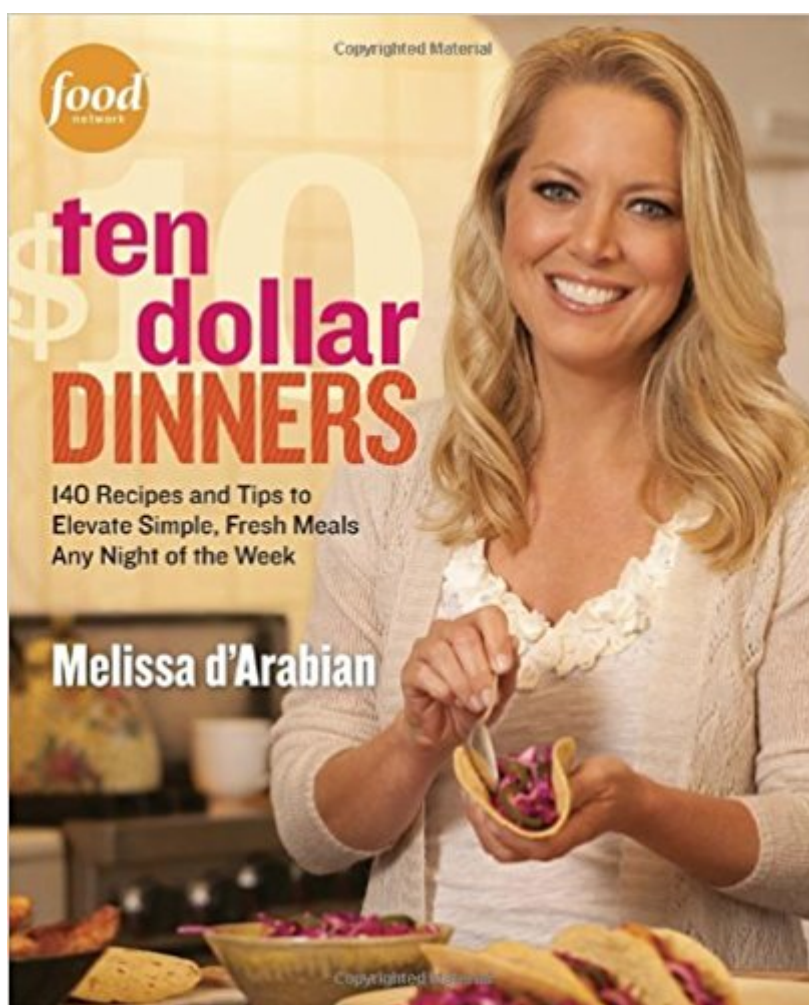


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Ten Dollar Dinners: 140 Recipes & Tips To Elevate Simple, Fresh Meals Any Night Of The Week



Synopsis

Melissa d'Arabian, host of Food Network's Ten Dollar Dinners and season 5 winner of The Next Food Network Star, makes good on the \$10 promise of dinner for four in her debut cookbook. For home cooks who care about what they feed their families and want to stretch their dollars, Melissa is the best guide for putting delicious meals on the table. She focuses on savvy budgeting, efficient shopping, and full-flavored cooking. Ten Dollar Dinners has 140 recipes and more than 100 creative, practical tips on great money-savers (Clear-Your-Pantry Week); inventive takes on old standby dinners (try her Moroccan Meatloaf); and how to get ingredients to last longer (keep your green onions in a glass of water and they will regrow several times over!). And with a coding system to help you create your own \$10 menu, Ten Dollar Dinners celebrates spending with purpose, cooking with love, minimizing time spent in front of the stove, and savoring your homemade meal. Melissa is a pro at creating satisfying meals that adults and kids alike will enjoy, using everyday ingredients and transforming them into delicious dinners. Her Potato-Bacon Torte (which, at 50 cents a serving, was one of her winning recipes on The Next Food Network Star) shows how basic and inexpensive supermarket ingredients can be turned into an amazingly satisfying dish. Her Roasted Vegetable Tian is a great way to take advantage of deals in the produce aisle. The Four-Step Chicken Piccata offers a plan for getting food on the table in just minutes, using almost anything in the pantry. Anyone can use this bookespecially those who want to save moneyand feel great about cooking sensibly for elevated, simple meals that are healthy family-pleasers.

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Featured Recipe from Ten Dollar Dinners: Salmon Cakes Serves 4; Preparation time: 25 minutes; Cooking time: 35 minutes Ingredients 1 large russet potato 2 bacon strips 1/2 small yellow onion, finely chopped 1 large egg, lightly beaten 1/2 cup mayonnaise 2 teaspoons Dijon mustard 1/2 teaspoon sugar Zest of 1/2 lemon 14-ounce can wild salmon 1/4 cup dried bread crumbs 2 tablespoons grated Parmesan cheese 1/4 teaspoon ground black pepper 1/2 cup vegetable oil Directions 1. Bring a medium saucepan of water to a boil. Add the potato and cook until a paring knife easily slips into the center of the potato, 10 to 15 minutes. Drain and, once the potato is cool enough to handle, peel it and place it in a bowl. Use a fork to break up and fluff the potato. Set aside. 2. Heat a medium skillet over medium heat and cook the bacon on both sides until browned and crisp, 3 to 5 minutes. Transfer to a paper towel-lined plate (save the fat in a small bowl), cool, and then crumble. Place the bacon in a medium bowl and set aside. 3. Heat 1 tablespoon of the reserved bacon fat in a small skillet over low heat. Add the onion and cook until translucent and soft, about 5 minutes. Turn off the heat and let the onion cool, then add to the bacon along with the egg, mayonnaise, mustard, sugar, and lemon zest, stirring to combine. Add the salmon and then the potato, mixing gently after each addition. Then form into 12 small patties. 4. In a small, shallow baking dish, mix the bread crumbs, Parmesan, and pepper. Press both sides of the salmon patties firmly into the bread-crumbs mixture to evenly coat both sides. 5. Heat 1/4 cup of the oil in a large skillet over medium heat. Cook the salmon cakes in 2 batches until they're golden on both sides, 6 to 8 minutes total, adding more oil when necessary. Serve warm. Asks Melissa d'Arabian What's your elevator pitch for Ten Dollar Dinners? It's about so much more than cooking with inexpensive ingredients! It's a full philosophy of spending with purpose and managing our resources wisely while nourishing our bodies. Which new cookbooks or chef memoirs are you most excited about? I can't wait to read Marcus Samuelsson's Yes, Chef and Michael Symon's Carnivore. What's the best place you've eaten recently? I had an incredibly special dinner at Uchi in Houston... truly one of the best dinners I've ever had. What's been your most memorable author moment? Opening the envelope that had the very first copy of my cookbook in it. I opened it with my husband, very delicately, as if it were fragile. What other talent would you most like to have (not including flight or invisibility)? I'd love to be a genius at organization. (To do that, I think you have to be able to really think in 3-D, and I'm very linear.) What are you obsessed with now? Doing splits. I'm almost there! What's your most treasured

possession? My grandma's confirmation bracelet. She gave it to me as my "something old" at my wedding, and I wear it all the time--unless I'm filming Ten Dollar Dinners. She passed away last month, so it's extra special now. What's on your nightstand? They Poured Fire on Us from the Sky: The Story of Three Lost Boys from Sudan by Benjamin Ajak, Benson Deng, and Alephonsian Deng.
Â What's next for you?After book tour, I'm settling into the new school year with my four daughters--and then get straight back to work on Book # 2! Read more Review

Â“Melissa's real life experience as a wife and mom make her the perfect person to help all of us get dinner to the table.Â• BOBBY FLAYÂ“Melissa really gets it. She is a mom who knows firsthand that cooking on a budget can be delicious, inspiring, and healthy. She brings it all here with flair and the comforting presence of a good friend.Â• ELLIE KRIEGERÂ“Who knew that something as tasty and fun as steak with caramelized onions could be so cheap and easy to make? Melissa's Ten Dollar Dinners broadens the horizon of dinnertime possibilities and deliciousness. This is a great resource for new, affordable cooking ideas.Â• ALEX GUARNASCHELLIÂ“I am a father and husband before I am a chef, so when it comes to mealtime I want to use simple recipes that utilize the freshest foods possible. That's what Ten Dollar Dinners is all about. I also like to cook with my family, which means that Melissa's recipes are perfect for us to create together.Â• ANDREW ZIMMERNÂ“Here's a mom, raising and feeding four cute daughters, while giving a nod to her French husband's palate, as well as conquering the corporate world. Plus her pie crust rivals a pastry chef's! I knew Melissa was a winner from the start. Her recipes save you money and her tips make senseÂ• saving you time so you can go out and enjoy life as she has.Â• SUNNY ANDERSONÂ“Melissa proves that delicious food doesn't have to cost big bucks. I love her blend of California freshness, French flair, and frugality.Â• ROSEMARY ELLIS [editor-in-chief of Good Housekeeping] Read more See all Editorial Reviews

Ten Dollar Dinners is one of my favorite shows and I can vouch for the fact that many of the recipes are both cost-conscious and tasty. There are 140 recipes in this book, all accompanied by full color photos - but there is also so much more. Also included are strategies for saving money and stocking a "ten dollar dinner pantry." This info helps flesh out the book, even though it would be a very worthwhile purchase without the extras.If you're a fan of the show, you'll recognize some of the recipes: Spinach Salad with Blue Cheese, French Cut Steak with Carmelized Onions, Crispy Potato

Cakes. I've tried every one of those and loved them. Of course, you may want to tweak some of the recipes to suit your taste but I've found I can use most just as written. I might add a bit more seasoning here or there but that is pretty typical...a cook tends to add a personal touch to a recipe. I loved the section where author Melissa d'Arabian wrote about her life. She is someone who is so charismatic and enthusiastic on television that I was interested in learning more about her. She wrote so vividly about living in France for four years, meeting her husband, moving back to the United States, becoming parents to four girls, and learning to survive on one income. Learning to live on a strict budget was quite a challenge but something she notes she was "hardwired to do." And her readers are the lucky beneficiaries of her efforts. Not incidentally, she beat out the competition to become The Next Food Network Star - and with a Potato- Bacon Torte that cost only fifty cents a serving! Each recipe in Ten Dollar Dinners is listed on a scale from "downright cheap" to "pricey" (although the definition of pricey used here is still very inexpensive). Depending on budgets, readers can opt for only the cheapest recipes for a meal or mix and match various choices if there are extra funds. Melissa also has many suggestions to cut costs on a regular basis: eat beans once a week as part of a main dish, use loss leaders, create a quick weekly menu plan in only five minutes, etc. We are huge fans of soup in our family so that section was particularly appealing. Somehow we also seem to have excess carrots around so the Orange Carrot Soup is one recipe I'm going to test immediately (today), especially since it takes very little time. The only soup recipe that doesn't look particularly attractive in the photo is the Creamy Any Veggie Soup but maybe it makes up for a lack of visual appeal with great taste. If you have gourmet tastes, you'll be pleasantly surprised to find some unique flavor combinations (Preserved Lemon and Olive Chicken Tangine) along with such basics as simple biscuits. When it comes to desserts, choices such as Classic Apple Tart or Strawberry Pavlovas with Apricot Sauce add a luxurious - but still budget-friendly- finish to meals. Vegetarians aren't left out either, with a chapter on using vegetables as main and side dishes. Another bonus? Most of these recipes can be prepared in a snap. Even the ones that depend on slow cooking can be prepared for cooking in a matter of minutes and then just left to simmer while you go about the rest of your day. I'm so excited to make my old favorites from the show and try out the new recipes as well!

I have enjoyed Melissa D'Arabian's television show, "Ten Dollar Dinners." I am finally in a position to cook full-time so I use her recipes constantly. I have a bulging notebook of her work. I so wanted her first cookbook to be published. I immediately pre-ordered her cookbook. I got more than a cookbook. I got a treasure trove of cooking help and ideas for my \$16.40. Melissa gives you so much more than

recipes in this book. She shows how any cook can save money and still serve fantastic food. You will get numerous tips and hints to help anyone who cooks: a family, a family of just two, and even a single person household. Everyone wants better homemade dishes and less take out or frozen meals. After cooking her recipes from her shows and I excited about the new dishes and even a section on breakfast meals. Now I never have to buy a frozen meal from the grocery store. For me and my husband it's fresh food, D'Arbian style. This book is worth the price!

While prices may fluctuate and the \$10 dinner may or may not be, using recipes from Ten Dollar Dinners by Melissa d'Arabian will help trim expenses while eating well. d'Arabian's recipes not the usual pasta, rice and beans meals, but meals creatively using all kinds of varied ingredients making mealtime a delight; and not boring. Some of the recipes you will find in her cookbook include: Creamy Cheese and Basil Crostini, Crispy Kale Chips, Pork Loin Milanese with Arugula Salad, Bacon Deviled Eggs with Tuna Tartare, Potato-Bacon Torte, Barbecue Meatballs, Parmesan Breadsticks, Pot Roast Carbonade, Cinnamon Buns, Buttery Shortbread. Each recipe has a dot index showing the cost to prepare the recipe. The more dark dots the pricier the recipe will be to prepare. An example of this is the Orange Carrot Soup recipe which received two dark dots out of five dots listed. You will find a recipe cost index showing groups of recipes organized with color dots. The more dark dots the more expensive it is to prepare the recipe. There is an interactive table of contents making navigation easy. Recommend. MR

I bought this cookbook about a month ago and I have made several recipes. Every one has been delicious. The "Shrimp Scampy Linguine" I have made twice and I think I could serve it weekly to my husband and not here a complaint. I also made a chicken recipe and "Citrus Butter Cookies" both delicious. The author gives information in the introduction on how she has rated the recipes for cost and throughout the book are hints on making meals from pantry staples. She even gives a list of staples to have on hand for quick and easy meals. The photos throughout are stunning and mouthwatering. This cookbook is a gem. I would give it 6 stars if I could.

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