color photographs throughout will inspire you, and insights on techniques and serving suggestions will guide your every step. We hope you enjoy *Miraval's Sweet & Savory Cooking*, and thank you for allowing us to share our passion for mindful, imaginative cuisine with you!

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Roxanne Harrelson:

The reason? Because this Miraval's Sweet & Savory Cooking is an unordinary book that the inside of the book waiting for you to snap the item but latter it will zap you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your expertise and your critical thinking way. So , still want to postpone having that book? If I were being you I will go to the book store hurriedly.

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Miraval's Sweet & Savory Cooking can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into enjoyment arrangement in writing Miraval's Sweet & Savory Cooking although doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information can easily drawn you into brand new stage of crucial considering.

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