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Autore	McGowan Layla
Titolo	Keto passport : energy boosting, fat-burning, low-carb cuisine from across the globe // Layla McGowan, Lindsay Taylor
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ISBN	1-939563-50-X
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Soggetti	Low-carbohydrate diet International cooking Ketogenic diet
Lingua di pubblicazione	Inglese
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Nota di contenuto	Intro -- Title Page -- Copyright -- Contents -- Welcome & Thanks -- Introduction -- Keto Passport FAQs -- Region: Africa -- Bamyra Alich'a (Ethiopian-style Okra) -- Berbere Spice Blend -- Bobotie -- Chicken "Groundnut" Stew -- Doro Wat -- Jollof Rice with Chicken -- Malata -- Nigerian Meat Stew -- Niter Kibbeh -- Ras el Hanout Spice Blend -- Shrimp Piri Piri -- Suya -- Tibs Wat -- Region: East Asia -- Bok Choy with Mushroom -- Keto-Friendly Sriracha -- Bulgogi -- Chasu Pork Belly -- Do Chua (Vietnamese Pickled Vegetables) -- Kimchi -- Omurice -- Larb Lettuce Cups -- Okonomiyaki Sauce -- Japanese-style Mayonnaise -- Pork Satay -- Shoyu Tamago -- Variation: Quail Shoyu Tamago -- Sokkori Gomtang (Oxtail Soup) -- Spicy Mayo -- Tak Bokkeum Tang -- Thit Heo Nuong Xa (Vietnamese-style Pork Chops) -- Tom Yum Goong -- Yogurt Probiotic Shots -- Zoodle Ramen -- Region: South Asia -- Bhindi Pyaz (Okra with Onions) -- Chicken Biryani -- Chicken Korma -- Madras Curry Spice Blend -- Curried Fish -- Ghee -- Indian-spiced Roasted Brussels Sprouts -- Indian-Style Cauliflower Rice -- Lassi (3 Ways) -- Mint Lassi -- Saffron Avocado Lassi -- Salted Margarita Lassi -- Palak Paneer -- Paneer -- Pol Sambol (Coconut Sambal) -- Tandoori Chicken -- Region: Middle East -- Baked Cod with Tahini Sauce -- Beef Khoresh -- Cauliflower Tabbouleh -- Chicken Kebabs -- Yogurt -- Cucumber Yogurt Sauce -- Fried Halloumi with

Za'atar -- Israeli Salad -- Jeweled Cauliflower Rice -- Kebab-e Barg -- Tahini -- Tahini Turmeric Dressing -- Toum -- Za'atar Spice Blend -- Region: Mediterranean -- Caldo Verde -- Caprese Salad (Insalata Caprese) -- Chicken Cacciatore, Umbrian Style -- Coquilles St. Jacques (Scallops in Mushroom Cream Sauce) -- Dolmas -- Greek Salad -- Lamb Souvlaki -- Lemon Garlic Sardines -- Moussaka -- Porcini Mushroom Beef Stew -- Spinach Ricotta Dumplings -- Tapas Assortment.

Champinones al Ajillo (Garlic Mushrooms) -- Aioli -- Asparagus and Serrano Ham -- Faux Patatas Bravas -- Gildas -- Tonnato Sauce -- Vitello Tonnato (Beef Tongue with Tonnato Sauce) -- Region: Eastern Europe -- Bacon Borscht -- Beet Kvass -- Bigos -- Blini -- Blini with Smoked Salmon and Herbed Creme Fraiche -- Chlodnik -- Kajmak -- Kapusta (Cabbage and Mushrooms) -- Mushroom Julienne -- Palacinke -- Easy Palacinke Filling Ideas -- Spinach and cheese -- Strawberry cheesecake -- Polish Dill Pickles -- Russian Mushroom Soup -- Salata od Hobotnice (Octopus Salad) -- Tarator -- Zrazy -- Region: Western Europe -- Asparagus and Celery Root Vichyssoise -- Coq au Vin -- Sauerkraut -- Gribenes -- Moules Mariniere -- Pork with Camembert -- Rabbit Stew -- Rotkohlsalat mit Spek (Red Cabbage with Bacon) -- Sauce Gribiche -- Schmaltz -- Schweinehaxe -- Shrimp Provencal -- Steak and Kidney Pie -- Ratatouille -- Region: North America -- Avocado Crema -- Beef Cheek Barbacoa -- Chicken Crackling Poutine -- Blue Cheese Dip -- Boliche -- Curtido Rojo -- Buffalo Wings -- Cretons -- Caldo de Res -- Deviled Eggs (3 Ways) -- Your Mama's Deviled Eggs -- Not Your Mama's Deviled Eggs: Bacon and Butter Eggs -- Not Your Mama's Deviled Eggs: Wasabi Eggs -- Dilly Beans -- Eggs Benedict -- Basic Mug Muffins -- Smoked Salmon and Gribiche Benedict -- Jerk Chicken -- Snapper Veracruz -- Region: South America -- Aji Dd Gallina -- Brazilian Chopped Salad -- Causa Limena -- Empanadas -- Chimichurri -- Charquican (Jerky Stew) -- Fermented Chimichurri -- Crema de Aguacate (Avocado Soup) -- Churrasco Chicken Hearts -- Moqueca (Brazilian Seafood Stew) -- Pollo Asado Columbiano -- Shrimp Ceviche -- Sopa de Aceitunas (Black Oliva Soup).
