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# Mixt Salads: A Chef's Bold Creations



## Synopsis

Dare to get more out of your greens! From healthy, superfood packed entrées salads to indulgent affairs featuring premium ingredients, this bold collection of more than 60 recipes for voracious omnivores and vivacious salad lovers features unusual and dynamic ingredient pairings that take salads to a whole new level. In *Mixt Salads*, the co-founder and executive chef of San Francisco's beloved boutique salad joints shares his inventive, flavor-forward creations. Blending all of the best trends in healthy, mindful eating—seasonal, locally grown, modest portions but big flavor—Swallow develops each entrée salad as if he were in the kitchen of a fine dining restaurant. With his penchant for innovative constructions and unabashed flavor, he reinvents the salad with playful yet elegant offerings. Swallow teaches you how to create fresh, delicious, and addictive salads that take center stage as the entire meal, breaking free of side-dish status. Starting from scratch, he walks you through his salad-building essentials and highlights produce availability so that you can create your own imaginative masterpieces year round.

## Book Information

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## Customer Reviews

As most of the other reviews have mentioned, the book is gorgeous--beautiful photos and clear easy-to-read text. But I totally disagree with the quick, easy, readily available ingredients claims made by other reviewers. I live in the far north suburbs of Chicago and shop at local farmer's markets (only available during the summer and early fall), but I do not have access to many of these ingredients. Also techniques are not explained, i.e. chiffonade of basil, which means to cut into thin

strips. If I lived in California (where the author's restaurant is located) I might have access to opal basil, squash blossoms, pea sprouts, Blue Lake beans, hedgehog mushrooms, summer truffle, sharlyn melon, Gypsy peppers, sea beans, and yuzu juice (and those are just some of the uncommon ingredients from the first 86 of the 146 pages). The next time I plan a trip to California I would love to eat at his restaurant, but I won't be making any of these recipes myself. I definitely recommend checking the book out of your local library before making the decision to purchase.

The recipes in this book are very inspiring.. There are good photographs, but not for all of the recipes, I wish there were more photos. I haven't made one recipe from this book and I've owned it for over 1 year.. It needs special ingredients and seems to be a lot of work for making just a salad.

So we're all trying to eat healthier right? I've been doing my part, trying to eat more veggies, more salads etc., but it's so easy to fall in to a slump, get stuck in a rut of 'Chicken Caesar' or 'The Iceberg Wedge'. This book breaks you out of the ruts, throws in the concept of fresh, seasonal ingredients and will keep you going with a ton of fresh ideas you can either take right out of the book or use as a jumping off point for your own creation. What's more important, to me at least, is that the book has AMAZING photos of the food. The really great thing is that as you nosh away, you'll forget you're actually eating something that's good for you.

I eat Mixt every day. I was really happy to find their recipe book used online for cheap since their meat is always perfect. Veggies are always a matter of getting fresh produce, but the pork and steak is always tender and juicy, even in a cold salad. The chicken... eh it's chicken but never dry. Their fish is always perfect too. Hopefully I can recreate the meat aspects of their creations at home.

What I love about this book it provides three things - outstanding recipes, sumptuous pictures and teaches you how to cook remarkable things on the way to preparing these hearty salads. Whether its learning how to make delicious duck confit, how to adeptly prepare a tuna steak or how to smartly and savoringly cook asparagus, this is a true cookbook (and how to eat book) surreptitiously masquerading as a salad book. Strong recommendation is that when you make any of the dressings, go ahead and make extra. A+

I have already made three of the recipes in this book and been blown away by the results. The ingredient combination are really innovative and blend together amazingly well. Chef Swallow

definitely seems like a passionate character - I love reading where he gets his inspiration. This is definitely a great gift book as well.

If you are a salad snob and love fabulous creative new recipes, this is the cookbook for you. I have never had trouble finding the necessary ingredients and I don't live in a big urban area. These recipes always WOW my dinner guests because they are delicious and look like they come from the cover of a gourmet magazine.

A creative and fun exploration of branching out from the same old boring salad. The voice of the author can be easily heard guiding you through fun and inventive recipes that will change your views of salad medleys forever. The photos are beautiful and show the reader how to make healthy salad creations that are perfect for an afternoon lunch at the office or to impress dinner guests alike.

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