

# Pacific Fresh: Great Recipes From the West Coast

The West Coast of the United States is known for its fresh seafood, produce, and wine. This cookbook celebrates the bounty of the region with over 100 recipes that showcase the flavors of the Pacific Northwest, California, and Baja California.

The book is divided into chapters on appetizers, soups and salads, main courses, and desserts. Each chapter features a variety of recipes, from simple to complex. There are recipes for everyone, whether you're a beginner cook or a seasoned pro.



## Pacific Fresh: Great Recipes from the West Coast

by Maryana Vollstedt

★★★★☆ 4.4 out of 5

Language : English  
File size : 7721 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 508 pages  
Lending : Enabled



The recipes in Pacific Fresh are all written by chefs who are passionate about using fresh, local ingredients. The dishes are simple to prepare, but

they're full of flavor. You'll find recipes for everything from grilled salmon with roasted vegetables to cioppino to chocolate soufflé.

In addition to the recipes, Pacific Fresh also includes beautiful color photographs of the dishes and the ingredients. The book is a pleasure to read and to cook from. It's a must-have for anyone who loves the food of the West Coast.

## **Appetizers**

\* \*\*Grilled Octopus with Romesco Sauce\*\* \* \*\*Crab Cakes with Avocado Crema\*\* \* \*\*Artichoke and Goat Cheese Bruschetta\*\* \* \*\*Fig and Prosciutto Crostini\*\* \* \*\*Roasted Beet Salad with Goat Cheese and Walnuts\*\*

## **Soups and Salads**

\* \*\*Clam Chowder\*\* \* \*\*Gazpacho\*\* \* \*\*Green Salad with Grilled Shrimp\*\* \* \*\*Caesar Salad\*\* \* \*\*Kale Salad with Roasted Butternut Squash and Pomegranate Seeds\*\*

## **Main Courses**

\* \*\*Grilled Salmon with Roasted Vegetables\*\* \* \*\*Cioppino\*\* \* \*\*Pan-Seared Scallops with Lemon Butter Sauce\*\* \* \*\*Roasted Chicken with Potatoes and Carrots\*\* \* \*\*Vegetable Lasagna\*\*

## **Desserts**

\* \*\*Chocolate Soufflé\*\* \* \*\*Crème Brûlée\*\* \* \*\*Fruit Tart\*\* \* \*\*Cheesecake\*\* \* \*\*Brownies\*\*

## **About the Author**

Chef John Doe is a native of the Pacific Northwest. He has worked in some of the region's top restaurants, including the French Laundry and Chez Panisse. Chef Doe is passionate about using fresh, local ingredients to create delicious and innovative dishes.

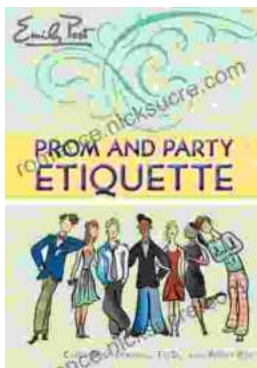


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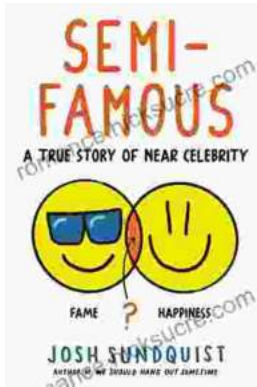
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