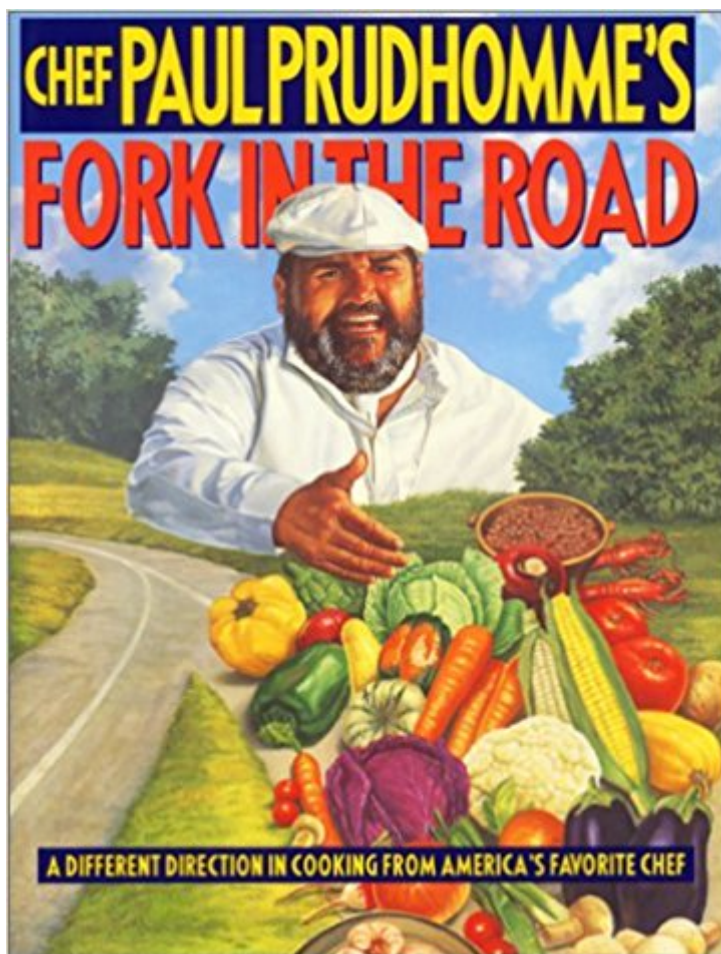


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# Chef Paul Prudhomme's Fork In The Road



## Synopsis

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 pureed 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.

## Book Information

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## Customer Reviews

What fork for the New Orleans chef and food entrepreneur? The one with health on one side and high fat and calorie content on the other. In his latest book, which will complement a television series slated for release in early 1994, Prudhomme ( *Seasoned America* ) thins his roux of sin without, he believes, imposing sacrifices on the tastebuds. In his rather paltry dessert section, the chilled "Spiced Apple Cream" contains skim milk and cottage cheese; "Chocolate Yum Stuff," a cake, calls for skim milk and egg substitute. And one wonders: Can the defatted seafood stock in "Shrimp and Hot Curry Cream Soup" carry the day? (But then, calories per one-cup serving come to only 339, with very few deriving from fat content.) And won't crawfish mushroom omelet suffer, no matter the great list of spices, from the dominance of egg substitute? It seems likely, though not certain. Still, Prudhomme's intentions are noble, and said straight: "If it doesn't taste good, I don't want to eat it, and I don't think you want to either." Author tour. Copyright 1993 Reed Business Information, Inc.

Prudhomme, the popular New Orleans chef and cookbook author, is famous for rich, flavorful dishes dripping with cream and butter. Now he has taken a different turn, and his new book is his version of low-fat cooking. Unfortunately, Prudhomme's many fans are likely to be disappointed by such dishes as Freed Egg Salad made from egg substitute, scrambled and combined with vegetables, nonfat mayonnaise, and artificial sweetener, or No-Bake Cheesecake concocted from four different nonfat dairy products, sugar-free instant pudding, and more artificial sweetener. Most dishes are seasoned with the author's signature mixes of dried herbs and spices; many recipes call for 20 to 30 ingredients. Nevertheless, Prudhomme's name guarantees demand. Copyright 1993 Reed Business Information, Inc.

Rest in peace Chef Paul. He passed away today. This book was probably the best low fat cookbook that came out of the 80's low fat craze. I no longer eat the foods I did back then, but I thought I would come on here and post this just out of respect. He seemed like such a nice person, and if you still do the low fat thing (I definitely DON'T)... you can't get better than this book.

Personally, I don't use artificial sweeteners at all, and think that most savory dishes don't need a sweetness to them. Many of these recipes have too much sweet figured in, in my opinion. Maybe Mr. Prudomme's taste buds crave a bit more sweet than mine. All of the recipes I tried, but modified to eliminate the sweet factor, came out fabulous! I know the American palate may be trained for all that sugar and salt, but if you are going for healthy and tasty, cut out the artificial sweeteners entirely, reduce or cut out the fruit sugars as well, and bring on the spices, and enjoy! To get the right consistency in several recipes, I just substituted water for the volume of fruit concentrates and was never disappointed. Great healthy & tasty recipes!

Since I have been overweight since I was 5 years old, I have tried many diets and many diet cookbooks on my own and through my mother. This is the most consistently amazing that I have ever used. There are often a lot of steps to the recipes so you may want someone to work with you in the kitchen. If you are worried about carbs, just limit the amount of rice you serve (or don't serve rice) with the dishes that call for it. One of the things I love about these recipes is that although the spice mixes call for salt, I can leave it out and they taste great because of the lovely spice combos or I can add a bit less salt at the end so I don't have to use as much. As others have said, it is hard to believe that none of these recipes have much fat added to them. The recipes I use all have a lot of veggies in them too so they feel really well balanced. I love most of the items in the poultry section, in particular is a new take on meatloaf using ground turkey which is awesome hot, but also good cold in sandwiches without the fat that meatloaf usually has. I have used the recipes so much that I had to replace my book because it had gotten a bit worn and nasty :). A lot of these recipes also freeze really well so make a double batch and have dinner for another day. I highly recommend this book for anyone looking for well-balanced, healthy recipes who also likes to cook.

A healthier version of South Louisiana food. I wore out my first copy of this book. It's my favorite cookbook and has been for years. I've purchased many copies of this book and given them to friends. The Sweet Pepper Cream Sauce with Shrimp over Pasta was a major crowd pleaser at son's wedding rehearsal dinner in Montreal. Paul Prudhomme's expertise for combining just the right spices is incredible. It's worth buying the book for the combination of spices used in different recipes. Now, both my husband and I have the book on our iPads so we can have the recipes with us wherever we go.

I have been a huge fan of Chef Paul for a few years now. I first discovered his book, Louisiana Kitchen, in Barnes and Noble, bought it and fell in love. The only problem with Louisiana Kitchen, is that it is very unhealthy. He uses a good amount of butter, milk, and cream in his recipes. Thus, I didn't use Louisiana Kitchen as an everyday cookbook. Later, I came across this book, Fork in the Road. It has similar recipes to LK, but much healthier! The food is amazing, and the ways he uses different ingredients as substitute heavy cream is beyond amazing. I even started using his methods in other recipes. If you enjoy cooking, love to eat, but do not want to make a meal at 2000Kcal a bite, I HIGHLY suggest this book. I really hope he comes out with another one!

Didn't really inspire me to want to go out and try the recipes. Loved his original books better and was able to adapt those recipes to a fat free low carb life style on my own.

Cajun food without fat, especially bacon fat?!? How can that possibly happen, chere? Chef Prudhomme has trimmed down traditional New Orleans recipes from really good tasting to really good tasting. Honestly! As a native Louisianian, I've faced that fork in the road, and this cookbook helped me see that fat can be eliminated from Cajun food, and still be really tasty.

Purchased this as a gift for my husband. He's been making at least one recipe every other weekend, and it's all been exceptionally tasty. Many of these recipes are the low-fat version using various alternate juices or vegetable to flavor.

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