

REVIEW – The Parchment Paper Cookbook

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By valmg on Dec 03, 2011 with Comments 0

The Parchment Paper Cookbook: 180 Healthy, Fast, Delicious Dishes!

- Author: Brette Sember with Nicole Cormier RD, LDN
- Paperback: 224 pages
- Publisher: Adams Media (November 15, 2011)
- Language: English
- ISBN-10: 1440528594
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- Cover price \$17.95

ABOUT THE PARCHMENT PAPER COOKBOOK

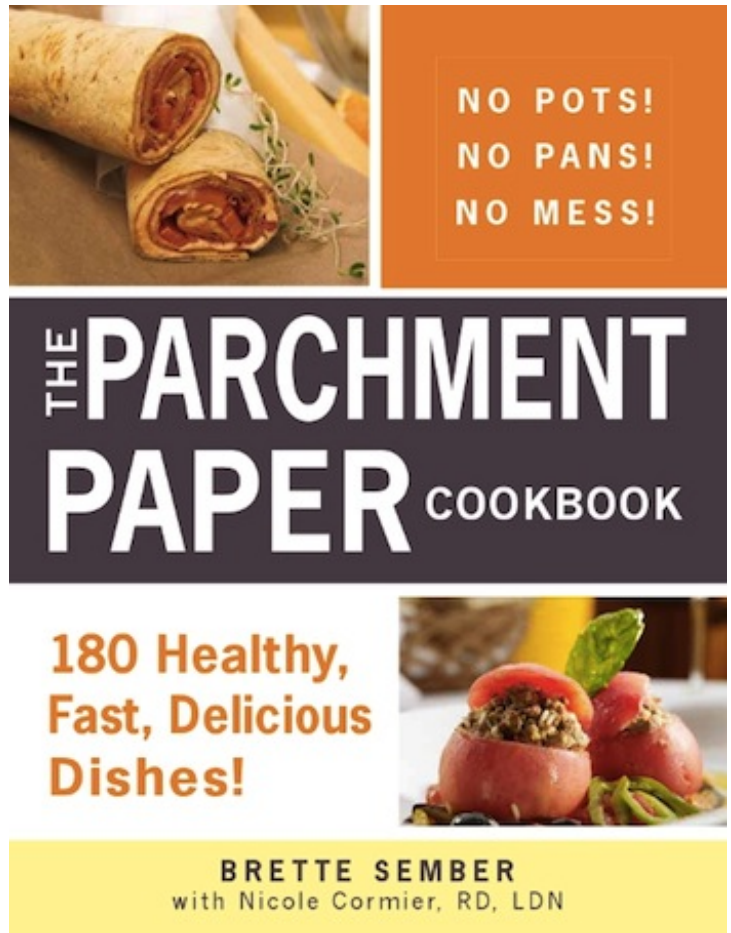
Forget those dirty pots and pans – it's as easy as parchment paper! In The Parchment Paper Cookbook: 180 Healthy, Fast Delicious Dishes! award-winning writer Brette Sember shows you how parchment paper cooking can revolutionize the way you cook a holiday feast.

Well, it's as easy as parchment paper. You'll find that cooking in parchment paper is akin to cooking in foil—if foil were French, fast, and environmentally friendly. In The Parchment Paper Cookbook, award-winning author and food writer Brette Sember shows you how parchment paper cooking can revolutionize the way you cook; and with over 180 easy, delicious recipes, save you time, money, and your dinnertime sanity.

With simple instructions on the art of parchment paper folding and preparation, you'll fold your way to your family's hearts with such nutritious, delicious offerings as:

*Thai Chicken with Lemongrass and Coconut Rice
Stuffed Flank Steak
Scallops Coquilles
Lamb and Yogurt Wraps
Artichoke Pizza
Portobellos with Goat Cheese and Spinach
Quick Baclava*

With this cookbook, dinner just got easier, faster, cleaner – and tastier!



MY THOUGHTS

I received a copy of The Parchment Paper Cookbook. Chapters include:

- Breakfast Dishes
- Chicken and Turkey Dishes
- Pork and Lamb Dishes
- Beef and Veal Dishes
- Seafood Dishes Vegetable Dishes
- Bread, Rice and Potato Dishes
- Desserts

I never even tried using parchment paper until this year and that was for baking. The idea of using it instead of pots and pans to make all sorts of dishes is very interesting. The beginning of the book explains in detail, with images, how to fold parchment paper so that it can be used to make the recipes in the book. After that are the chapters containing the recipes. There is a table of contents in the beginning that lists all of the recipes but I also think it'd be helpful to color code each chapter on the edge of the page, to make getting to what you want a little quicker. Recipes in this cookbook are all easy to understand. Each recipe clearly lists the necessary ingredients (all of which appeared to be ordinary items), as well as how many the dish serves and the nutritional content. The recipes would be more helpful to me if they included prep and cooking time. Some of the recipes also include ideas for variations. There are no photos in this cookbook save a few in the middle of the book, I'd love it if the recipes included photos. This cookbook would be ideal for people that want to simplify their cooking by having less pots and pans to clean, as well as for those that cook for one or two.

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