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Sheet Pan: Delicious Recipes For Hands-Off Meals



Synopsis

Featuring healthy, flavorful, and complete meals assembled and cooked on a simple sheet pan, this cookbook offers great dinner solutions for busy cooks. Sheet Pan Cookbook features 50 recipes, each a complete meal, with a diverse range of ingredients and flavor combinations. This straightforward approach to cooking maximizes ease and flavor. Recipes include: Moroccan spiced lamb chops with vegetable kebabs Spicy Asian chicken wings with broccoli & walnuts Citrus-rubbed chicken thighs with fennel & grapes Garlic parmesan shrimp with asparagus fries Swordfish saltimbocca with sage & paprika-spiced cauliflower Miso-glazed Mahi Mahi with sugar snap peas Eggplant, tofu & green bean sheet fry Brussels sprout & potato hash with thyme & eggs

Book Information

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Customer Reviews

Kate McMillan is chef and owner of an eponymous catering company and is an instructor at Tante Marie's Cooking School in San Francisco. Kate has worked as an event planner for Vogue and Glamour magazines. She lives in the San Francisco Bay Area with her husband and three young daughters. She has written 10 cookbooks for Williams-Sonoma, including five titles in the "What's for Dinner" series and several in the "Of the Day" series.

MUSHROOM & GRUYÈRE TART WITH HAZELNUT HARICOTS VERTS All-purpose flour, for dusting 1 sheet frozen puff pastry (half of a 17.3-oz/490-g package), thawed 5 ounces (155 g) Gruyère cheese, shredded 2 leeks, trimmed, halved lengthwise, white and pale parts thinly

sliced 1 lb (125 g) white mushrooms, brushed clean and thinly sliced 4 tablespoons (70 ml) olive oil Kosher salt and freshly ground pepper 1 large egg beaten with 1 tablespoon water 1 lb (375 g) haricots verts, trimmed 1 cup (1 1/4 oz/40 g) hazelnuts, roughly chopped

SERVES 4

- 1 Preheat the oven to 400°F (200°C). Line a sheet pan with parchment paper.
- 2 On a lightly floured work surface, roll out the puff pastry into a 12 1/2-by-15-inch (32-by-38-cm) rectangle. Fold into thirds, transfer to the prepared pan, and unfold, positioning the dough so there will be room for the haricots verts on the pan. Fold over about 1 inch (2.5 cm) of each side of the dough to create a border.
- 3 Sprinkle the dough with the cheese, leaving the borders uncovered. In a bowl, toss together the leeks, mushrooms, and 3 tablespoons of the oil, and season with salt and pepper. Spread the mixture over the cheese. Brush the borders with the egg mixture. Bake for 10 minutes.
- 4 In a bowl, toss together the haricots verts and the remaining 1 tablespoon oil, and season with salt and pepper. Place in a single layer on the pan next to the tart. Continue baking until the tart is golden brown and the haricots verts are fork-tender, about 15 minutes longer. During the last 5 minutes of cooking, sprinkle the hazelnuts over the haricots verts.
- 5 Let the tart cool slightly, then cut into slices and serve the haricots verts on the side.

I first discovered the joys of cooking an entire meal on a sheet pan several years ago. As it has grown in popularity, especially among food/recipe bloggers, we're seeing more books devoted to the subject. This new addition to the collection is a good one. Kate McMillan's collection of creative recipes contains a lot of approachable meals with ingredients available in most mainstream supermarkets. All of the recipes are for main dish meals and include meat, poultry, seafood, as well as vegetarian options. I'm reviewing the Kindle version, and find no problems with the formatting or readability. Twenty-seven of the fifty recipes include a photo of the finished dish • a great thing if you're a visual cook. I had no issues with the type style or page layouts. Instructions are clear and easy to follow. I'd say this would be a good choice for a cook comfortable with the basics in terms of techniques (basting, slicing/dicing, measuring, roasting peppers, butterflying a steak, etc.). I saw nothing terribly tricky in any of the recipes. My usual practice when I review a cookbook is to prepare 3 recipes to check for readability, availability of ingredients, and overall taste/flavor. I tend to eat mostly "whole" foods (I prefer cooking from scratch with quality fresh ingredients), so I take that into consideration. With that in mind, here are the three recipes I prepared:

1. Dijon-Rosemary Chicken Thighs with Maple-Glazed Pumpkin

I happened to

have all the ingredients for this at home already: chicken thighs in the freezer, a small sugar pumpkin and fresh rosemary and shallots from a CSA (Community Supported Agriculture) delivery last week, plus my usual pantry staples (balsamic vinegar, olive oil, Dijon mustard, garlic, maple syrup). This recipe uses skin-on bone-in chicken thighs which keeps the meat juicy and provides more flavor than the skinless/boneless option. Chicken is brushed with a mixture of mustard, oil, vinegar, and herbs. That sits while you prepare the pumpkin: cut into 1 1/2" thick wedges and coat with a mixture of maple syrup and oil. Prepared pumpkin goes on one end of the sheet pan; the marinated chicken on the other. Roast for 45 minutes. I started checking with a meat thermometer after 40 minutes; total cooking time for me was 48 minutes, so very close. Results: excellent! This is a good solid basic "chicken and squash" recipe. I could see substituting butternut squash for the pumpkin, too. A keeper, for sure.

2. Roasted Red Pepper, Spinach & Asiago Stuffed Flank Steak with Brown-Sugared Carrots This one is super simple and VERY tasty. You have to butterfly the flank steak - this is probably the trickiest technique I saw in the entire book - but it's really not that difficult. Fresh spinach and roasted red bell pepper strips are layered onto the butterflied steak along with 1/2 C shredded Asiago cheese. Steak is rolled and tied, then placed on one end of the pan. I had some heirloom rainbow carrots (also from the CSA delivery), so I used those for this dish. These are coated with a butter and brown sugar mixture and placed on the other end of the pan. Roast for 15 minutes, toss the carrots, then roast for another 15-20 minutes until meat registers medium-rare. Let it rest, then slice. Results: Just a little bland for my taste. Carrots were great, but the stuffed steak needed something else: garlic? shallots? herbs? This is easy enough that I'll make it again but dress up the flavor a little.

3. Salmon Provençal with Fingerling Potatoes & Cherry Tomatoes I cut this recipe in half and made it in my toaster oven. This is another fairly basic recipe: salmon fillets, fingerling potatoes, cherry tomatoes (I used grape tomatoes because that's what I had), rosemary, tarragon, olive oil, parsley, lemon juice. The potatoes are tossed with a little oil, then placed on the baking sheet and roasted for 8-10 minutes by themselves. Meanwhile, tomatoes and salmon are brushing with oil and seasoned with the herbs. Salmon is added to the baking pan and roasted for another 8-10 minutes, then served with a sprinkling of parsley and lemon juice. Results: Cooking times were accurate even in the toaster oven. Potatoes came out with a crispy crust and salmon was perfectly cooked. The only change I will make next time is to add some lemon juice to the oil that is brushed on the salmon before baking - I think it needs a little more flavor. Otherwise, this is a good solid EASY dish suitable for weeknight supper OR weekend entertaining. So that's it. I

didn't see any recipes that had anything particularly tricky. Most appear to be solid dishes that take advantage of the convenience offered by cooking an entire meal on one sheet pan.

I really love sheet pan dishes and these are wonderful. No, I did not get a discount for buying this book for a review. I paid full price for this book on . I have tried several of the recipes and they all have been really, really good and very easy. Last night I made the Spicy Asian Chicken Drumettes with Broccoli & Spiced Walnuts...I did use a family pack of chicken legs instead and twice as much broccoli and doubled the marinade. It was very good, I especially liked the broccoli. I made the Roasted Chicken with Giant Croutons, Sweet Potatoes and Arugula, used more arugula but this is excellent! Pork Chops with Apricots, (did not use the apricots cause they are not in season) Red Cabbage & Blue Cheese was also excellent, my husband really loved the cabbage and he is not fond of cabbage. Tonight I am doing half a recipe...I am only using the garlicky shrimp recipe and then doing my own vegetables. I have been making these meals low carb because that is my new eating plan for the year. These are all meal recipes, no desserts and I am glad. It works perfectly for me. Chapters are meat, seafood and vegetables. The book is 111 pages including the index. There are quite a few color pictures. Eventually I will get through most of these recipes including dishes that are not on my eating list at the moment. I think it is money well spent.

My favorite cookbook at the moment!! To prepare the quantity I need for my family, I use 2 sheet pans... one for meat & one for veggies. I've always used sheet pans for making dinner so this is a familiar process. I'm cooking a lot of the same entrees, but with a fresh approach using new & different ingredient combinations. Clean up is a breeze!! This book was a suggested item from . SO happy I purchased it!!

Great recipes and easy to do. Makes dinner time simple. Roasting is a good way to enhance the taste of vegetables and protein.

Great and delicious recipes that are easy to assemble and cook in the oven on a sheet pan.

Love this cook book. Rather thoughtless in the prep and cooking. Easy for my husband too.

Tasty recipes.

Great way to cook

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