



Ainsley Harriott's Gourmet Express (DK American Original)

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Charismatic cook Ainsley Harriott shows how to make delicious, healthy food in a flash. Choose the option of great tasting, homemade, and healthy meals presented by Ainsley Harriott, popular British TV cook now appearing in the American TV series Great Foods. Published to complement the series, Ainsley Harriott's Gourmet Express takes a fresh look at the best and tastiest of fast foods. He explores what we eat when we're in a hurry and gives us lots of appetizing alternatives that are easy and quick to make at home. Emphasizing quick preparation rather than recreating take-out food, Ainsley Harriott's Gourmet Express encourages us to change our notions of fast food. Including over 120 deliciously simple and fast recipes, Ainsley Harriott's Gourmet Express will revolutionize your eating habits: Take minutes to stir fry Shrimp and Peanut Udon Noodles; Indulge in the delicious taste of Ripple and Raspberry White Chocolate Muffins; Realize how good for you Crispy Crunchy Corn Fritters can be.

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